

## Welcome to The NOT Newsletter ...

Welcome back! After what feels like a lifetime, both staff and volunteers are thrilled that the Nancy Oldfield Trust is open once again for our visitors. And what a wonderful few weeks it has been, welcoming visitors both old and new for a trip on the Norfolk Broads. Whilst our numbers are still restricted due to social distancing measures, we have been pleased with the amount of enquiries we continue to receive. And with plenty of fair weather on the forecast, what better way to return to the 'new normal' than a day out on the Broads with family and friends.



Accessible boating on the Broads

### Health, wellbeing & happiness ... The power of blue space

Blue health is becoming an increasingly talked about topic, with discussion and research being undertaken to identify and understand how blue spaces benefit our health and wellbeing. At the Trust, the therapeutic effects of being on the water have long been clear for us to see. Whether it's learning to sail or spotting your first otter or kingfisher, the feedback we continually receive from our visitors clearly demonstrates that being on the water is good for your mind, body and soul.

As we tentatively recover from the Coronavirus pandemic, we are acutely aware that each and everyone of us has been impacted in a variety of ways. Whilst many people will have discovered strategies to manage the difficult feelings associated with the pandemic, some will have needed, and will continue to need extra support.

Getting back to doing something you enjoy can be a great way to boost your mood, or indeed maybe it's time to try something new (see our new activities for 2021 below!) So if you, or someone you know would benefit from a trip on the Broads, please do get in touch. Contact: [info@nancyoldfield.org.uk](mailto:info@nancyoldfield.org.uk) 01692 630572

### New activities for 2021

Great news! We now have two pedal launches, soon to be joined by a third, built by the local firm 'Dad's Boats'. Visitors can enjoy pedalling with a friend or one of our instructors while watching the world glide by. A perfect way to relax and get some gentle (or more vigorous!) exercise after the long months of lockdown. These boats are proving very popular with visitors who have hearing loss or are hard of hearing.



And there's more ... We also have 3 brand new Hansa 303 mini keel-boats to add to our fleet. These are ideal for anyone with limited lower body mobility and can be sailed solo or with an instructor on board (once social distancing rules are relaxed). We feel incredibly lucky that we have been able to purchase these new boats thanks to specific grants.

Later in the summer we will also be offering a Stand-up Paddleboard experience for our visitors on our new Mc Conks Mega Stand-up Paddleboard. It is able to carry up to 8 people and we plan to enable wheelchair users to take part in this increasingly popular activity.

## Staycations

With lockdown easing, holidays in the UK are back on the cards, with six people or two households currently allowed to meet indoors and stay overnight.

We were fortunate enough to be able to give our residential bungalow a lockdown refresh, including a smart new roof. It's lovely to see guests back enjoying a much needed break and we will be welcoming many more over the coming months.

Did you know our bungalow is available all year round?

Sleeping up to 10 people & fully wheelchair accessible, why not book a winter break? The bungalow can be used as the ideal base to explore Norwich, North Norfolk and of course the fabulous Norfolk Broads.

To find out more please visit our website [www.thenancyoldfieldtrust.org.uk](http://www.thenancyoldfieldtrust.org.uk) or contact us to discuss availability.



We would like to say thank you to everybody who has supported us over the past 15 months and we send our best wishes to all our visitors and supporters. It has been an incredibly difficult time for everyone, but fingers crossed we are on the road to recovery.

If you have anything you would like to share in future Newsletters, then please let us know. We would love to hear about your news or experiences.

And of course if you wish to contact us regarding visits, volunteering or for general information, please get in touch.



In late September Emily, Rebecca and friends will paddle 13 miles on their Stand-up Paddleboards from Wroxham Broad to Barton Turf to raise money for a new set of Yeoman sails.

Emily says 'The fleet of boats at the Trust is ever growing and some of the older boats have sails which have seen their best days. A set of brand new sails are very expensive and I'd love to raise money to go towards buying a new set, to ensure that these boats can continue to be used long into the future.'

If you're able to support this event in any way, whether that's taking part, providing back up support or donating to this wonderful cause, please contact Emily for more information at [sailisbest43@yahoo.com](mailto:sailisbest43@yahoo.com)

Due to cancellations we have some last minute availability in our fully adapted bungalow for short breaks:

28th June—30th June

5th July—9th July

£27 per person per night

### The Nancy Oldfield Trust

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