

Asics and Mind to 'Uplift' Retford

Retford getting active on Saturday, 25th September!

We have some exciting news regarding an event that will be taking place in Retford on Saturday 25th September involving sports brand **Asics**, in partnership with Mental Health Charity **MIND**, who have a bold ambition to uplift a town's mood through the power of movement.

The town of Retford has been identified as one of the most motivated places to experience an uplift by the ASICS State of Mind Index.

Following nationwide research into the mood of the nation, the ASICS State-of-Mind Index identified Nottinghamshire as the English county that most wanted a mental uplift (80%), with the town of Retford being reported as one of the most motivated to improve their emotional and mental wellbeing.

Now, ASICS, together with the support of mental health charity Mind, is embarking on a unique experiment to see whether movement can lift the mood of a whole town. For one day, residents of the town of Retford in Nottinghamshire will be invited to partake in a series of movement initiatives and measure the collective impact on their mental wellbeing. Dr. Brendon Stubbs - a world leading expert on movement and mental health - is overseeing the experiment having helped design the ambitious day of events.

The novel movement experiment, which will take place on September 25th, will see the town of Retford have its streets transformed into a movement inspired gym – with the installation of a variety of exercise pop-ups designed to help get the residents of Retford moving.

The full information can be found here: <https://www.bassetlaw.gov.uk/media-centre/news/latest-news/asics-and-mind-to-uplift-retford/>

You can sign up here: <https://www.asics.com/gb/en-gb/mk/mind-uplifter>

Additional information will also be released on social media shortly.

Bassetlaw District Council has been working with partners to enable the event to take place in Retford. Should you wish to know more, please contact Peter Clark, Strategic Leisure & Healthy Communities Manager.