



# OPEN MINDS ECHO

25<sup>th</sup> June 2011

Hi Everyone

Welcome to this issue of our newsletter, which is all about our recent trip to Conkers nature and woodland park in Leicestershire.

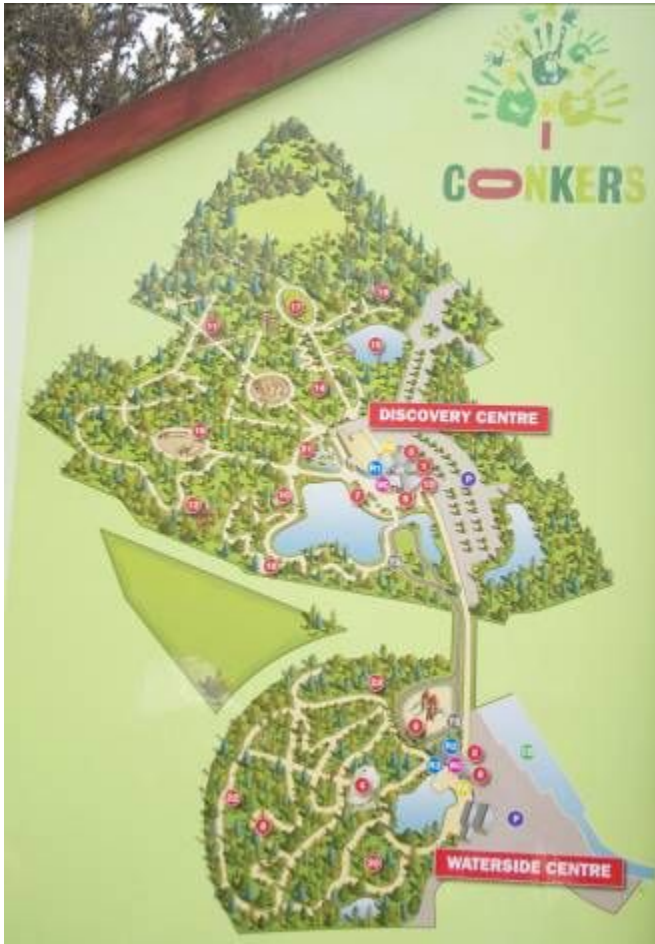
The newsletter is not just about the day and interviews with individual members, but also the members, who planned the event. We hope it makes an interesting read.

So this is how we did it.



*From the left Richard, Sheila, Patrick, Rosa and John*

We went on a site visit during April 2011 to make sure it lived up to expectations and this is what we found. Richard and John, 2 member's presented the information at a monthly meeting.



John explained that it was a really big site and not to do too much on a hot day. Richard added that there were lots to be seen and done for smaller groups.

It would be more effective to have small groups visiting different places at Conkers as interviews would reflect a range of views of the day.

Like the best intrepid explorers we set off from Nottingham with everything, but the kitchen sink! Toffees and water were in abundance.

## **Our Group**



A Conkers ranger provided a guided tour of the main site including a tree house.



We had only just arrived and some members like Colleen needed a cigarette. It was a really hot day and like some of last years flowers we began to wilt. For those who want to explore the whole site a train links the 2 areas.

### The Conkachoochoo



After our picnic we really started to explore. We split into 3 groups: the intrepid, the wannabes and the exhausted!

The 1<sup>st</sup> group went on the assault course – some perhaps had ideas of joining the commandos.



This set of obstacles tested only a few of the group

The 2<sup>nd</sup> group visited the barefoot walk. A swampy area that was aromatherapy for feet and knees – well that's what they say!



The 3<sup>rd</sup> group were more sensible taking it at a leisurely pace.



There is something for everyone at the Conkers site. We thoroughly enjoyed the day, so here are some feedback interviews.

John & Mark



Mark felt that splitting into groups was a good idea, because everyone got to do their own thing.

There were lots of support for everyone, Simon even had his dad!

The day made a real change and a I'll not forget it, quickly.

## Julie



Julie was one of those that did the assault course and was pleased that she'd had a go!

Julie felt that there was too much to see for 1 day and we really needed to go back and look again.

There were so many different types of animals, birds, flowers and trees – just too much!

## Richard



Yes it was really good there was lots to see and do – never a dull moment.

I didn't do the assault course or barefoot walk, but took it easy. Nevertheless it's an experience I won't forget in a hurry.

As a person with all sorts of disabilities I thought the site was excellent in terms of access.

We would like to thank the PJK trust for making this experience possible. If you would like to know more about Open Minds please contact us.

## Contact:

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**All activities are chosen for the following:**

**Accessibility**

**Safety**

**Ease of use for vulnerable people**

**Staff and volunteers are on hand to ensure you have fun enjoy yourselves, and have a pleasant time.**

**Look forward to meeting you soon.**

**Richard & John**