



## ***New connections, new opportunities***



Like a lot of people during the lockdowns, I was looking into what might help my mental and physical health, especially at this very challenging time.

It was during one of the intervals between lockdowns that I managed to book a week away at a very nice holiday park in Lincoln. I had never been to that part of the country before and thought it would be nice just to get away and experience something new. The lockdown had lifted but there were still some restrictions in place.

Whilst there, I noticed they had some archery sessions on offer, so I booked one. I attended the session and enjoyed it that much I decided to book another three that week. I got home and looked at some of the local archery clubs and found one that was still running beginner courses and managed to book the required six sessions needed to then get signed off. This meant I could apply for my insurance card then join a club and shoot anywhere. However, I only got to attend three sessions then another lockdown came in - I had to wait another three months to complete the course. Eventually, after completing the course, I was signed off in April this year and since then I have joined three clubs, competed in three competitions and came 9<sup>th</sup> in my first competition and 11<sup>th</sup> in the next. I also managed to win the Halloween shoot in my local club.

I have learnt to make, fletch and point/tune my own arrows which has saved me some money and given me pleasure. Most of all, I have got to meet some lovely people from all over the country and I have made some new friends. I believe this has helped me keep mentally well and is helping with my physical health.

Thank you for taking the time to read this. Keep well, keep safe.

**Garry Edgington**  
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