Audio description (AD): 63 year old Patricia sits in her kitchen facing the camera.

I never thought of sport specifically for blind and partially sighted people.

I was short sighted as a child, so I was never involved in sport growing up.

As I got older, my vision deteriorated and I lost the sight in my right eye when I was 21.

AD: The camera pans across pictures of Patricia's children.

It was only years later with my son in New Zealand and my daughter off to uni that I decided to get active.

Mostly because I was stuck in the house all day on my own.

AD: Patricia gets ready to leave, picking up her backpack and cane.

So although I’d never been to a gym, I worked up the courage and decided to go to my local leisure centre to see what they had to offer.

AD: She walks into her local leisure centre.

They were so helpful and told me about a program of activities for older people.

You're never too old to try something new, so I gave it a go.

Patricia does some warm up stretches.

I tried Circuits and Pilates but it was Zoomba that I really enjoyed.

Cindy, the instructor, was lovely.

The music was great and it didn't matter if I got it wrong.

The calories don't care if you go the wrong way.

It was later that I discovered VI Tennis.

I had completed the Couch to 5k programme and was part of a great group of runners called Loch Musketeers.

AD: Patricia takes out her tennis racket and chats with her coach before training.

It never occurred to me to try a racket sport.

I thought it would be like school, where I kept missing the ball, which I still do.

AD: She holds a VI tennis ball.

But I heard how it could be adapted and searched online for a club near me.

AD: Patricia serves the ball.

That first session was amazing.

Knowing nothing about VI tennis, everything was an achievement, especially getting the ball over the net.

The club isn’t the easiest to get to, with two busses and a city centre to navigate.

But everybody is so welcoming and it's great to be able to take part, and even better when I get it right.

AD: Patricia chats with her coach after practice.

Let's face it.

I’ll never make Wimbledon, but I'm keeping fit.

Having fun with friends and I've met people from all around the world.

Looking back on that first trip to the leisure centre, I had a choice.

Get out and give it a try or stay under the duvet.

I'm glad I chose the first option.

What choice are you going to make?

Take the See Sport Differently quiz to find an activity that's right for you.

See Sport Differently in partnership with RNIB and British Blind Sport funded by Sport England and the National Lottery.