

Women and girls sports clubs and contacts

Basketball

Derby Trailblazers Basketball Club

Monday at Noel Baker Community School

7:30pm to 9pm

Contact: 01332 70253 Coach CJ Marriot.

Rolls Royce Basketball Club

Contact Richard Wormsley

01332 559490

Netball

Contact Mary Yardley

01332 344422

Pennine

Derby Pheonix

Cygnets

EDS

Falcons

Moll Buzzers

Pink Panthers

Southgate

Stiletto

Allestree

Football

Contact Derbyshire FA

01332 361422

Allestree Ladies

Derby County Ladies

Derby Panthers

Little Eaton Ladies

Mickleover '95

New Boulton Athletic

Dance

Derby Dance offers an extensive programme of classes throughout the week for every level and every taste. For further information please call 01332 370911

Rugby

Derby Rugby Club

Contact Mick Hicks 07771907910 or Claire

Mcginley 07763 102545

Running Clubs

Derwent Runners

Contact Barry Warwick 01332 281606

Chesapeake Road Runners

Contact Marie Hilliard 01332 675006

Badminton

Shaftesbury Badminton Club

Contact James Bailey 01332 771429

Rolls Royce Badminton Club

Contact Peter Bettridge 01332 832269

Moorways Badminton Club

Contact David Jackson 01332 517316

Mickleover Mercian Badminton

Contact John Bradbury 01332 751398

Athletics

Derby Athletics Club

Contact John Raw 01332 290679

Boxing

One Nation Boxing Club

Contact Alex Neave 01332 573511

Canoeing

Midland Canoe Club

Contact Glyn Smith 01332 514261

Fencing

Foiled Again

Contact Mick Dennis 01332 361553

Hockey

Derby Asterdale Club

Contact Gillian Howarth www.derbyasterdale.co.uk

Derby Peveril Hockey Club

Contact Diane McCormack 01283 734195

Findern Hockey Club

Contact Lynn Gibbons 01332 516445

Rowing

Derby Rowing Club

Contact www.derbyrowingclub.com 01332 346319

Derwent Rowing Club

Contact Richard Williams,

www.derwentrowingclub.org.uk 01332 715660

Table Tennis

Derby and District Table Tennis Association

Contact www.williamtaylor.fsbusiness.co.uk

Derby Triathlon

Derby Triathlon Club

Contact Judith Hughes 07758 212089



make your move, your way

**Don't be held back..
there is something for
everyone**



April - July 2008



DERBY CITY COUNCIL

Don't be held back!

b-active: Make Your Move Your Way is an activity programme just for women, helping them to be active by meeting their cultural and religious needs such as female only environments and instructors.

The programme responds to the low percentage of females, 18.5 percent, who participate in thirty minutes of moderate intensity activity, three times a week. Less than half of that figure is made up of women from black and ethnic groups.

Recruiting Physical Activity Officer for Hard to Reach Groups Taihra Hussain, is one of the key steps Derby City Council has taken to get more women from a wider range of cultural backgrounds to participate in regular exercise.

Following a period of consultation with female residents and groups in Normanton and parts of Littleover, Sunnyhill, Sinfen and Peartree, Taihra and the b-active team uncovered some interesting reasons why women can't or don't want to exercise.

Do your cultural and religious needs hold you back?

b-active used this research to develop the Make Your Move Your Way programme, which will run for six months starting from Monday 4 February 2008. All sessions are sensitive to the cultural and religious needs of women, are female only and staffed by women at community venues and leisure centres.

What do you want in your community?

Have your say and help to get programmes started by becoming a volunteer.

Nusrat Parveen (37) from Normanton is signing up for the programme and volunteering to support with translation and mentoring. She said:

'I think this is a great opportunity for women in the Asian community to get more active, particularly for Muslim women who need to be in a female-only environment. I'm really looking forward to the women and girl's swim sessions and the introduction to keep fit course. I would like to train to become an exercise instructor myself and hope that b-active might support this.'



Would you like to help your community to become more active? Would you like to develop activities and do more to attract women to be active in the community? If yes, then the b-active Make Your Move Your Way team need you. We are looking for volunteers to lead and offer support. There will be free training in a supported environment and will give you the opportunity to voice your opinions and beliefs and any ideas that can be taken forward and acted upon.

Do something good for your community and volunteer!

To find out more information on how to become a volunteer contact Taihra Hussain on 01332 716218 or visit www.derby.gov.uk/b-active for more information on the programme.

Make your change

Everyone's nervous when they start something new, but there really is nothing to worry about. Getting active doesn't have to mean running a marathon or swimming the channel. The Make Your Move Your Way programme is designed to help you get active slowly, by taking a little bit of time each day to do something that you enjoy. Everyone can be active and enjoys these benefits:

- **Improve your overall fitness**
- **Lower the risk of illness and disease**
- **Maintain or improve your body weight**
- **Feel more energetic**
- **Look and feel healthier**
- **Relieve stress and tension**
- **Sleep better**
- **Feel a sense of achievement**
- **Feel more confident**
- **Meet people and make new friends**
- **Get an overall sense of well-being**
- **Cope better with everyday life**
- **Delay some of the effects of ageing**

