

SUGGESTIONS FOR 'DOING SOMETHING'

Below is a list of groups, clubs and organisations in Derby and Derbyshire that can provide the incentive and motivation to improve your health and wellbeing. This list is not exhaustive and we would encourage you to also look on the internet for other groups and societies that may be of interest for you.

If you are reviewing these lists but live outside this area then please investigate options locally to you. There will be similar groups and clubs offering positive ways forward for you. This list will be reviewed and updated frequently.

Things to do in Derby and Derbyshire

Catharsis

Purpose: Providing arts-based therapy that enables people to let go of bottled-up thoughts and feelings.

Website: www.catharsis.biz

Telephone: 07979 717669

Address: The Mill, Lodge Lane, DE1 3HB

Singing 4 fun

Purpose: A friendly singing group who meet on Monday mornings from 10.00am -12noon and sing any mixture of genres from Mozart to Coldplay.

Email address: rozandderek@hotmail.com

Walking Football

Purpose: Providing a sociable, fun and safe environment for both men and women looking to be a little more active in their spare time.

Website: <https://www.willowssportscentre.co.uk/5-a-side-football/walking-football/>

Telephone: 01332 204004

Email address: info@willowssportscentre.co.uk

Address: Willows Sports Centre, 1 Willow Row, Cathedral Quarter, Derby, DE1 3NZ

Walking Netball

Purpose: Providing a sociable, fun and safe environment for 50+ year olds looking to be a little more active in their spare time.

Website: <https://www.willowssportscentre.co.uk/netball-at-willows-sports-centre/>

Telephone: 01332 204004

Email address: info@willowssportscentre.co.uk

Address: Willows Sports Centre, 1 Willow Row, Cathedral Quarter, Derby, DE1 3NZ

Wash Arts

Purpose: A not for profit community-led arts organisation based in Ilkeston running a number of projects across Erewash e.g. Eat the streets, Horti-Culture for people recovering from drugs and alcohol.

Website: www.washarts.co.uk

Telephone: 07958 081404 or 07377 943322

Email address: susan@washarts.co.uk or cathy@washarts.co.uk

Address: 156 Bath Street, Ilkeston, Derbyshire, DE7 8FH