

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

Army Cadets

Purpose: Providing an opportunity to take part in loads of exciting and challenging activities such as fieldcraft, adventure training, first aid, music, sports and shooting, to name but a few.

Website: <https://armycadets.com/county/derbyshire-acf/>

Telephone: 01332 772025 ext 21

Email address: em-der-ao1@rfca.org.uk

Address: Army Reserve Centre, Sinfin Lane, Derby, Derbyshire, DE24 9GL

Centre Stage Theatre Arts

Purpose: Providing opportunities for individuals of all ages to take part in shows, exams, and workshops.

Website: <https://www.csta.org.uk/>

Telephone: 0800 048 8659

Email address: enquiries@csta.org.uk

Address: Darley Abbey Centre: St Benedicts School, Duffield Road, Derby, DE22 1JD or Chellaston Centre: Chellaston Academy, Swarkestone Road, Chellaston Derby, DE73 5UB

Derby Athletic Club

Purpose: Providing opportunities for coaching in athletics and access to tracks and equipment.

Website: <http://derbyathletic.club/>

Telephone: 01332 290679

Email address: info@derbyathletic.club

Address: Moorways Stadium, Moor Lane, Derby, DE24 9HY

Derbyshire Scouts

Purpose: Offering the opportunity for boys to become part of a group to prepare them with skills for life: Cubs (8-10 years), Scouts (10-14 years), Explorers (14-18 years) and Network (18-25 years).

Website: <https://www.derbyshirescouts.org/>

Telephone: 01332 831 233

Address: County Office, Drum Hill, Morley Lane, Little Eaton, DE21 5AH

Derbyshire Tennis Association

Purpose: Providing access to tennis courts, equipment and coaching for all ages and standards.

Website: <https://www.derbyshiretenniscentre.co.uk/>

Telephone: 01332 273770

Email address: derbytennis@hotmail.co.uk

Address: Ashe Place, Derby, DE23 8BF

Derby Youth Musical Theatre

Purpose: Providing opportunities to bring together young people in the region who are interested in musical theatre, either on stage or back stage.

Website: <http://www.dymt.co.uk/>

Telephone: 07531 995900

Email address: dymt@ymail.com

Address: 125 London Road, Derby, DE1 2QQ

Girl Guiding Derbyshire

Purpose: Offering the opportunity for girls to become part of a group to prepare them with skills for life: Brownies (7-10 years), Guides (10-14 years), Rangers (14-18 years) and The Trefoil Guild (18+ years).

Website: <https://www.girlguidingderbyshire.org/>

Telephone: 01773 880875

Email address: office@girlguidingderbyshire.org

Website: Suite 1A, Business Centre, North Mill, Bridge Foot, Belper, DE56 1YD

Girls and Ladies Kickboxing

Purpose: Organising non-contact and fun classes where women of all ages and abilities can train whilst developing fitness and self-defence.

Website: <https://derbykickboxing.org.uk/ladies-only-kickboxing-classes/>

Telephone: 07867 952 311

Email address: info@derbykickboxing.org.uk

Address: A variety of locations including: Derby Moor Sports College, Queens Leisure Centre and Springwood Leisure Centre

Royal Air Force Air Cadets

Purpose: Providing an opportunity to have fun, adventures, incredible experiences and make new friends.

Website: <https://www.raf.mod.uk/aircadets/>

Telephone: 0345 6006601

Address: Curzon Lane, Alvaston, Derby, DE24 8RG