

SUGGESTIONS FOR 'DOING SOMETHING'

Below is a list of groups, clubs and organisations in Ilkeston and the surrounding areas 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 Ilkeston and the surrounding areas

Ilkeston Cycle Club

Purpose: A friendly club, open to all cyclists of all abilities.

Website: <https://www.ilkeston.cc/>

Address: 80-66 Hallam Fields Rd, Ilkeston DE7 4AZ

Ilkeston Outlaws Basketball Club

Purpose: A club for boys and girls aged from 7 -18 as well as senior men's and women's teams. There is an "Everyone Welcome" policy catering for all abilities from Novice to National league player, so no matter what your ability, everyone can not only train and improve, but also be a part of a team.

Website: <http://ilkestonoutlaws.com/>

Email address: ilkestonoutlawsweb@gmail.com

Address: A variety of locations including: Kirk Hallam Community College, Rutland Sports Centre Broomfield College, Ormiston Ilkeston Academy

Ilkeston Rugby Club

Purpose: A family-friendly and supportive rugby club offering training for all age groups from U6 to the Seniors.

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

Telephone: 0115 9323244

Address: The Stute, Hallam Fields Road, Ilkeston, DE7 4AZ

Ilkeston Swimming Club

Purpose: Providing opportunities for swimmers of different abilities.

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

Email address: enquiries@ilkestonswimmingclub.co.uk

Address: Victoria Leisure Centre, Manners Road, DE7 8AT

Ilkeston Taekwondo

Purpose: A long established friendly club for adults and children of all abilities offering 2 free sessions.

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

Email address: stevhallam.tkd@gmail.com

Address: Rutland Leisure Centre, West End Drive, Ilkeston DE7 5GH

Ilkeston Theatre Company

Purpose: Providing opportunities to any person who has a passion to be either on stage or work backstage.

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

Telephone: 07753 455773

Address: United Reform Church, Wharncliffe Road, Ilkeston, DE7 5GF

Kerry Ledger School of Dance

Purpose: Offering classes for a wide range of dancing styles including tap, ballet, jazz, and contemporary.

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

Telephone: 0115 9308564

Email address: kerryledger@msn.com

Address: 5A Lord Haddon Rd, Ilkeston DE7 8AU

Paragon Black Belt Academy

Purpose: Providing coaching in martial arts, kickboxing, karate and fitness in the Ilkeston community for people from all walks of life and all experience levels.

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

Telephone: 0115 9300090

Email address: selinastayte@gmail.com

Address: 134-136 Bath Street, Ilkeston DE7 8FF