

St Mary's  
University College  
Twickenham  
London

Centre for Workplace  
& Community Health



## Back to Netball

Back to Netball programme for employees of Barking Havering and Redbridge University Hospitals NHS Trust

- Queen's Hospital site Netball Court
- Monday evenings at 17:30
- £2 per session pay and play

This programme has been developed with the support of a Sport Maker who has taken the lead in terms of developing and promoting the sessions.

The Back to Netball programme has been led by one of the Trust's Sport Makers ([www.sportmakers.co.uk](http://www.sportmakers.co.uk)) and a Netball Development Community Coach, which were put in touch by the Project Team. Since an initial meeting the programme has been supported by the Project Lead and advertised on the Staff Intranet page.

Luckily, Barking Havering and Redbridge NHS Trust have a netball court onsite so the sessions could be started for free, however, a small charge of £2 was applied so they could fund moving indoors throughout the winter months.

The NDCC and the Trust have continued to use local resources, to keep the sessions running at a low cost, through hiring a Local Schools sports hall. This has allowed for another block of 8 weeks to be organized.

The group of now committed players are very keen to improve and progress further and are looking to form a team to enter a league, or to play other hospitals.



## Recommendations

1. The involvement of a Sport Maker was vital; the employee working 'on the ground' was able to coordinate colleagues taking part.
2. Even if the programme can be run for free, it is always recommended to charge a small fee to participants; this encourages a greater level of commitment.
3. If there is any money left over, put this into other workplace health initiatives where a cost might be incurred – such as equipment, venue hire, instructors.

Glad it's on the way home – makes me feel good afterwards, rather than getting in and just sitting on the sofa."

## Participant Quotes

"My colleague and I spent four days after the first week comparing achey bits, but we both agreed it was a stress buster like no other – you literally come away feeling light-hearted and youthful ... Netball reignites that dormant flame. It gives you a great workout, an amazing laugh and, in some cases, a dodgy nickname. I shall forever be known as scabby knees to my netballing counterparts! What goes on court, stays on court."

