



DE23 ACTIVE ANNUAL EVALUATION

SEPTEMBER 23 - AUGUST 24



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INTRODUCTION

WHAT IS DE23 ACTIVE?

DE23 Active (formally known as Active Through Football Derby) is a five-year project funded by the National Lottery and supported by the Football Foundation and Sport England to help get the local community of Normanton and Arboretum physically active.

DE23 Active started life as a proposal in late 2020 and through the continued hard work and dedication of its consortium member organisations and the community itself, Derby was awarded a grant of £525,000 to run the project in April 2022.

We focus on three main groups:

- Men's group - 16 years & above
- Women's Group - 16 years & above
- Golden Generation - 60 years & above



OUR CONSORTIUM PARTNERS

- Community Action Derby
- Metropolitan Thames Valley Housing
- Derbyshire FA
- Derby County Community Trust
- Active Derbyshire
- Community One
- Press Red
- Derby City Council

Community Action

DERBY COUNTY
Community Trust



Derby City Council

active
derbyshire

community
one
Together we can make a difference.

MTVH

PRESSRED

WOMEN'S GROUP SESSIONS

SOCCERCISE

A brief overview of the sessions we ran for our Women's Group in our second year.

YOGA

MMA

PILATES

SWIMMING



Soccercise is a high-intensity workout and a fun introduction to football. It combines a variety of fitness exercises with a football. Soccercise is offered at our Active Women Warm Welcome Hub.



Yoga is one of our most popular classes and is held at both the Pakistan Community Centre and at Normanton Park Community Centre. Sessions are designed for women who want to make new friends while having a light workout. We also offer a chair-based alternative for women with mobility issues.



Mixed martial arts (MMA) is a full-contact combat sport based on striking, grappling and ground fighting. This self-defence class is particularly aimed at students, mothers and daughters, and those who work full-time.



Pilates is a full-body workout that improves muscle tone, flexibility and strength and is one of our Women's Group's favourite sessions. We offer pilates at the Pakistan Community Centre, Derby West Indian Centre and Rose Hill Infant School. We also offer a chair-based alternative for women with mobility issues.



Swimming is a fun way to keep fit, stay healthy and make friends. Our swimming sessions are held in an enclosed pool, with the blinds down and a female lifeguard on duty, therefore removing barriers that have previously prevented women from the Muslim community from being able to participate in this sport.

Men's Group Sessions

A brief overview of the sessions we ran for our Men's Group in our second year.

Competi-Ball Football

The aim of Competi-Ball is to create a competitive football session where the main focus is on making the activity fun and engaging for everyone. These sessions are held in Arboretum Park.



Dads & Lads

Our weekly Dads & Lads sessions are exciting, family-friendly events, alternating between cricket and football. These sessions are held at Willows Sports Centre.



Football Fit

Our Football Fit sessions are for individuals aged 16-25 and consist of a number of drills, building towards an in-game situation. These sessions are held in Arboretum Park.



Cricket

Cricket is a game of skill and strategy played between two teams of 11 players. Our cricket sessions are held at the Derby Cricket Centre.



ACTIVE MEN



As part of our Active Men Warm Welcome Hub at the Pakistan Community Centre, we offer two physical activity sessions: badminton, which is our low-intensity workout session and walking football, which is our high-intensity workout session.

BEENI-FIT (ASIAN ARM WRESTLING)



Asian arm wrestling, commonly known as Beeni, is popular in Southern Asia, particularly Pakistan. The sport involves two competitors, with one holding the other's hand in a special grip whilst their opponent attempts to break free. These sessions are held every Wednesday and Sunday at the Pakistan Community Centre.

WALK & TALK

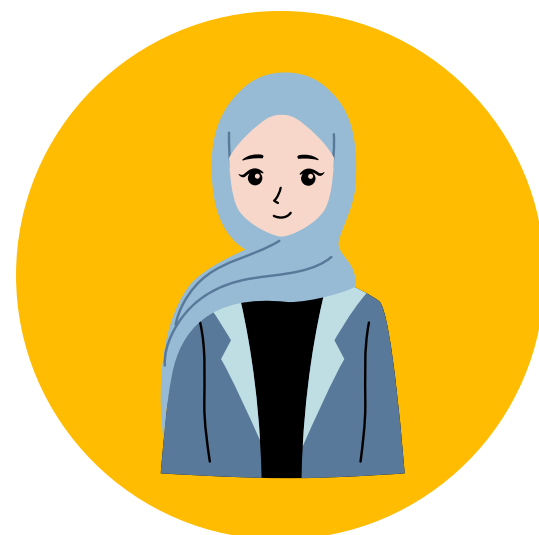


Our Walk & Talk sessions for women from the Golden Generation offer participants a low-impact exercise and the opportunity to socialise. Overall, these sessions aim to improve participants' health and mental wellbeing.

PILATES/CHAIR-BASED EXERCISE

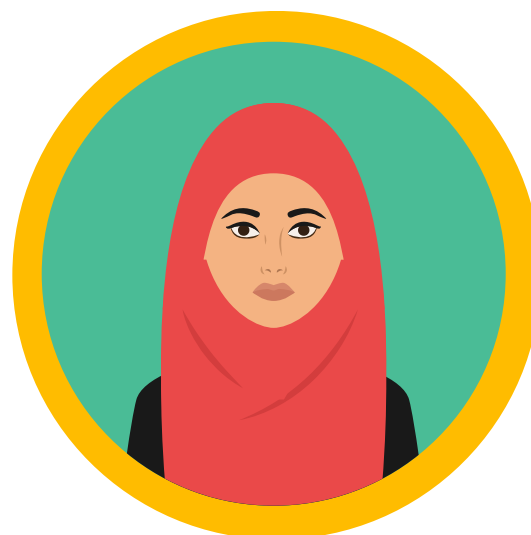


For women from the Golden Generation, we offer a separate pilates/chair-based exercise session on Thursdays at the Pakistan Community Centre. We alternate between pilates (offering a chair-based pilates workout) and chair-based exercise, every 6-8 weeks.



NOSHEEN | WOMEN'S GROUP

Nosheen, a regular at the Pakistan Community Centre, initially resisted joining our Women's Group sessions. However, since attending the Active Women Warm Welcome Hub and, with encouragement from our volunteers, she has started to participate in walking football sessions. This shift reflects the positive impact of the DE23 Active programme on her attitude toward physical activity. As Nosheen became more involved, we learned that she rarely leaves her home except for her visits to the Centre, where she feels safe. DE23 Active is helping her to build confidence, form friendships, and become more socially connected.



MANIZA | GOLDEN GENERATION GROUP

Maniza, who is in her seventies, had never been in a swimming pool before joining DE23 Active's swimming sessions. As a Muslim woman with limited English, she felt excluded from the swimming pools in Derby. DE23 Active's swimming sessions provide a safe, women-only environment with female lifeguards and translation support, allowing Maniza to learn how to swim. Now Maniza also regularly attends our yoga and pilates sessions and has started taking English lessons, saying it's never too late to learn and that she hopes it inspires other women to pursue their passions.



DADS & LADS | MEN'S GROUP

A group of 15-16-year-olds who began playing cricket at our Dads & Lads sessions a few years ago have shown remarkable progress and development. Now this talented group has not only won their under-17 league but is also preparing to compete in the Under-17 Cricket Cup final! Their journey has been impressive, as they've defeated several well-established and experienced teams along the way. This achievement highlights their dedication, hard work, and passion for the sport, as well as the strong foundation they built through our DE23 Active programme.

Volunteer Achievements

This section highlights the outstanding achievements and significant progress our volunteers have made through the DE23 Active programme. Their dedication has resulted in personal growth and a positive impact on the programme & community.



Big Winners!

We're excited to announce that our amazing volunteers, Tyra and Shiraza, were recognised at the 2024 Derby Voluntary Sector Awards! Tyra won the Sporting Award for her work in encouraging Muslim women to swim and creating a safe, inclusive space at Moorways Sports Village and Water Park. Shiraza received the Good Neighbour Award for her dedication to the community, providing transport, translation, and food parcels. We couldn't be prouder of their achievements and the positive impact they've had on our community.



Women's Football

We were excited to officially introduce football to our Women's Group, a milestone that wouldn't have been possible without the incredible work of our volunteer, Shiraza. Within the DE23 Active programme, Shiraza's role has evolved from participant to volunteer, and now to a paid coach, demonstrating her dedication and growth. Shiraza has been instrumental in bringing football to our Women's Group, starting with walking football and she now leads our Soccercise sessions. Through her efforts, Shiraza has successfully engaged women who previously showed no interest in football. She has broken down barriers and created new opportunities for the women in our group, who previously viewed football as a male-dominated sport.



Training

We have supported several of our volunteers to enrol on training courses through the DE23 Active programme. Tyra has completed her Boccia Level 1 Award, whilst Shaheen and Hasan are progressing through their Level 1 Chair-Based Exercise training. Shiraza is also advancing through her FA Level 1 Playmaker course. These qualifications will greatly enhance our volunteers' ability to support our programme and expand the range of activities we can offer to the community.

At DE23 Active, we are committed to upskilling our volunteers so they can become future role models and leaders within their communities, inspiring others to engage in physical activity.

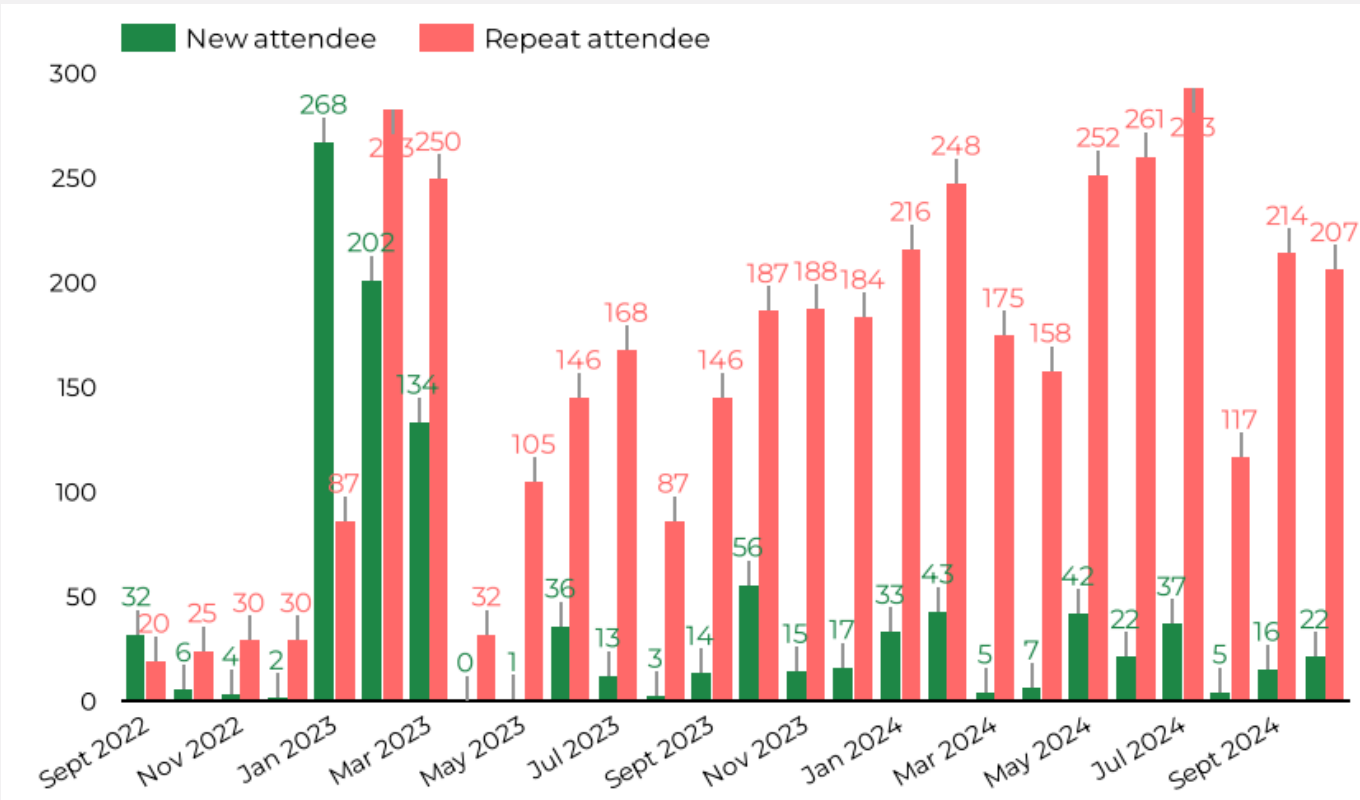
FACTS & FIGURES

This data is based on the demographics of our participants and on session attendance. It was recorded between September 2022 and September 2024.

Session Attendance & Delivery Figures



Average Attendance Per Month

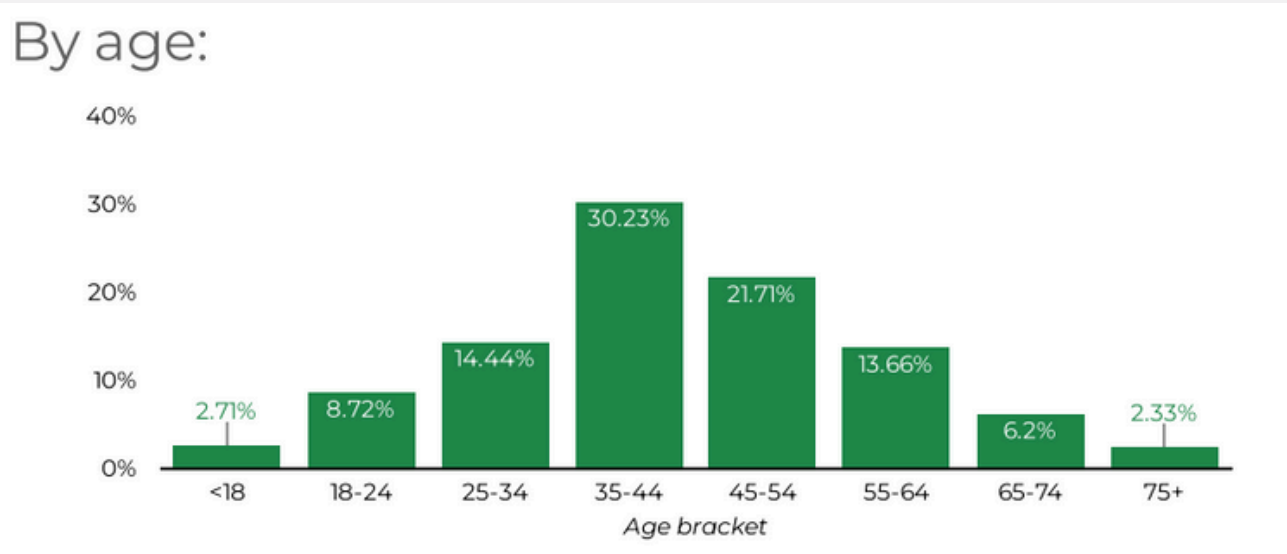
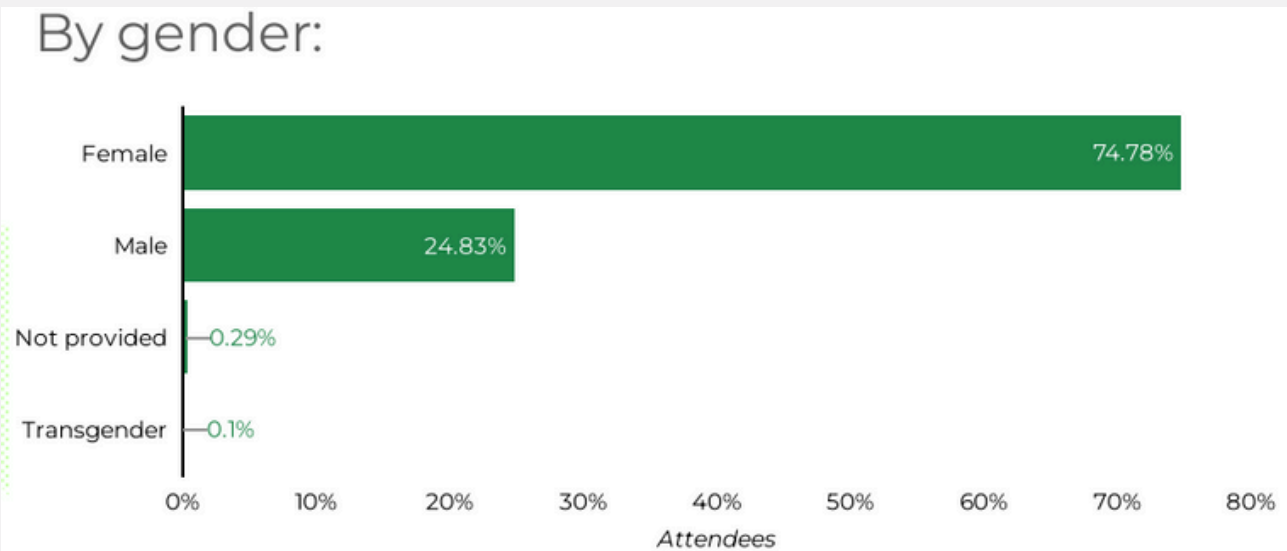


74.78% of our participants are female and 24.83% of our participants are male.

The majority of our participants are between the ages of 35-44 (30.23%) and 45-54 (21.71%) years old.

82.95% of our participants are from a Pakistani background, 5.04% from an Indian background and 2.23% from a Black African background.

Demographics of Participants



Ethnicity		Unique Attendees	Attendee ethnicity %
1.	Pakistani	856	82.95%
2.	Indian	52	5.04%
3.	Other Asian background	43	4.17%
4.	Black African	23	2.23%
5.	White British	17	1.65%
6.	Arab	6	0.58%
Grand total		1,032	100%



THANK YOU!

To find out more about our current sessions, you can visit our website, find us on social media or drop us an email:



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[@de23active](https://www.instagram.com/de23active)



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