



LYNNE DAVIES

Club Founder & Manager

Tell us about your work as a volunteer

I have set up **two Back 2 Netball clubs** and have encouraged **over 100 ladies** to get back into the sport. This has included running the club, getting the teams into leagues, arranging friendlies for development, getting players onto a level 1 netball coaching course so that they are able to run sessions. I currently manage a back to netball club and continue to get females involved in netball.

How long have you been volunteering?

3 Years

How has volunteering benefitted you?

I'm **much fitter**. I also train and play so **enjoy exercise again**. It had given me the opportunity to meet such a great bunch of ladies, who are now **friends**.

Why would you recommend volunteering to someone thinking about getting involved?

The reward of seeing **the positive impact netball has on females lives is amazing** - this in itself is so rewarding!

Why did you start volunteering and why do you continue to?

I started because I **wanted to get fit**. After being sporty at school I left it all behind the year I left college. The gym just bored me to death! I am a **people's person** and love to **meet people** and **talk**. Going to the gym was a lonely experience, everyone has their iPods in and no-body communicates.

I remembered **loving netball at school** and wondered if anyone else fancied to meet up for a game. I booked a Leisure Centre and posted the session on social media. We had 10 ladies the first week and it's spiraled from there.

I volunteer because I love seeing the **benefits of netball** to the women who come along to the session and seeing what **they gain from netball**. It's not just about **getting fit** and **healthy** but for many females with children, a husband and a stressful job it's an **outlet for them**. They come along **get fit, meet new friends** and are able to **socialise**. One lady did say that before netball she was in a low place and feeling extremely stressed. She was going to the gym but it's a lonely place where you are able to think about your life, which adds to the stress. Netball has and continues to be a life line for her. It's amazing really and this impacts positively on her home life. This is why I continue to volunteer.

Tell us about your best volunteering experience....

I would say - the lady who pulled me to one side to tell me the positive impact netball had on her, not only to **keep fit but mentally**. Being supported by a team and coming to train and play and enjoy it, had really **improved her mental health** which impacts on **family life**. When new ladies come through the door, we don't know what they have going on in their lives. That's why we keep it **light hearted** and make sure our sessions are **fun**.

How has volunteering affected your social life?

This is positive we complete many different activities - **pub quizzes, super league netball, nights out, weekends away and hosting charity netball tournaments**.

How has volunteering helped you in your professional career?

I am an outreach worker for Wigan Council. Wigan Council have the deal which is about people **giving back to their community**. I feel I am achieving this by volunteering within my local community.