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## **Scottish Women's Institutes and Netball Scotland team up to bring Walking Netball to over 14,000 members**

31 October 2019

**PRESS RELEASE FOR IMMEDIATE RELEASE**

Scottish Women's Institutes and Netball Scotland have teamed up to take Walking Netball to women across Scotland in a new initiative designed to expand pathways to sport.

The partnership will see more than 14,000 women encouraged to participate in the sport, which is set to be played in village halls and school gyms up and down the country.

Walking Netball is a slower version of the game; it is netball, but at a walking pace. The game has been designed so that anyone can play it regardless of age or fitness level.

A number of SWI members have been trained by Netball Scotland's facilitators and can now pass on their skills and enthusiasm in their local Institutes to encourage participation and activity. The collaboration will now see members in 663 institutes across Scotland given the opportunity to participate in the gentle activity no matter their experience.

Scottish Women's Institutes President, Linda Retson, said: "This is an exciting collaboration for us. The Walking Netball programme will join golf, bowls and curling as a key sport for Scottish Women's Institutes and we are delighted to be working with Netball Scotland and give members a fun, friendly, sociable, safe and very exciting new activity. Getting together to have fun and exercise our bodies and minds fits perfectly with Scottish Women's Institutes' outlook and we believe Walking Netball will be a huge hit."

Geraldine McGuire, Head of Development, Netball Scotland said, “The partnership between Netball Scotland and the SWI celebrates a joint vision to empower women across Scotland. Through the platform of walking netball, we will collaboratively enable women to build vibrant communities across the country where they can learn new skills, share experiences, build friendships and support networks and most importantly have fun.

As a Governing body, Netball Scotland is leading the way in Scotland in the Changing Lives Agenda. This partnership showcases our commitment to extending our reach out with the sporting sector, building networks of expert resource and knowledge which contribute to achieving Active Scotland Outcomes. Together with our partners at Age Scotland and Breathing Space we very much welcome the opportunity to expand our walking netball programme through the SWI membership.”

ENDS

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Notes to Editors:

Picture caption 1: SWI members met Netball Scotland’s staff to train at Glasgow’s Emirates Arena.

Picture caption 2: Leandra Robertson and Arlene McKay of SWI’s Renfrewshire Federation enjoy the day.

### **ABOUT SCOTTISH WOMEN’S INSTITUTES**

Scottish Women’s Institutes (SWI) is one of the largest educational organisations for women in Scotland, with 663 branches across the country. The organisation gives women of all ages the opportunity to learn new skills, build on existing ones and make new friends. Each Federation works to enhance local community life and strives to preserve the quality of Scottish living. Formed in 1917, SWI has two main aims: to advance the education and training of those who live and work in the country, or are interested in country life, in home skills, family welfare and citizenship and to promote the preservation of Scotland's traditions and its rural heritage.

Scottish Women's Rural Institutes is a registered Scottish charity also known as the SWI Charity No SC011901.

**[www.theswi.org.uk](http://www.theswi.org.uk)**

### **ABOUT NETBALL SCOTLAND**

Netball Scotland is the National Governing Body of Netball in Scotland, responsible for the governance and development the sport across the country. Netball Scotland currently records a membership of almost 200 clubs, over 800 schools and over 7,000 players, coaches, umpires, officials and volunteers. The national team, the Scottish Thistles currently have a world ranking of 8<sup>th</sup>. Netball Scotland also owns Scottish Sirens Ltd, a subsidiary

company with a semi-professional netball team, the Strathclyde Sirens in the Vitality Netball Superleague.

**[www.netballscotland.com](http://www.netballscotland.com)**