



7 DAYS  
OF  
FOCUS  
WOMEN & GIRLS  
WEEK

SATURDAY 2ND MARCH - FRIDAY 8TH MARCH 2024

WORKING IN PARTNERSHIP  
Leisure Focus and Maidenhead United FC Community Trust

Book your free session  
by scanning the QR code

LEISURE FOCUS



COMMUNITY TRUST



# 7 DAYS OF FOCUS

Women & Girls Week, Saturday 2 March - Friday 8 March 2024

## WHAT IS ON OFFER?

7 Days of Focus offers a variety of sporting and physical activity sessions aimed at Women and Girls.

The aim of the week is to encourage women and girls to take part in sport and physical activity on a weekly basis, and give residents of the Royal Borough of Windsor and Maidenhead the opportunity to try something new.

Over the week, Leisure Focus and Maidenhead FC Community Trust are opening their doors to give the public an opportunity to see what is on offer and to try out various sporting activities. Please find additional information within the timetable for age groups and specific requirements.

Would you like to get back into taking part in activities, but nervous about taking that first step and would like a buddy to accompany you? If you, a family member, or friend need help. The Wellbeing Support Service is here to help you. We are a free short-term service. Please reach out for a friendly chat. Contact Angela on 07828 343 888 or via [Wellbeing@maidenheadunitedfc-community.org](mailto:Wellbeing@maidenheadunitedfc-community.org)

## HOW TO GET INVOLVED?

1. Look through the timetable and choose your activities
2. Contact the activity providers to book your place using the details below
3. Alternatively scan the QR code on the front cover and we will contact you
4. Take part in the session
5. If you enjoy it, join the club

## ENQUIRIES / FEEDBACK

If you have any further enquiries or any feedback regarding this campaign, please contact Leisure Focus using the following details. You can use these same details to request a timetable of this campaign.

Email: [jatinder.rakhra@leisurefocus.org.uk](mailto:jatinder.rakhra@leisurefocus.org.uk)

Telephone Number: 01753 778559

### PLEASE NOTE:

- At the time of print, sessions are as set out in the timetable. Sessions can be subject to change and may be cancelled due to unforeseen circumstances. Please contact the relevant clubs to book a place and also to confirm the session is running. We apologise in advance for any alterations to the stated dates and times.
- Leisure Focus Trust is not the agent of the business(es) / sports clubs mentioned nor affiliated with them in any way and makes no claims as to the capabilities of those service providers. You should make your own enquiries as to the suitability, safety etc by checking on membership of trade associations and other relevant bodies and where applicable on adequate insurance cover. It is also prudent to seek independent references as appropriate.

# 7 DAYS OF FOCUS

## WOMEN & GIRLS ACTIVITIES WEEK



## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
<p>Empower Her (Leisure Focus) (Pre or post menopause)</p> <p>Weight-lifting workshop designed for 40+yrs women.</p>	40+ Adults	Saturday 2nd March 7:30am - 8:30am	Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	<p>Please quote '7 Days of Focus' when booking</p> <p>Pay and Display parking and blue badge parking on site</p> <p>*Women instructor and women only session</p>
<p>Work out of the day - Michaela (Leisure Focus)</p>	16+ Adults	Saturday 2nd March 10:00am - 11:00am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	<p>Please quote '7 Days of Focus' when booking</p> <p>Pay and Display parking and blue badge parking on site</p> <p>*Women instructor and women only session</p>
<p>Girls Only Football Club (Maidenhead United in the Community)</p>	4 - 12 year olds	Sunday 3rd March 10:00am - 11:00am	Dedworth Middle School, Smiths Lane, Windsor, SL4 5PE	Mark Nisbet 01628 636314 (option 3) mark.nisbet@maidenheadunitedfc.org	<p>The session is held on a 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Car parking is available on site.</p> <p>*Women/Girls Only Session with Male and/or Women Instructor</p>

## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Womens Weightlifting Club - Airida (Leisure Focus)	16+ Adults	Sunday 3rd March 12:00pm - 1:00pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhara@leisurefocus.org.uk	Please quote '7 Days of Focus' when booking  Pay and Display parking and blue badge parking on site  *Women/Girls Only Session with Male and/or Women Instructor
Netball (Leisure Focus)	School year (1 to 4)	Monday 4th March 4:30pm - 5:30pm	Furze Platt leisure Centre, 101 Furze Platt Road, Maidenhead, SL6 7NQ	furzeplatt@leisurefocus.org.uk - Subject Leisure Focus Netball 01628 965754	Please quote '7Days of Focus' when booking  Free parking on site  *Women instructor and women only session  Women/Girls Only Session with Male and/or Women Instructor
Netball (Leisure Focus)	School year (5 & 6)	Monday 4th March 5:30pm - 6:30pm	Furze Platt leisure Centre, 101 Furze Platt Road, Maidenhead, SL6 7NQ	furzeplatt@leisurefocus.org.uk - Subject Leisure Focus Netball 01628 965754	Please quote '7Days of Focus' when booking  Free parking on site  *Women instructor and women only session
Girls Only Development Session (Maidenhead United in the Community)	School year 7 & 8	Monday 4th March 5:50pm - 6:50pm	AstroTurf, Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Mark Nisbet 01628 636314 (option 3) mark.nisbet@maidenheadunitedfc.org	The session is held on a 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Car parking is available on site.  *Women/Girls Only Session with Male and/or Women Instructor
Netball (Leisure Focus)	School year 7 & 8	Monday 4th March 6:30pm - 7:30pm	Furze Platt leisure Centre, 101 Furze Platt Road, Maidenhead, SL6 7NQ	furzeplatt@leisurefocus.org.uk - Subject Leisure Focus Netball 01628 965754	Please quote '7Days of Focus' when booking  Free parking on site  *Women instructor and women only session
Netball (Leisure Focus)	14+ - Adults	Monday 4th March 7:30pm - 8.30pm	Furze Platt leisure Centre, 101 Furze Platt Road, Maidenhead, SL6 7NQ	furzeplatt@leisurefocus.org.uk - Subject Leisure Focus Netball 01628 965754	Please quote '7Days of Focus' when booking  Free parking on site  *Women instructor and women only session

## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Aqua Natal (Whatever your stage of pregnancy, this class provides a safe and structured way of exercising)	Ages 18+ to adults	Monday 4th March 7.15pm - 8:15pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	To provide gently but effective exercises to strengthen and support the core muscles To provide relaxation and support in the water. To provide lasting friendship through a shared experience.
Womens Walking Football (Maidenhead United Community Trust)	Ages 18+ to adults	Monday 4th March 8:30pm - 9:30pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Helen Park 01628 636314 (option 4) helen@maidenheadunitedfc.org	The session is held on a 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Parking is available on site.  *Women/Girls Only Session with Women Instructor
Womens Walking Football (Maidenhead United Community Trust)	Ages 18+ to adults	Tuesday 5th March 12:30pm - 1:30pm	AstroTurf, Braywick Leisure Centre, Braywick Road, Maidenhead, SL6 1BN	Helen Park 01628 636314 (option 4) helen@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Town Centre Parking (no parking available on site)  *Women/Girls Only Session with Women Instructor
Empower Her (Leisure Focus)  Weight-lifting workshop designed for 40+yrs women.	40+	Tuesday 5th March 12:30pm - 1:30pm	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please quote '7 Days of Focus' when booking  Free parking on site  *Women/Girls Only Session with Male and/or Women Instructor
Girls Only Development Session (Maidenhead United in the Community)	School years 2 - 4	Tuesday 5th March 4:00pm - 5:00pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Mark Nisbet 01628 636314 (option 3) mark.nisbet@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Town Centre Parking (no parking available on site)  *Women/Girls Only Session with Male and/or Women Instructor
Girls Only Development Session (Maidenhead United in the Community)	School years 5 - 7	Tuesday 5th March 5:00pm - 6:00pm	The Cage, Maidenhead United FC, York Road, Maidenhead, SL6 1SF	Mark Nisbet 01628 636314 (option 3) mark.nisbet@maidenheadunitedfc.org	The session is held on a covered 3G AstroTurf (no studs) Please bring water and wear clothing suitable for exercise. Town Centre Parking (no parking available on site)  *Women/Girls Only Session with Male and/or Women Instructor

## FOR ALL ACTIVITIES PLEASE PRE-BOOK USING CONTACT DETAILS LISTED

ACTIVITY AND CLUB	AGE	DATE/TIME	VENUE ADDRESS	CONTACT DETAILS	ADDITIONAL INFORMATION
Indoor Cycling - Michaela (Leisure Focus)	Ages 16+ and Adults	Wednesday 6th March 6:30am - 7:30am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.  *Women/Girls Only Session with Women Instructor
Yoga - Natasha (Leisure Focus)	Ages 16+	Wednesday 6th March 7:30am - 8:30am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please bring water and wear clothing suitable for exercise. Please quote '7 Days of Focus' when booking. Pay and Display Parking and Blue Badge Parking on site.  *Women/Girls Only Session with Women Instructor
Back to Netball (Leisure Focus)	14+ - Adults	Friday 8th March 9:30am - 10:30am	Windsor Leisure Centre, Clewer Mead, Stovell Road, Windsor, SL4 5JB	Jatinder Singh Rakhra 01753 778559 jatinder.rakhra@leisurefocus.org.uk	Please quote '7 Days of Focus' when booking  Pay and Display parking and blue badge parking on site  *Women instructor and women only session



**JOIN US AT YORK ROAD  
DURING WOMEN & GIRLS  
WEEK!**



Maidenhead United Women host Southampton FC  
Women at York Road.

**Sunday 3rd March 2024  
2pm kick-off**

**£5 adults, £2 concessions, £1 match programme  
CASH ONLY ON THE DAY  
Maidenhead United Gold Members go FREE**

Simply turn up, pay at the gate,  
and get behind your Magpies!

Those who have entered our World Book Day  
competition go FREE with a paying adult

UNITED AS  
**ONE**



Get Berkshire Active are planning a series of online webinars that will focus on different life stages experienced by women and girls and how physical activity has a role to play in these stages

### RATIONALE

One in Five women exercise for an average of less than 30mins a week.

Teenage girls are less physically active generally and are also far less likely to take part in teams sports than boys.

18% of female runners stated that they had considered stopping running altogether due to safety concerns..

Key barriers for women going through menopause are: low confidence in their ability to exercise and social withdrawal, fearing judgement and being labelled as incapable

Girls aged 3-11years experienced less enjoyment from being physically active and less confidence in their sporting ability than boys as they got older.

During the postpartum period being physically active can decrease symptoms of postpartum depression

### AIM

These webinars will

- provide a platform to share knowledge, expertise and connect with partners.
- seek to change mindsets on how women and girls can be supported through key life stages to be active in a way that suits them.
- provide an opportunity to explore collaborative working to influence the system to remove barriers currently preventing women and girls from being as active as they'd like.

### TARGET AUDIENCE

Those working with women and girls in a variety of sectors would benefit from these webinars; Health, Community sport, Exercise/Fitness/Group Instructors, Leisure, Education, Youth

### THEMES AND DATES

week commencing (exact day/ time to be confirmed)...

4th March - Teenagers

6th May - Pregnancy & Postnatal

8th July - Menopause

To register your interest in these webinars please email [info@getberkshireactive.org](mailto:info@getberkshireactive.org)

Please feel free to share this with any relevant organisations that may be interested.



FOR ALL YOUR LOCAL LEISURE  
DOWNLOAD NOW



# JOIN US TODAY

NEW EQUIPMENT NEW ENERGY NEW BENEFITS



SCAN THE QR CODE

Commit yourself in 2024. Our flexible memberships come with brand-new perks to help you make the most of your fitness membership.

Simply open your smart phone and point it toward the QR image above. A link to our app will appear. Tap that link to start your health and wellbeing journey with Leisure Focus. It's time to focus on you.



7 DAYS  
OF  
FOCUS  
WOMEN & GIRLS  
WEEK

SATURDAY 2ND MARCH - FRIDAY 8TH MARCH 2024

# GET INVOLVED

Discover more by  
scanning the QR code



WORKING IN PARTNERSHIP

Leisure Focus and Maidenhead United FC Community Trust

LEISURE FOCUS



COMMUNITY  
TRUST