

# NETBALL HER

Active Lives

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NETBALL Her



NETBALLHer seeks to raise the bar for women and girls through the creation of expert resources, practical support, game-changing learning

offer and by being a strong and responsible voice for 'Her'.

## Summary

Enjoyed by players aged 5 to 95, Netball provides opportunities for over 2.5 million women and girls in England to get on court and play the game. Research shows that there are a number of life stages impacting female lives both on and beyond the court. During these vulnerable times, women and girls are more likely to worry about showing up authentically, and stop playing, just when they need support the most:

- Teenage years
- All life stages
- Pre and post natal

England Netball has sought to create resources to tackle the numbers dropping out of the sport through access to knowledge and supportive communities.

A dedicated NETBALLHer website has been created by England Netball with women's health experts The Well HQ, where anyone can access the expert resources for free. This is a place for real stories, to listen, and to learn from leading experts and understand female bodies.

Topics covered include:

- Her latest stories
- Her pelvic health
- Her menstrual cycle
- Her breasts and kit
- Her menopause
- Her injury

- Her nutrition
- Her puberty
- Her pre/postnatal

Read: NETBALLHer website