

Livewell Activities



A Derby City Council Project

Fun sessions in your community

Get active and learn how to eat better through Livewell's fun and friendly activities. Your advisor will advise on exercise activities for you to try as part of **your Move plan** or you can book online at www.derby.gov.uk/sports. Please ask your advisor before trying a new physical activity.

Lose Weight Feel Great – accredited by the Royal Society for Public Health

A supportive and sociable 8-week course for clients wanting to lose weight sensibly for long-term. Through practical and fun weekly sessions with regular weigh-ins, you'll discover ways you can eat more healthily while steadily shedding the pounds. Livewell's sensible plan means you're much more likely to keep the weight off unlike quick-fix diets. Clients need to commit to all eight sessions to take part.

Dates for our courses are listed below and all clients are strongly encouraged to book as soon as possible to maximise weight loss and avoid disappointment. Spaces are limited and get booked up quickly. To book please email livewell@derby.gov.uk or call 01332 641254.

Day and course dates	Time	Venue	Advisor(s)
Thursday 1st March – 19th April	5.15 – 6.15pm	Hardwick Primary School	Rania
Wednesday 7th March – 25th April	1.30 – 2.30pm	Springwood Leisure Centre	Sufyaan



Here's what our clients have to say...

Janet Sharp said: "I have really enjoyed this course. Paul has been so supportive and made everything so easy to understand. I will miss this group."

John Bancroft added: "Cutting out sugar and being more conscious about what I am eating has reduced my daily blood sugar readings. I have also reduced the size of my plates and portion sizes."

Learn to run with our Couch to 5k course!

Get off the sofa and running in just 8 weeks – it really does work! Our 8-week running programme for complete beginners builds your running capacity week to week. Join the many clients who have completed the course to become seasoned joggers. **You can attend just one course or both if you prefer.** Running trainers are essential. To book please email livewell@derby.gov.uk or call 01332 641254.

Day and course dates	Time	Venue	Advisor(s)
Tuesdays from 13 March	10.30-11.15am	Alvaston Park Community Building	Joe P
Thursdays from 15 March	6-6.45pm	Springwood Leisure Centre	Aimee
Saturdays from 17 March	8-8.45am	Mackworth Youth & Community Centre	Various

All activities are subject to change – please see www.livewellderby.co.uk/client-info for the latest programme

Walk Well

Walking is simple, free and one of the easiest ways to get more active, lose weight and be healthier physically and mentally. Why not come along to one of our sociable led walks that are open to everyone (not just Livewell clients). You'll get to meet other people, discover different parks and communities in Derby and obviously get some fresh air! Bring as many friends or family members as you like to chat as you go. Choose from 3 levels of walks to suit beginners to those more experienced in walking. Walks are suitable for pushchairs and wheelchairs unless otherwise stated.

Beginners walks (up to 45 mins)

Walks have flat routes & even ground. Shorter walks (10-30 mins) are also available as part of each walk

Day	Start time	Meeting point	Walk Leader(s)
Monday	10.15am	Mickleover Community Centre – in the café	Sandra
Tuesday	11am	Age UK Chaddesden Park Centre	Roger
Wednesday <i>Changed day</i>	10am	Normanton Park - at main entrance (Warwick Ave)	Sufyaan
Thursday	12noon	Alvaston Park - outside the café	Aimee & Andy G

Intermediate walks (45-90 mins)

Walks may have some inclines and uneven ground

Day	Start time	Meeting point	Walk Leader(s)
Monday	10.15am	Mickleover Community Centre – in the café	Andy W, Bharti & Garry
Tuesday	10am	Springwood Leisure Centre - reception area	Rania
Tuesday	12.45pm	Derby City Council House - outside the main entrance <i>Has 1 or 2 long inclines</i>	Andy G & Bill
Wednesday	10am	Mackworth Library	Joe W, Bharti & Garry
Thursday	12noon	Alvaston Park - outside the café	Aimee & Andy G
Friday	10am	Osmaston Park Community Centre <i>Walk not suitable for pushchairs/wheelchairs</i>	Bill
Saturday (monthly)	2pm	King George V Playing Fields car park <i>2nd Saturday of every month.</i>	Gill

Advanced/progression walks (90-120 mins)

Walks are more challenging and more likely to have a faster pace, inclines, uneven ground and stiles

Day	Start time & duration	Meeting point	Walk Leader(s)
Wednesday	10am	Mackworth Library	Joe W, Bharti & Garry
Thursday	6.45pm	Mickleover Library <i>Not suitable for pushchairs/wheelchairs</i>	Sandra & Andy W

No need to book simply turn up! Please arrive **before** the walk start time so we don't go without you! You are advised to dress suitably for the weather conditions, wear comfortable, supportive footwear and bring a drink.

All activities are subject to change – please see www.livewellderby.co.uk/client-info for the latest programme

Get Moving

Our fun and friendly group activities offer something for everyone and are generally suitable for all clients. Please check with your advisor first if you have any medical conditions. Booking is advised for all sessions up to seven days in advance. To book, go to www.derby.gov.uk/sports. You can turn up on the day but you can only participate if a class isn't full. Session descriptions are on page 7.

Each class has a challenge rating so you can decide if it's right for you.

- **Level 1** – Gentle, lower impact class (you'll feel a little warmer but not too sweaty)
- **Level 2** – More challenging (you're likely to get sweaty)
- **All** – Suitable for all levels (the class allows you to work as hard as you like)

Monday

Time	Activity	Venue	Advisor	Level
10-11am	Livewell Chairfit	St Mary's Community Hall	Stuart	1
11.30am-12.30pm	Livewell Low Impact Circuits	St Mary's Community Hall	Joe W	1
11.15am-12.15pm	Livewell Stretch and Relax	Queen's Leisure Centre	Tania	All
12.30-1.15pm	Livewell Wattbike Session	Derby Arena	Antony	2
1.30-3.00pm	Group Gym Session Gym induction required	Queen's Leisure Centre	Joe W	All
2-2.45pm	Livewell Circuits	Springwood Leisure Centre	Andy	All
3-4pm	Livewell Badminton £1 charge	Springwood Leisure Centre	Sufyaan	All
6-7pm	Kettlebell Fitness	Mackworth Youth & Community Centre	Joe W	2
7-8pm	Boxwell	Lees Brook Community School	Antony	2

Tuesday

Time	Activity	Venue	Advisor	Level
1-2pm	Livewell Circuits Women only	Peartree Library	Rania	All
5-6pm	Boxwell	Springwood Leisure Centre	Antony	2
7.00-7.45pm	Livewell Aerobics	Lees Brook Community School	Aimee	2
7.45-8.30pm	Livewell Stretch and Relax	Lees Brook Community School	Aimee	All

Wednesday

Time	Activity	Venue	Advisor	Level
7-8am	Livewell Early Bird Interval Training	Derby Arena	Antony	All
10-11am	Livewell Stretch and Relax Women only	Peartree Library	Rania	All
12.15-1pm	Livewell Chairfit	Springwood Leisure Centre	Stuart	1
2-3.30pm	Livewell Badminton £1 charge	Springwood Leisure Centre	Joe W	All
6-7pm	Livewell Low Impact Circuits	St Mary's Community Hall	Joe W	1
6-6.45pm	Midweek Mixer	Sunnyhill Community Centre	Stephen	2
7.15-8pm	Boxwell	St Mary's Community Hall	Joe W	2

Thursday

Time	Activity	Venue	Advisor	Level
10-11am	Livewell Bootcamp	Springwood Leisure Centre	Antony	2
2.30-3.30pm	Livewell Low Impact Circuits	Springwood Leisure Centre	Kerry	1
6.30-7.30pm	Livewell Firm & Burn Women Only	Hardwick Primary School	Rania	2
7-7.45pm	Livewell Indoor Cycling	Springwood Leisure Centre	Aimee	2

Friday

Time	Activity	Venue	Advisor	Level
9.45-10.15am	Livewell Aerobics Women only	Peartree Library	Rania	2
5-6pm	Kickwell	Springwood Leisure Centre	Kerry	2

Saturday

Time	Activity	Venue	Advisor	Level
9-10am	Saturday Energiser	Mackworth Youth and Community Centre	Various	2

Health Hubs – weekly support to motivate your success

Get weekly support and encouragement from our caring team at one of our Health Hubs. Our weekly Health Hubs are a one stop shop for everything Livewell and great for meeting and sharing ideas with fellow clients. You can get weighed, receive expert help on anything slowing your weight loss, get specialist advice on your exercise or eating habits or simply pop along for a cup of tea and a chat. We look forward to seeing you there. Simply turn up – no booking required!

Day	Time	Venue	Advisors
Mon	5.30-7.30pm	Sinfin Moor Church	Andy Stephen Stuart
Tues	6-8pm	The Church on Oakwood	Antony Joe W Sufyaan
Wed	12-2pm	Alvaston Park Community Building	Andy Aimee Joe P
Thurs	12-2pm	Peartree Library (ring bell at side entrance)	Darminder Rania Stuart
Thurs	6-8pm	Park Medical Practice (Chaddesden)	Joe P Kerry Sufyaan

Drop In sessions – individual support

If you can't make a Health Hub, then our smaller Drop in sessions could be just the answer to keep you on track. Check your weight and get some in-depth personal support from our friendly advisors by attending as many sessions as you like. No booking required.

Day	Time	Venue	Advisor
Mon	11.30am-12.30pm	Derby Arena	Antony
Mon	2-3pm	Springwood Leisure Centre	Stephen
Wed	11.30am-12.30pm	Mackworth Library	Joe W
Wed	1-2pm	Peartree Library	Rania
Wed	5-6pm	St Mary's Community Hall	Joe W
Thurs	11am-12pm	Springwood Leisure Centre	Antony
Thurs	3.30-4.30pm	Derby Arena	Antony

Please note that occasionally the Drop in sessions may be covered by alternative advisors

Stop Smoking Drop In sessions

For the up to date Stop Smoking Drop in sessions, please go to www.livewellderby.co.uk/client-info

Get Moving class descriptions

Badminton

A leisurely game of badminton against other clients or even a Livewell advisor. Equipment provided.

Livewell Aerobics

30 minutes of old school aerobics, designed for complete beginners to increase their aerobic capacity!

Bootcamp

Mix of cardio and resistance exercises using a range of equipment in and outdoors (subject to weather!)

Boxwell

An empowering working using the non-contact element of boxing to get you fighting fit!

Livewell Chairfit

A low intensity, seated class that aims to increase strength and balance - great for increasing confidence in everyday activities.

Livewell Circuits

A fun and energising full body workout using a mixture of cardio exercises and weights.

Livewell Couch to 5k

An 8-week beginners jogging course. Aims to improve stamina and jogging ability up to 5k.

Livewell Early Bird Interval Training

An interval-based fitness session aiming to burn calories and build strength and stamina.

Livewell Firm and Burn

Feel more energised – a class that combines cardio with core work and other resistance exercises to burn calories and tone muscles.

Group Gym Session

(induction required before attending)

Come and have a social work out in the gym and speak to an advisor about keeping your gym programme fresh and interesting.

Indoor Cycling

Static cycling to motivating music to burn calories and improve cardiovascular fitness.

Kettlebell Fitness

Mixture of kettlebells and cardio exercise, great for weight loss and all over toning.

Kickwell

Martial arts style cardio workout to increase your cardiovascular endurance, muscular strength whilst integrating core stability.

Livewell Low Impact Circuits

A gentle class suitable for everyone but ideal for clients with medical conditions or those looking for a lower intensity exercise session. Work at your own pace.

Midweek Mixer

Push, press, slam, jump and swing! A combination of exercises to provide a challenging full-body workout. Varied each week to boost weight loss and improve fitness.

Saturday Energiser

Stretch your stamina and strength at this fun-filled cardio and resistance combo which differs week to week. Described as tough but rewarding, this session is a great start to the weekend. Prepare to sweat!

Livewell Stretch and Relax

Stretch your body and relax your mind with gentle moves that will help you find inner peace and wellbeing.

Livewell Wattbike session

Using the latest indoor cycles, with powermeters and cadence sensors for a truly individual workout motivated by your fellow riders!

Venue addresses

Age UK – The Chaddesden Centre, Chaddesden Ln, Derby DE21 6LN
Alvaston Park Community Building, Alvaston Park, Derby DE24 8QQ
The Church on Oakwood, 378 Bishops Drive, Oakwood, Derby, DE21 2DF
The Council House, Corporation Street, Derby, DE1 2FS
Derby Arena, Royal Way, Pride Park, Derby, DE24 8JB
Derby Urgent Care Centre, Osmaston Road, Derby, DE1 2GD
Hardwick Primary School, Dover St, Derby, DE23 6QP
King George V Playing Fields car park, Carlisle Ave, Littleover, Derby, DE23 3ET
Lees Brook Community School, Morley Rd, Chaddesden, Derby DE21 4QX
Mackworth Library, Prince Charles Ave, Mackworth, Derby, DE22 4BG
Mackworth Youth and Community Centre, Prince Charles Avenue, Derby, DE22 4FN
Mickleover Community Centre, Uttoxeter Road, Mickleover, Derby, DE3 0DA
Mickleover Library, Holly End Rd, Derby, DE3 0EA
Normanton Park, Warwick Ave, Normanton, Derby, DE23 8DA
Park Medical Practice, Maine Drive, Chaddesden, Derby DE21 6LA
Peartree Library, Peartree Road, Derby, DE23 8NQ
Queen's Leisure Centre, Cathedral Road, Derby, DE1 3PA
Sinfin Library, Arleston Lane, Sinfin, Derby, DE24 3DS
Sinfin Moor Church, Arleston Lane, Sinfin, Derby, DE24 3DH
Springwood Leisure Centre, Springwood Drive, Oakwood, Derby, DE21 2RQ
St Mary's Community Hall, Barrett St, Derby DE24 0EN
Sunnyhill Community Centre, Coleridge Street, Derby, DE23 8AF

Leisure Centre contact numbers

Derby Arena – 01332 640011
Queen's Leisure Centre – 01332 641444
Springwood Leisure Centre – 01332 664433