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# ANNUAL REPORT

2021/2022

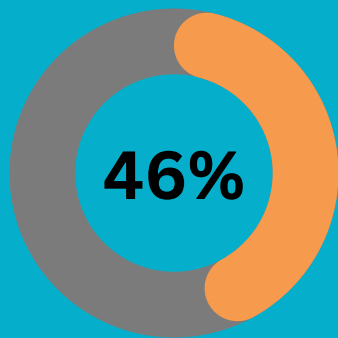
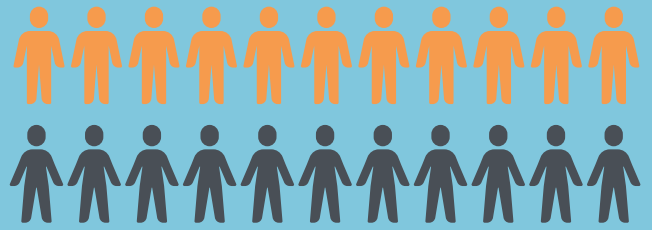
The Livewell logo consists of the word "livewell" in a white, lowercase, sans-serif font, centered within a blue rectangular box. The box has a thin white border and a subtle drop shadow.

livewell

# HEADLINE STATS

752

people joined to lose weight



of people achieved at least 5% weight loss

762

4-week smoking quits



Total quit rate



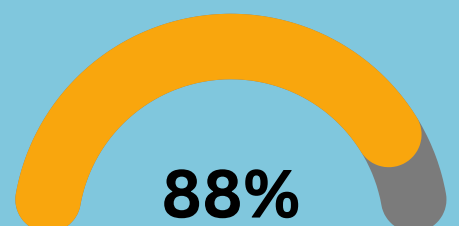
62%



413

NHS Health Checks completed

88% of people had a good or very good experience and 90% said they would recommend the service to friends and family



88%

# DEMOGRAPHICS

Figure 1 - Ethnicity breakdown by service area

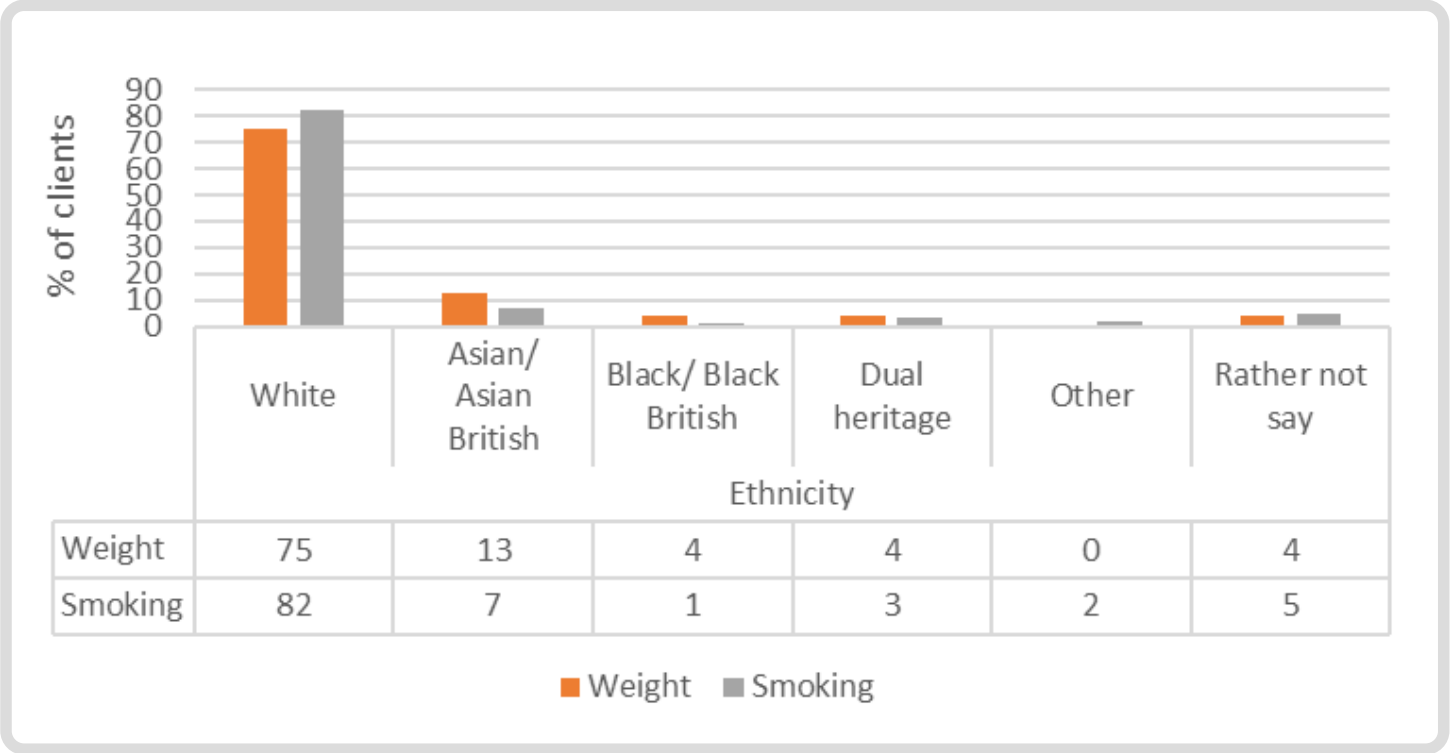
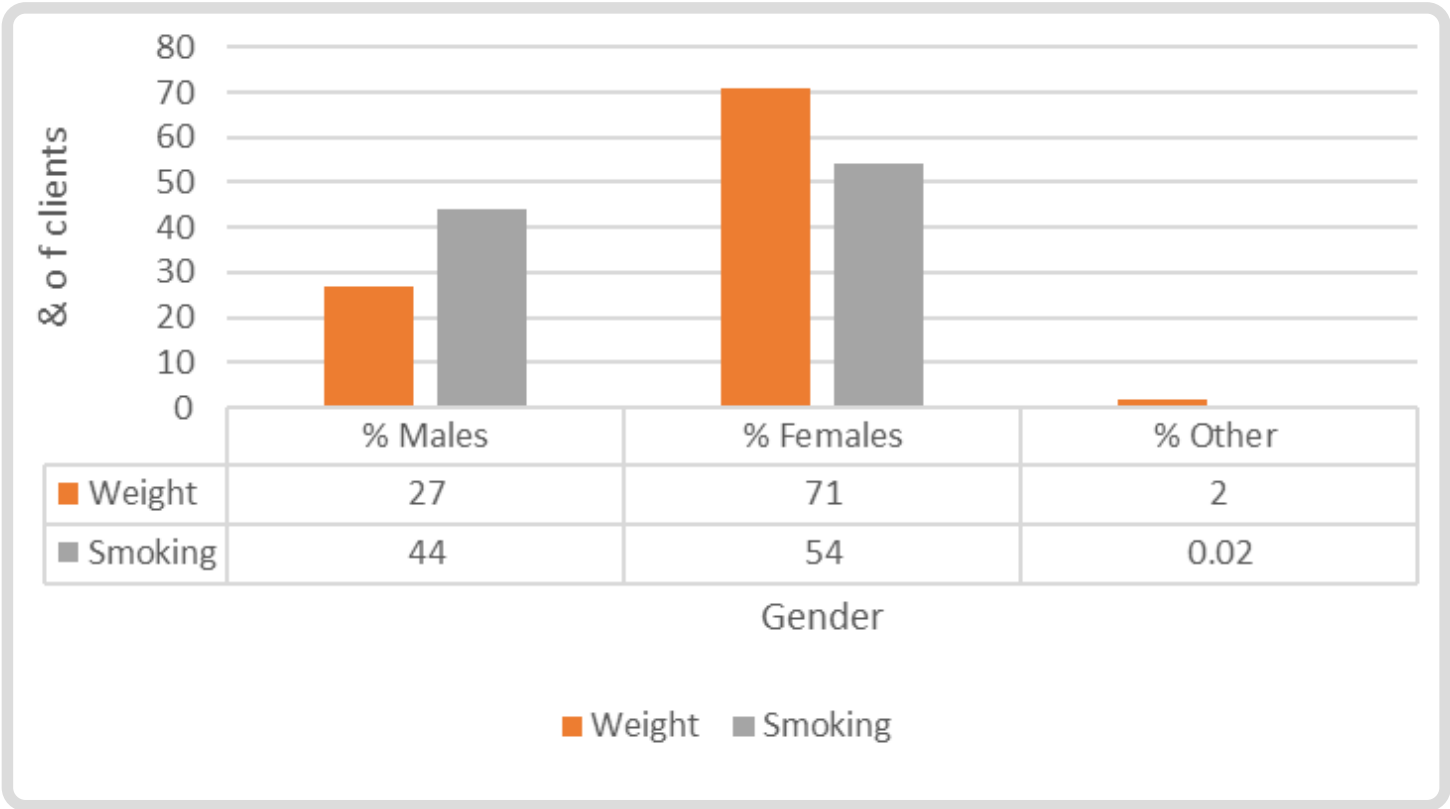


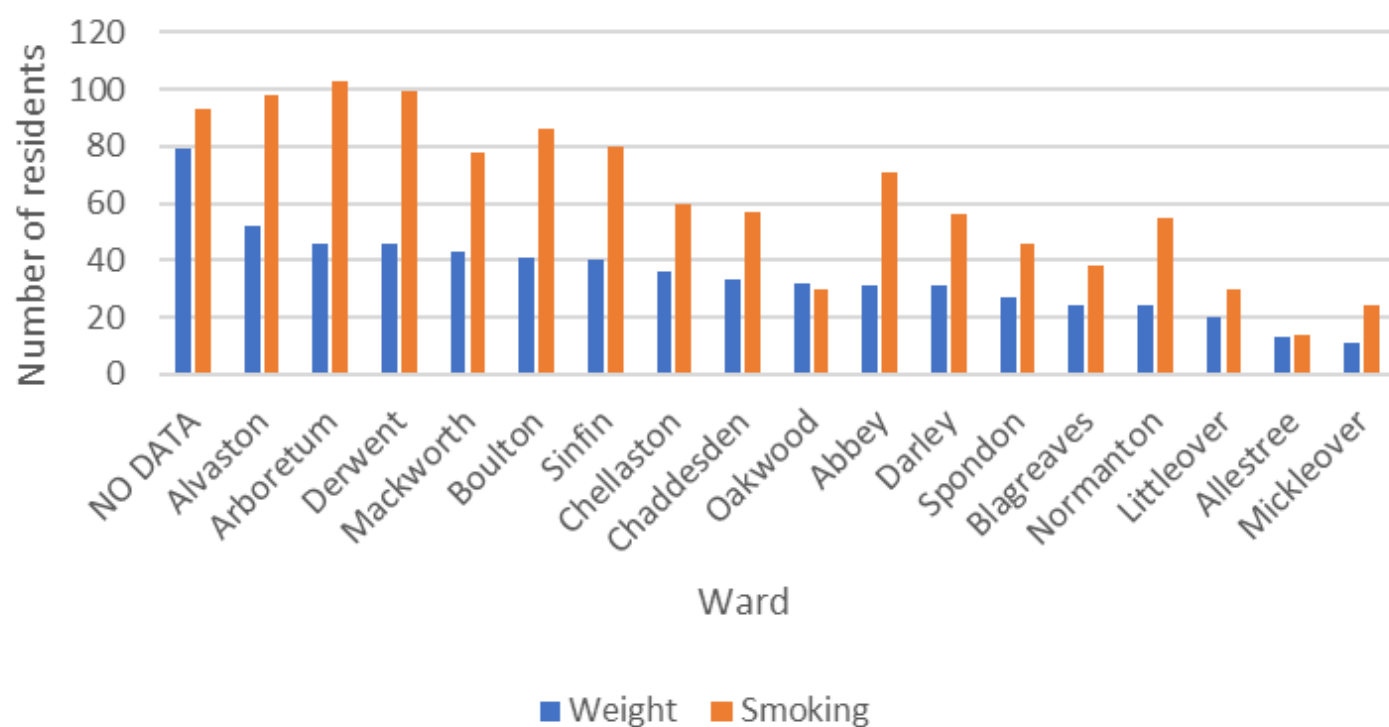
Figure 2 - Gender breakdown by service area



**Figure 1-** 75% (weight) and 82% (smoking) service users are from a white ethnicity, this group includes white British, Irish European and any other white background. An area of development for the service is to ensure that the service users reflect the city demographics.

**Figure 2-** For both weight management and smoking cessation female is the highest gender group.

**Figure 3 - Ward breakdown**



**Figure 3** shows the split of clients across the city is positive and close to expectation.

43% of weight management and 50% of smoking cessation service users across are registered to the 7 most deprived wards in the city

This demonstrates that the service is doing well in targeting areas where the prevalence of health inequality is higher, however this can be improved.

The time period 2021/22 reflects when much of the weight management service was delivered online which could have potentially impacted on accessibility, in 2022/23 the service will be very much in the heart of communities to ensure it can meet the needs of the city in ways that make most sense to these communities.

Figure 4 - Age breakdown by service area

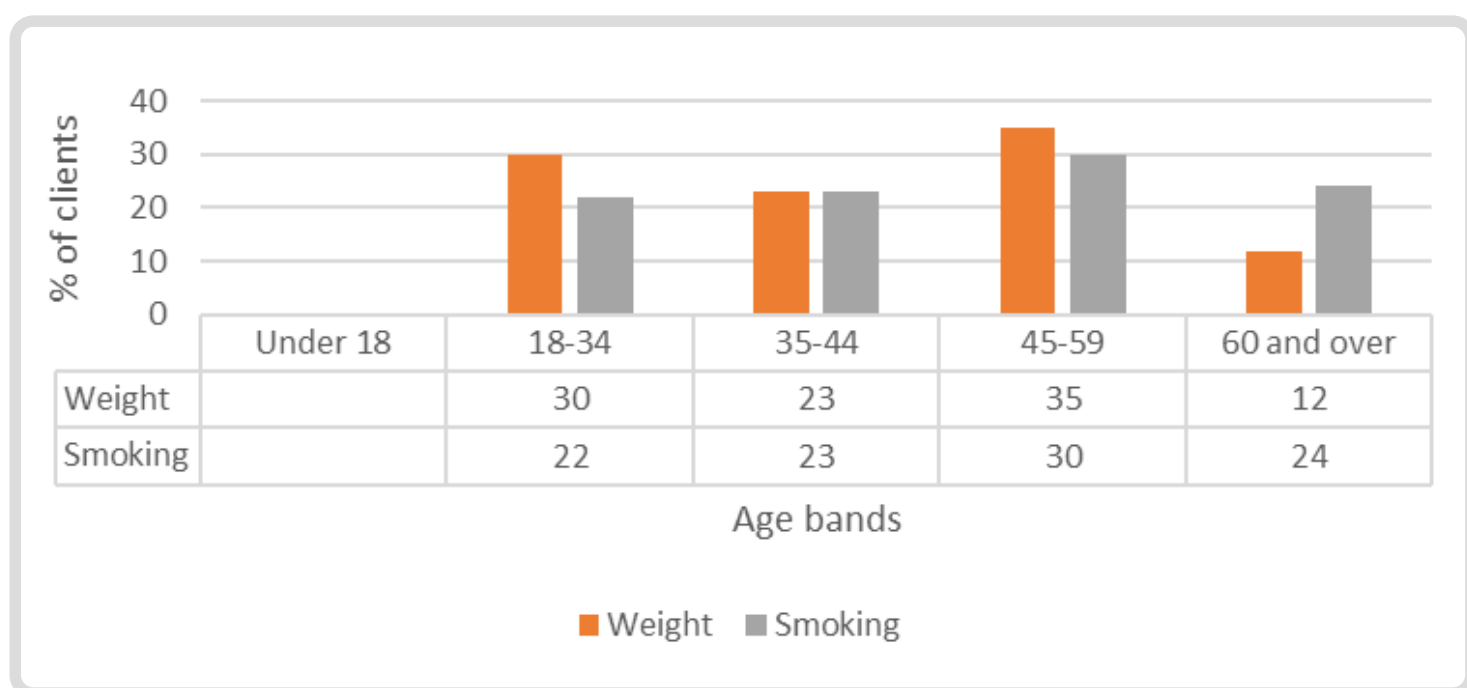


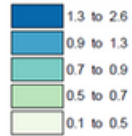
Figure 4 shows the age breakdown by service with the 45-59 age group being the highest for both smoking cessation and weight management. A higher than typical percentage of smokers in the 60 and over age group can be attributed to work taken place within

inpatient areas at Royal Derby Hospital, predominantly with respiratory inpatients that are older and long term smokers. This work has been in preparation for the NHS Long term plan – Tobacco dependency project that will commence in 2022.

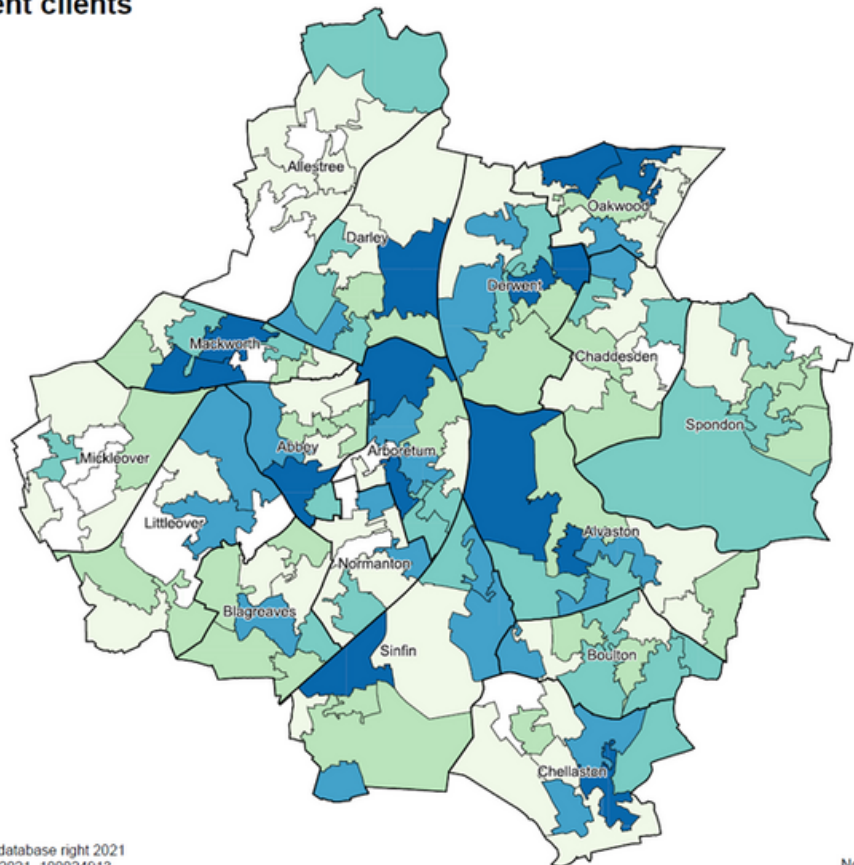
## Figure 5 - LSOA map weight management

### Livewell weight management clients

Percentage of Livewell weight management clients  
LSOA of home address



Source: Livewell client register  
October 2022



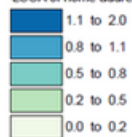
Contains National Statistics data © Crown copyright and database right 2021  
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Not to scale

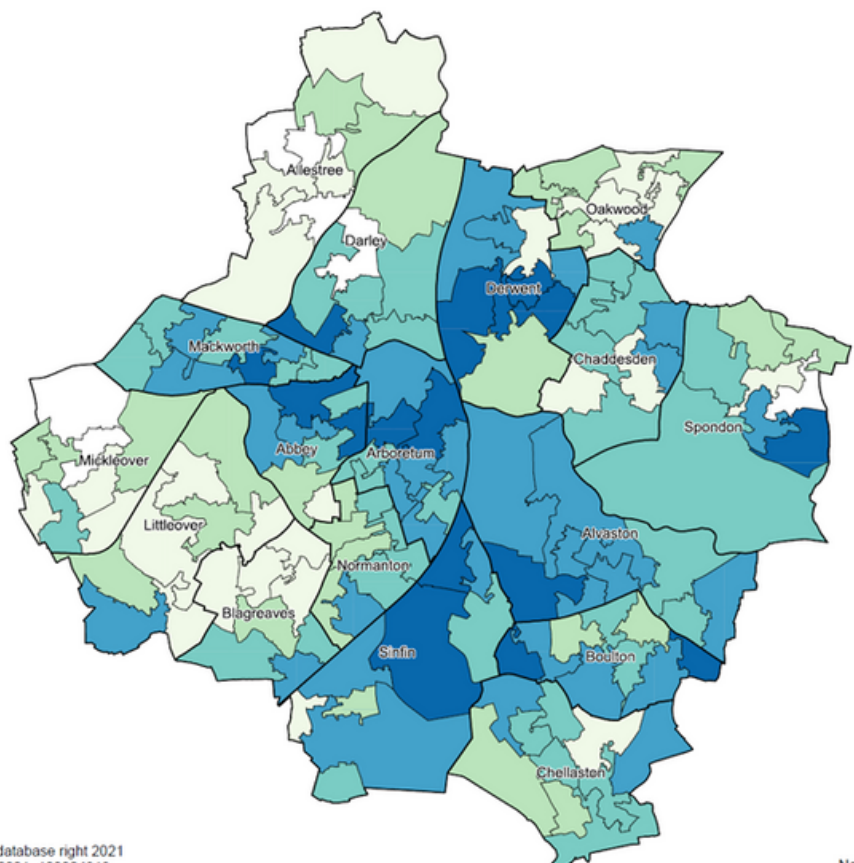
## Figure 6 - LSOA map smoking cessation

### Livewell smoking clients

Percentage of Livewell smoking clients  
LSOA of home address



Source: Livewell client register  
October 2022




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Not to scale

Figures 5 and 6 show the breakdown of clients by LSOA, this helps give an insight in to where service users live and will inform planning and development of how the service will be delivered within specific communities. This also help the service ensure that resource is being focussed in places where it is most needed.

## Throughout 2021/22 Livewell has..



been flexible in its approach to support people



quickly adapted activities following national guidance



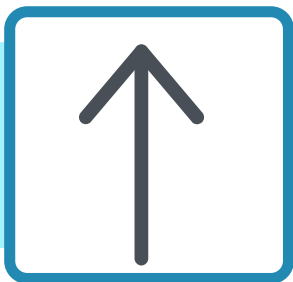
recommenced NHS Health Checks in September

Enforced service changes to delivery allowed the service to trial different ways of working which included more digital offers through Teams and Skype as well as live exercise classes on platforms YouTube and Facebook.



The learning from this has helped shape the service offer going in to 2022/23 and beyond allowing for a more comprehensive offer. Telephone appointments have now become the default appointment type to support people to quit smoking, this has had a positive impact on drop off rates as well as making the service more flexible and efficient which in turn means supporting more people.

# 2022/2023



Increased outcomes and an increased team

Comprehensive service offer for pre and post-natal women and their families



Greater focus on locality working within very specific areas and communities of the city as part of the 'Better Together' workstream

Supporting the integrated care board in the implementation of the NHS long term plan for tobacco dependency



Increase the number of volunteer and peer support opportunities & continue growth of this part of the service

Support 'Team up' Derby and the Complex Needs team by providing Health and Wellbeing Coach support





## Partnership with Oakdale Park and PCCO Primary Care Networks

**Embedded three Health and Wellbeing Coaches within primary care**

**Coaches provide a vital support to patients using non clinical intervention**

**Supports what matters most to patients**



Lister House Surgery

**The Park Medical Practice**

**Overdale Medical Practice**

### Liveability

### Weight management for people with learning disabilities

This year the service utilised Section 31 Grant Funding from Public Health England to increase activity within the weight management service including

Liveability. This enabled us to add a city centre session and increase the amount of people accessing the Liveability service.



“Liveability was the first Livewell group that returned to face-to-face group sessions following the pandemic and it’s the first anniversary of this successful group carrying on their healthy lifestyle journey.

- Mark Dolman, Liveability advisor

# CASE STUDIES AND STORIES



## Andy Broughton

Before losing six stone, Andy was in a difficult place both mentally and physically. Now, he makes the most of every day, enjoying long walks with his wife and running around after his granddaughter.

“Tying my shoe laces was near to impossible and walking up the stairs left me gasping for breath. Now there is no limits to what I can do and my wife and I have an exciting future to look forward to.”

## Leonard Willmott

54-year-old Leonard is a milkman from Mackworth who shed 10% of his bodyweight in 2021.

“The support of the Livewell team helped keep me on track. Physically I feel so much better and have more energy.”





## Kerry Little

Concerned about her health and being able to run around after her first grandchild, Kerry (46) decided the time was right to stop smoking.



“I’m smoke-free and so much has changed. Foods taste and smell so much nicer and I’m no longer breathless going upstairs. My family are so proud of me and I can’t wait to cuddle my new grandson as a healthier, non-smoking grandma!”

## WHAT OUR CLIENTS HAD TO SAY



Tailored support with no pressure



They made me feel at ease and were extremely easy to talk to



Every single staff member has been kind, supportive and given so much encouragement



The support given is positive and helpful, particularly if you are finding diet and exercise tough