

livewell community nhs health checks

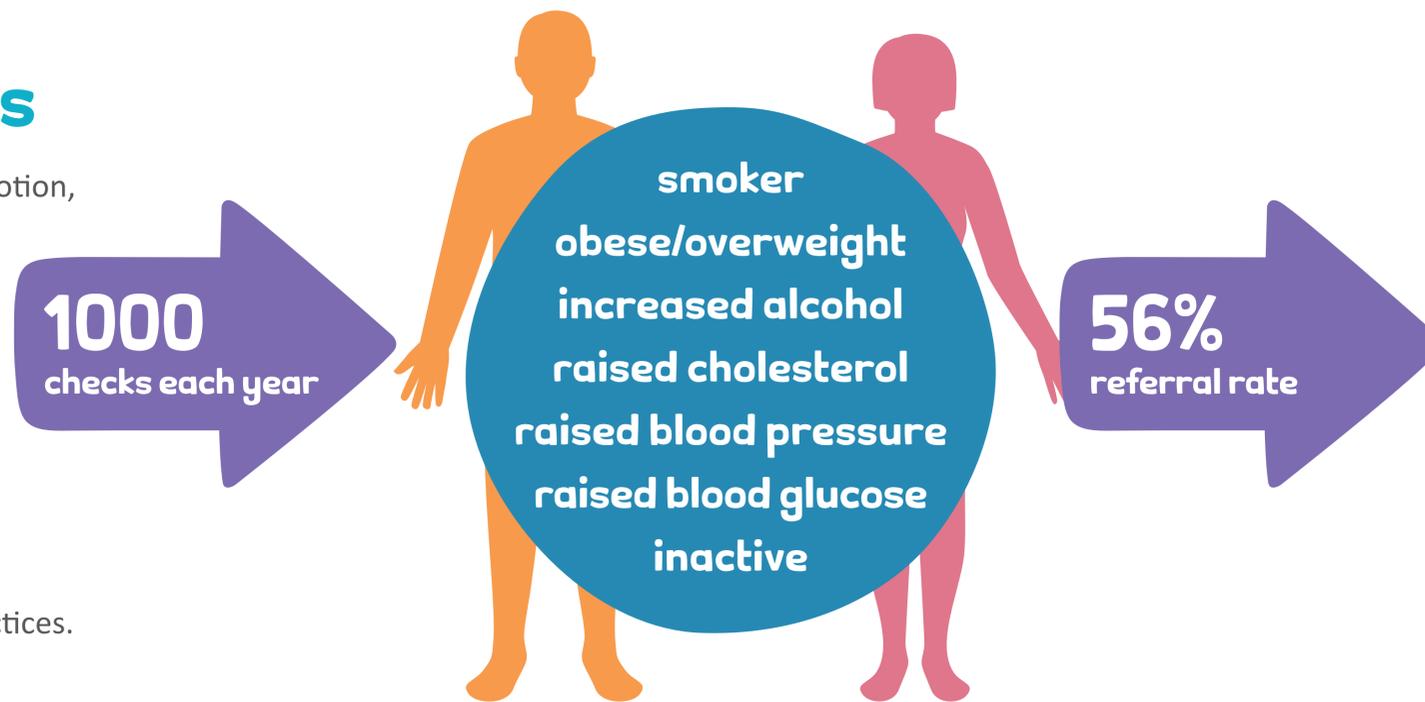
An integrated lifestyle service for Derby

Diane Jones, Livewell Nurse



engaging hard to reach communities

- 3 Community Health Check Advisors – promotion, community development and delivery.
- Registered nurse is clinical lead.
- Addressing cultural barriers.
- Day and evening appointments.
- Community-friendly venues from Mosque to church hall and pub to library.
- Workplace health events.
- Strong relationships with 30 GP practices.
- Deliver Health Checks on behalf of 4 GP practices.
- Community-based marketing.
- Click and book online appointment system.



seamless referral

Livewell – 12-months’ funded support to:

- Stop smoking – **33%** achieve 12-month quit compared to **11%** nationally.
- Lose weight (adults and children) – **61%** achieve **5%** weight loss.
- Get fitter – **77%** increase physical activity levels.

We also offer:

- Healthy eating and physical activity advice.
- GP referral for raised BP/blood glucose/cholesterol.
- Referral for alcohol support.

Livewell has genuinely involved our community and has a regular presence at the Mosque – running health events, checks and women-only sessions to successfully raise awareness about the increased risks of type 2 diabetes and heart disease.

nazir hussain, secretary, derby jamia mosque



I knew I was overweight but my Health Check confirmed it. Luckily, I qualified for Livewell's weight programme which has supported me to get back into exercise, eat more healthily and shed some pounds. I'm a happier, more confident person now and I can keep up with my grandkids!

josie gill, 54



Discovering I was diabetic and overweight was a big wake up call. Thanks to my Health Check, I've lost 2 stones in 3 months by eating better and exercising more. I now have a healthy blood sugar, cholesterol, blood pressure and BMI. My GP is delighted.

david roberts, 61



Livewell delivers NHS Health Checks for our practice, which enables us to focus resources where it is needed whilst still offering this vital service for our patients.

geraldine comery, practice manager, park farm medical centre

