

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 suggest and book 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. Please note that all sessions are subject to change, check the Client Info page at livewellderby.co.uk for the latest programme.

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)
Wednesday 27 Sept - 15 Nov	1.30-2.30pm	Springwood Leisure Centre	Joe P
Thursday 5 Oct – 23 Nov	5-6pm	St Augustine’s Community Centre	Rania



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."

All activities & sessions subject to change and may occasionally be cancelled

Walk Well

Everyone is encouraged to walk as much as possible, so why not come along to one of our led walks that are suitable for all. You'll get to meet other Livewell clients, see different parks and communities in Derby and obviously get some fresh air! You can bring as many friends or family members as you like as all the walks are also open to the general public. There are 3 levels of walks available; from beginners to those who are already used to walking. Walks are suitable for pushchairs and wheelchairs unless 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)
Thursday	10am	Normanton Park - at main entrance (Warwick Ave)	Sufyaan
Thursday	12noon	Alvaston Park - outside the café	Aimee & Andy

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	Sandra, Andy W, Bharti & Garry
Tuesday	10am	Springwood Leisure Centre - reception area	Pete & Rania
Tuesday	12.45pm	Derby City Council House - outside the main entrance	Andy G
Wednesday	10am	Mackworth Library	Joe W, Bharti & Garry
Wednesday	1.30pm	Sinfin Library	Stephen
Thursday	12noon	Alvaston Park - outside the café	Aimee & Andy
Friday	10am	Osmaston Park Community Centre <i>Walk not suitable for pushchairs/wheelchairs</i>	Phil & Carole

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

You don't need to book for the walks and can simply turn up, although 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.

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Get Moving

The fun and friendly Livewell group activity sessions are suitable for all clients, although please speak to your advisor first if you have any medical conditions. To book a class, go to www.derby.gov.uk/sports. You can turn up on the day but can only participate if a class isn't full. Session descriptions are on page 7

Monday

Time	Activity	Venue	Advisor	Booking advised
9.30-10.30am	Dance Fit (women only)	Derby Arena	Cara	No
10-11am	Livewell Chairfit	St Mary's Community Hall	Stuart	Yes
11.30am-12.30pm	Livewell Low Impact Circuits	St Mary's Community Hall	Ben	Yes
11.15am-12.15pm	Livewell Stretch and Relax	Queen's Leisure Centre	Tania	Yes
12.30-1.15pm	Livewell Wattbike session	Derby Arena	Antony	Yes
1.30-2.30pm	Livewell Bike Ride <i>Bikes and helmets supplied</i>	Markeaton Park - <i>meet in car park off Markeaton Island</i>	Ben	No
1.30-3.00pm	Group Gym Session <i>(Gym induction required)</i>	Queen's Leisure Centre	Joe W	Yes
2-2.45pm	Livewell Circuits	Springwood Leisure Centre	Andy	Yes
3-4pm	Livewell Badminton £1 charge	Springwood Leisure Centre	Sufyaan	Yes
6-7pm	Kettlebell Fitness	Mackworth Youth & Community Centre	Joe W	Yes
6-6.30pm	StadFit	Pride Park Stadium	Jon	No
7-8pm	Boxwell	Springwood Leisure Centre	Antony	Yes
7-8pm	Football £1 charge	Springwood Leisure Centre	Luke W	No

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Tuesday

Time	Activity	Venue	Advisor	Booking advised
10.30-11.30am	Baby Belly Bootcamp (Postnatal exercise)	Springwood Leisure Centre	Joe P	Yes
5-6pm	Boxwell	Springwood Leisure Centre	Antony	Yes
6-7pm	Livewell Badminton £1 charge	Derby Arena	Luke W	No
6-6.30pm	StadFit	Pride Park Stadium	Jon	No
7.30-8.15am	Livewell Aerobics	Lees Brook Community School	Aimee	Yes
8.15-9pm	Livewell Stretch and Relax	Lees Brook Community School	Aimee	Yes

Wednesday

Time	Activity	Venue	Advisor	Booking advised
7-8am	Livewell Early Bird Interval Training	Derby Arena	Antony	Yes
10-11am	Livewell Stretch and Relax	St. Augustine's Community Centre	Rania	Yes
12-1pm	Boxfit/Circuits	Oz Box/Allenton ABA gym	Adam	No
12-1pm	Livewell Chairfit	Springwood Leisure Centre	Stuart	Yes
1.30-2.30pm	Clubbercise* women only & no buddies	Springwood Leisure Centre	Cara	No
2-3.30pm	Livewell Badminton £1 charge	Springwood Leisure Centre	Joe W	Yes
6-7pm	Livewell Low Impact Circuits	St Mary's Community Hall	Ben	Yes
6-6.45pm	Midweek Mixer	Sunnyhill Community Centre	Stephen	Yes
6-6.30pm	StadFit	Pride Park Stadium	Jon	No
6.30-7.30pm	BoxFit/Circuits	Pride Park Stadium	Adam/Lee	No
7.15-8pm	Boxwell	St Mary's Community Hall	Ben	Yes

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Thursday

Time	Activity	Venue	Advisor	Booking advised
9.30-11am	Football Men only £1 charge	Willows	Jack/Adam	No
10-11am	Livewell Bootcamp	Springwood Leisure Centre	Antony	Yes
12.15-1pm	Pedal and Pump	Queen's Leisure Centre	Chris	No
12.30-1.15pm	HIIT	Alvaston Park Community Building	Ben	Yes
1.30-2.30pm	Football women only	Powerleague	Laura	No
2.30-3.30pm	Livewell Low Impact Circuits	Springwood Leisure Centre	Joe W	Yes
6-6.30pm	StadFit	Pride Park Stadium	Jon	No
6.30-7.30pm	Livewell Women Only Firm & Burn	St. Augustine's Community Centre	Rania/Aimee	Yes
7-7.45pm	Livewell Indoor Cycling	Springwood Leisure Centre	Andy	Yes

Friday

Time	Activity	Venue	Advisor	Booking advised
9.45-10.15am	Beginners Aerobics – Women's Only	St. Augustine's Community Centre	Aimee	Yes
10-11am	Walking Football men only £1 charge	Power League Derby	Lee F	No
3-4pm	Livewell Bums, Legs and Tums	Springwood Leisure Centre	Joe P	Yes
4-5pm	Badminton £1 charge	Springwood Leisure Centre	Chris	No
5-6pm	Kickwell	Springwood Leisure Centre	Kerry	Yes

Saturday

Time	Activity	Venue	Advisor	Booking advised
9-10am	Livewell Move and Tone	Mackworth Youth and Community Centre	Various	Yes

Sunday

Time	Activity	Venue	Advisor	Booking advised
6-7pm	Walking Football £1 charge	Springwood Leisure Centre	Lee F	No

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Health Hubs

All clients are encouraged to regularly attend one of our weekly Health Hubs to get support during your Livewell journey. Our weekly Health Hubs are our one stop shop for everything Livewell and great if you enjoy meeting other clients. If you want to get weighed, get some support with exercise or healthy eating or simply pop along for a cup of tea and a chat, then this is definitely for you. You can turn up at any time during the session and booking is not needed.

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

Drop In sessions

If you can't always attend a Health Hub, then our smaller drop in sessions could be just what you need to keep you on track. Get some one to one support from a Livewell Advisor by attending one or more of the sessions below. You can see any advisor and booking is not required.

Day	Time	Venue	Advisor
Mon	11.30am-12.30pm	Derby Arena	Antony
Tues	11am-12pm	Queen's 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	Ben
Thurs	11am-12pm	Springwood Leisure Centre	Antony
Thurs	3.30-4.30pm	Derby Arena	Antony
Thurs	5-6pm	Ascot Drive Community Fire Station	Stuart

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

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Get Moving class descriptions

Baby Belly Bootcamp (Post-natal exercise)

A fun, challenging class for post-natal ladies looking to improve fitness & strengthen the pelvic floor and lower back. Babies from 0-6 months are welcome - toys and clean mats provided.

Badminton

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

Beginners Aerobics

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

Livewell Bike Ride (outdoor)

A group cycling session for all abilities, using mainly cycle paths but with some on-road routes. Bikes and helmets supplied. Must be able to ride a bike.

Bootcamp

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

Boxwell/Boxfit

A fun and enjoyable class uses the non-contact element of boxing to get you fit and active.

Livewell Bums, Legs and Tums

A group exercise class aimed specifically at lower body toning and conditioning.

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.

Clubbercise®

Have fun by dancing along to club anthems from the 90s and the latest hits. Simple routines are taught in a darkened room with disco lights & glow sticks!

Livewell Couch to 5k

A beginners jogging group that lasts for 8 weeks. Aims to improve stamina and jogging ability up to 5k.

Dance Fit

A fun, low-impact way to dance the calories off! Easy to follow moves aimed at increasing your fitness whilst toning your body.

Livewell Early Bird Interval Training

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

Livewell Firm and Burn

A fun workout that burns calories and tones muscles.

Football

We provide a fun side to playing the beautiful game. This session is aimed at all ability levels and is all about taking part

Group Gym Session (induction required before attending)

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

HIIT (High Intensity Interval Training)

A fast class (30-45 mins) designed to burn calories and improve stamina and strength.

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 group exercise class suitable for all, 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 & swing! A combination and variety of exercises to provide a challenging full-body workout. Varied each week to boost weight loss and improve fitness.

Pedal and Pump

A class which mixes static cycling with circuit-style exercises.

Stadfit

A fun, varied class suitable for all abilities wanting to increase fitness, tone arms, legs and mid area.

Livewell Stretch and Relax

A fun class that will help you relax and find inner peace while you strengthen your body and improve balance.

Walking Football

The perfect way to get back into or keep playing football. Walking football is our low level version of the beautiful game.

Livewell Wattbike session

A session using the latest indoor cycles, with powermeters and cadence sensors that enables you to do a tailored workout.

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Venue details

Alvaston Park Community Building, Alvaston Park, Derby DE24 8QQ

Arboretum Park, Rose Hill, Derby, DE23 8FZ

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

Pride Park Stadium, Pride Parkway, Derby, DE24 8XL

Landau Forte College, Fox Street, Derby, DE1 2LF

Lees Brook Community School, Morley Rd, Chaddesden, Derby DE21 4QX

Lister House Surgery,

Mackworth Library, Prince Charles Ave, Mackworth, Derby, DE22 4BG

Mackworth Youth and Community Centre, Prince Charles Avenue, Derby, DE22 4FN

Markeaton Park, Derby, DE22 4AA

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

Oz Box/Allenton ABA Gym, 803 Osmaston Road, Derby. DE24 9BQ (above Heron Frozen food store)

Peartree Library, Peartree Road, Derby, DE23 8NQ

Powerleague Derby Soccerdome, Derwent Parade, Derby DE24 8BW

Queen's Leisure Centre, Cathedral Road, Derby, DE1 3PA

Ryknelde Centre, Bedford Street, Derby DE22 3HQ

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. Augustine's Community Centre, Almond Street, Derby DE23 6LX

St Mary's Community Hall, Barrett St, Derby DE24 0EN

Sunnyhill Community Centre, Coleridge Street, Derby, DE23 8AF

Willows Sport Centre, 1 Willow Row, Derby. DE1 3NZ

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