

# Livewell Activities Updated 30 January 2019



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](http://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](mailto:livewell@derby.gov.uk) or call 01332 641254 (Mon-Fri 9am-5pm).

Day and course dates	Time	Venue	Advisor
Wednesdays 13 February – 3 April	7-8pm	Derby Arena	Joe P



"I have enjoyed the classes and learnt a lot. It has dispelled my misconceptions about diets and foods that are good and bad for us. One of the main advantages is the tremendous support and encouragement from the other participants. It has given me a new way of life and a healthier life, not just for a week but forever."

"I learnt new things every week which has kick started my weight loss journey."

## Learn to run with our Couch to 5k courses – starting Jan 2019

Get off the sofa and running in just 9 weeks – it really does work! Our 9-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 all four if you prefer.** Running trainers are essential. To book please email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk) or call 01332 641254.

Day and course dates	Time	Venue	Advisor(s)
Mondays from 7 Jan	10-10.45am	Normanton Park main entrance (Warwick Ave)	Charlotte & Rania
Tuesdays from 8 Jan	10.30-11.15am	Alvaston Park Community Building	Joe P
Thursdays from 10 Jan	6-6.45pm	Springwood Leisure Centre	Stephen
Saturdays from 12 Jan	8-8.45am	Mackworth Youth & Community Centre	Various



“I'm a busy mum and wanted to try exercise that gave me the freedom to do it when I could. I was interested to find out if people like me (who had never run since school) could actually do it. Everyone was really friendly and we started with a steady running for a minute and walking for a minute, with plenty of chatting along the route. Every week we meet up and praise each other for our efforts. The course ends with a 5K Parkrun at Markeaton Park where there is the promise of a celebratory brunch and medal if we achieve our goal and with a promise like that I'm sure I can... and if I can, then anybody can!”

## Community cycle sessions – **NEW**

If you enjoy cycling then our new leisurely cycling sessions could be right up your street! The sessions are for everyone (not just Livewell clients) and the perfect way to travel across Derby, meet new people and get some exercise. They usually last around 1-2 hours and there's also a well deserved rest stop and cuppa somewhere along the way. The routes follow some of the fantastic cycle paths around the city, so are mostly off road – perfect if you need to increase your confidence on two wheels. Cycle helmets are not essential, but please bring a drink of water and don't forget some money for a cuppa!

Day	Start time	Meeting point	Cycle Leader(s)
Monday	11am	Chaddesden Library <b>New meeting point</b>	Jane & Rob
Tuesday	11.30am	Waterside Cafe (Alvaston Park)	Norman & Lee

### Need to learn?

If you're not good on two wheels, our colleagues at Cycle Derby can help with their **FREE 1-2-1 cycle training** for adults. Go to [www.cyclederby.co.uk](http://www.cyclederby.co.uk) to find out more.

### Bike a bit rusty?

Then take it along to the Lifecycle UK workshop (1 Canal St) for a once over and you'll soon be back on track again. The bike maintenance team provides an amazing and friendly service and is much cheaper than high street repair shops. Go to [www.lifecycleuk.org.uk/derby](http://www.lifecycleuk.org.uk/derby) for more info.

### No bike?

No problem! Lifecycle UK sell good quality second hand bikes at affordable prices or why not use one of the many e-bikes located across the city of Derby. Go to [www.ebikesderby.com](http://www.ebikesderby.com) to find out more



“Thank you so much for encouraging me to leave the housework and routines behind to get out on my bike feeling in a safe environment and part of a group. I thoroughly enjoyed it and felt great. If you're contemplating, don't hesitate, give it a go!”

## 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	9.15am	Arboretum Park (meet at Reginald Street entrance)	Lorraine
Tuesday	11am	Age UK Chaddesden Park Centre	Roger & Ralph
Wednesday	10am	Normanton Park - at main entrance (Warwick Ave)	Sufyaan
Thursday	12noon	Alvaston Park - outside the café	Aimee, Andy G & Bill

**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	1.15pm <i>New time</i>	Derby City Council House - outside the main entrance <i>Has 1 or 2 long inclines</i>	Andy G & Bill
Wednesday	10am	Mackworth Library	Bharti & Garry
Thursday	12noon	Alvaston Park - outside the café	Aimee, Andy G & Bill
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>2<sup>nd</sup> 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	Meeting point	Walk Leader(s)
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/resources](http://www.livewellderby.co.uk/resources) 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](http://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
11.15am-12.15pm	Livewell Stretch and Relax	Queen's Leisure Centre	Tania	All
11.30am-12.30pm	Livewell Low Impact Circuits	Derby Arena	Joe W & Charlotte	1
2-2.45pm	Livewell Circuits	Springwood Leisure Centre	Andy	All
2-3pm	Group Gym Session Gym induction required	Derby Arena	Joe W	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	Sufyaan	2

### Tuesday

Time	Activity	Venue	Advisor	Level
1.15-2.15pm	Livewell Circuits Women only	Community Hall, Normanton Rd	Rania	All
5-6pm	Boxwell	Springwood Leisure Centre	Joe W	2
7.00-7.45pm	Livewell Aerobics	Lees Brook Community School	Gemma	2
7.45-8.30pm	Livewell Stretch and Relax	Lees Brook Community School	Gemma	All

### Wednesday

Time	Activity	Venue	Advisor	Level
7-8am	Livewell Early Bird Interval Training	Derby Arena	Andy	All
10-11am	Livewell Stretch and Relax <b>Women only</b>	Community Hall, Normanton Road	Rania	All
12.15-1pm	Livewell Chairfit	Springwood Leisure Centre	Charlotte	1
2-3.30pm	Livewell Badminton <b>£1 charge</b>	Springwood Leisure Centre	Joe W	All
6-6.45pm	Livewell Low Impact Circuits	St Mary's Community Hall	Charlotte	1
6-6.45pm	Midweek Mixer	Sunnyhill Community Centre	Stephen	2

### Thursday

Time	Activity	Venue	Advisor	Level
10-11am	Livewell Bootcamp	Springwood Leisure Centre	Gemma	2
2.30-3.30pm	Livewell Low Impact Circuits	Springwood Leisure Centre	Joe W & Gemma	1
6.30-7.30pm	Livewell Firm & Burn <b>Women Only</b>	Hardwick Primary School	Rania	2
7.35-8.15pm	Livewell Indoor Cycling	Springwood Leisure Centre	Stephen	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 by dropping into 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 Gemma Rania
Tues	6-8pm	The Church on Oakwood	Charlotte Joe W Sufyaan
Wed	12-2pm	Alvaston Park Community Building	Andy Aimee Joe P
Thurs	12.45-2.45pm	The Mandela Community Centre	Darminder Rania Charlotte
Thurs	6-8pm	Park Medical Practice (Chaddesden)	Joe P Gemma

## Stop Smoking Drop In sessions

For the up to date Stop Smoking Drop in sessions, please go to [www.livewellderby.co.uk/resources](http://www.livewellderby.co.uk/resources)

## 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**

A 9-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-bodyworkout. 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 Sure Start Children's Centre, 875 London Road, Alvaston, Derby, DE24 8UZ

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

Arboretum Park, Rose Hill St, Derby DE23 8FR

The Church on Oakwood, 378 Bishops Drive, Oakwood, Derby, DE21 2DF

The Council House, Corporation Street, Derby, DE1 2FS

Coleman Health Centre, Coleman St, Derby, DE24 8NH

Community Hall, Normanton Road

\*\*The hall can be accessed via Normanton Road – please use the driveway that is in between JET (Jobs, Education & Training) and Paddy Power Bookmakers. It is opposite the Rosehill Street junction. There is no car parking available.

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

Lister House Surgery, 207 St Thomas Rd, Derby DE23 8RJ

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

The Mandela Community Centre, 179 – 181 Peartree Road, Derby, DE23 8TN

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

Osmaston Park Community Centre Moor Lane, Derby DE24 9HY

Park Medical Practice, Maine Drive, Chaddesden, Derby DE21 6LA

Peartree Medical Centre, 159 Pear Tree Rd, Derby DE23 8NQ

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

Sinfin Children's & Young People's Centre, 345 Sinfin Lane, Derby, DE24 9SF

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

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