

# Livewell Weight Management sessions

From 18 November 2021

Get moving and eat better!

Our fun and friendly sessions and courses are designed to help you eat better and exercise more to reach your goals. Please ask your advisor before trying a new physical activity.



A Derby City Council Project

## VIRTUAL SUPPORT

### Facebook Weight Management Support Group

Get online support through our Facebook weight management support group (for existing and former clients) where you can discuss how you're doing, share tips, get advice from our advisors and even take part in live exercise sessions. It's easy to join. Go to the [Facebook Support Group](#) answer a few questions to confirm your eligibility and then you're all set to join the sessions below!

| Day       | Time        | Type of session                       | Advisor(s) |
|-----------|-------------|---------------------------------------|------------|
| Tuesday   | 6.00-6.30pm | Tone-up Tuesday Live Exercise Session | Joe        |
| Wednesday | 11am-5pm    | Wednesday Weigh In                    | Louise     |
| Thursday  | 7.30-8.15pm | Virtual Health Hub                    | Casey      |

## YouTube Exercise Classes

Subscribe to our [YouTube channel](#) and choose from over 50 home workouts aimed at all different levels of fitness. There's something for everyone from easy stretch sessions to low impact standing workouts to seated yoga. Why not give one a go?

## REAL LIFE SESSIONS

**Please DO NOT ATTEND if you or anyone you live with has COVID-19 or symptoms of COVID-19. For the latest information please go to the [UK Government's guidance webpage](#).**



### Sleep Well, Live Better

**Thurs 2 Dec 6.30pm at Whitecross House Community Room**

Quality sleep is an important part of weight management. At this one-hour session, advisors Aimee and Luran will look at the complex relationship between a good night's rest and maintaining healthy eating and exercise habits. There will be the opportunity to share your experiences whilst getting practical advice and relaxation techniques to create your own plan to improve your sleep. **Booking is essential through your advisor or email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)**

All activities are subject to change – please see [www.livewellderby.co.uk/resources](http://www.livewellderby.co.uk/resources) for the latest programme



## Weight Off Workshop (WOW)

A weekly, virtual ‘ask the expert’ session with advisor, Joe covering all the nutritional pitfalls that could be holding you back including portion sizes, tracking calories, meal prep, planning, treat hacks and understanding how healthy eating can assist weight loss. No need to book, simply click on the Microsoft Teams link found in your weekly client email just before the start time below!

| Day      | Time          | Type of session  | Advisor |
|----------|---------------|------------------|---------|
| Tuesdays | 6.30 – 7.15pm | Group discussion | Joe     |

## Lose Weight Feel Great

This six-week course is designed to help you lose weight and keep it off for good! Through practical and fun sessions, 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. Topics include – fad diets, portions & snacking, fats, sugar/salt/hydration and mindful eating. Clients need to commit to all six sessions. **To book email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk) or call 01332 641254.**

| Day and start date                         | Time | Venue | Advisor |
|--|------|-------|---------|
| COMING SOON – NEW COURSES FOR JANUARY 2022 |      |       |         |

*“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.”*

## ESCAPE-Pain Courses

**If you suffer with osteoarthritis these courses are for you.**

Join our [ESCAPE-pain courses](#), which aim to provide you with the skills and techniques to self-manage your hip/knee or lower back pain.



ESCAPE-pain stands for Enabling Self-management and Coping with Arthritic Pain through Exercise and is a rehabilitation programme providing education and exercise to help and encourage people with self-management of their pain. ESCAPE-pain is approved by NICE and supported by NHS England and Arthritis Research UK. It’s a group programme tailored to individual needs with strong evidence to support the benefits of taking part in regular exercise and education for self-management.

There are two 5-week courses to choose from, one specialising in knee/hip pain and a new course for clients with chronic low back pain, both delivered by advisor, Aimee. It’s important that you attend all the sessions (2 days per week for 5 weeks) to get the most out of the programme to help reduce pain and improve mobility and wellbeing safely.

To book, contact your advisor or email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)

| Start Dates  | Time | Venue | Advisor(s) |
|--|------|-------|------------|
| Register your interest for <b>January 2022 courses</b> at Florence Nightingale Community Hospital (former DRI on London Road) by emailing <a href="mailto:livewell@derby.gov.uk">livewell@derby.gov.uk</a> |      |       |            |

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 – Exercise Classes

Our fun and friendly exercise sessions offer something for everyone and are generally suitable for all clients. Please check with your advisor first if you have any medical conditions. Booking in advance is **essential** for all sessions. The best way to do book is through [online bookings](#), but please speak to your advisor if you have any issues

| Day                          | Time                              | Class Name | Venue                                 | Advisor |
|------------------------------|-----------------------------------|------------|---------------------------------------|---------|
| Tuesday                      | 6.15-7.15pm                       | FitMix     | Queen's Leisure Centre                | Nick    |
| Wednesday                    | 6-7pm                             | Boxwell    | St. Mary's Community Centre, Alvaston | Lauran  |
| Thursday<br><b>NEW CLASS</b> | 6.30-7.15pm<br><b>From 25 Nov</b> | Dance IT   | Pakistan Community Centre, Pear Tree  | Casey   |



*"I struggle to motivate myself to exercise at home so coming out to a group and getting some face to face interaction is great."*

*Madhuri Gembali*

## Derby Joggers

This fun and friendly group offers gentle jogs suitable for those new to jogging and Couch to 5k courses starting in January 2022. The groups are run by Jog Derbyshire leaders, who are also Livewell volunteers and former clients, so they understand what it's like to just start out and can support you every step of the way! Running trainers are essential.

To find out more about the sessions and to book a place, download the Run Together App and search for Derby Joggers. You can also find out more about the group and their sessions on the [Derby Joggers Run Together website](#).



| Day             | Time | Meeting place                                 |
|-----------------|------|---|
| <b>Monday</b>   | 6pm  | Pride Leisure/DW Sports Car Park – Pride Park |
| <b>Thursday</b> | 6pm  | Springwood Leisure Centre, Oakwood            |

## 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, volunteer-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!

Walks vary in duration so please choose one that will be right for you. They generally have flat routes and even ground so are suitable for pushchairs or wheelchairs, unless otherwise stated. Shorter walks (10-30 mins) are also available as part of walks where indicated.

| Day & Start time                           | Walk name (and meeting point)   | Approximate duration                                      | Walk Leader(s)            |
|--|---|---|---------------------------|
| Monday<br>10.15am                          | <b>Mickleover Community walk</b><br>(Contact <a href="mailto:paul.mcginty@derby.gov.uk">paul.mcginty@derby.gov.uk</a> / 07812 302022 before attending for the first time) | <b>60 mins</b>  | Sandra & Andy             |
| Tuesday<br>10.30am                         | <b>Darley Park walk</b><br>(Clock outside The Council House)<br><b>2<sup>nd</sup> meeting point at 10.50am:</b><br>Chester Green Community Centre Car Park                | <b>75 mins</b><br>(from 1 <sup>st</sup> meeting point)    | Carol, Bill,<br>Cathy     |
| Tuesday<br>11am                            | <b>Chaddesden Park walk</b><br>(Chaddesden Park car park)   | <b>60 mins</b>  | Roger, Ralph &<br>Lynda   |
| Wednesday<br>10am                          | <b>Normanton Park walk</b><br>(Main entrance – Warwick Ave)   | <b>45 mins</b><br>Short walk available                    | Brenda, Alan<br>& Marilyn |
| Wednesday<br>10am                          | <b>Markeaton Park walk</b><br>(Streatham Road Community Room)   | <b>75 mins</b>  | Bharti, Garry,<br>Laraine |
| Thursday<br>12noon                         | <b>Alvaston Riverside Walk</b><br>(Alvaston Park community building)  | <b>60 mins</b><br>Short walk available                    | Alan & Bill               |
| Friday<br>10am                             | <b>Old Canal Path Walk</b><br>(Osmaston Park Community Centre)  | <b>90 mins</b><br><i>Unsuitable for pushchairs</i>        | Bill                      |
| Saturday<br>10.30am<br><b>Monthly walk</b> | <b>Sunnydale Park walk</b><br>(Field Rise entrance to park)   | <b>60 mins</b><br>1 <sup>st</sup> Saturday of every month | Marie, Carol              |
| Saturday<br>2pm<br><b>Monthly walk</b>     | <b>Littleover Parks walk</b><br>King George V Playing Fields car park   | <b>75 mins</b><br>3 <sup>rd</sup> Saturday of every month | Gill & Brenda             |

You don't need to book, you can simply turn up on the day, but please arrive **before** the walk start time so we don't go without you! Please dress suitably for the weather conditions, wear comfortable, supportive footwear and bring a drink.

Please check back regularly as we hope to add more walks in the future.



## Weigh-in Appointments

Check your weight and get brief expert feedback from our advisors. We're offering five-minute appointments which must be booked in advance through your advisor or by emailing [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk). We are currently doing offering appointments at the following venues:

- Max Road Community Room, Chaddesden DE21 4HB on Monday evenings
- Alvaston Park Community Building, DE24 8QQ on Tuesday afternoons
- Whitecross House Community Room, West End DE1 3PL (access via Parker St) on Tuesday evenings

## Home exercise plan or online exercise videos

If it is not possible for you to exercise outdoors or join our virtual sessions, a home exercise programme or online exercise video may be a good option for you. Speak to your advisor who will be able to help you to devise a programme to suit your needs.

## Leisure Centre Activities

Don't forget as part of your time on Livewell, you get **FREE** access to activities at Derby City Council Leisure Centres, including swimming, group exercise classes and the gym. Speak to your advisor if you want to attend any of these. **Please note:** to obtain and keep leisure centre membership, you must show that you are committed by regularly participating in these activities and completing your quarterly Livewell reviews. This will be at the discretion of your Livewell Advisor and may be removed if you are not attending.

As with Livewell activities, it is essential that all sessions are booked in advance using [online bookings](#). Registering is simple and you can book a gym workout, exercise class or swimming session in seconds and easily view and cancel activities if you need to. You can [download online booking instructions here](#).

If you don't have access to the internet, you can also book activities by calling the relevant leisure centre that you plan to attend.

## Livewell Weight Management Resources

Don't forget to access our wide range of resources all available from our website, including:

- Food diaries
- Portion plans
- Recipes

To view and download, go to our [Client Resources webpage](#).

These should be used in conjunction with your [green Eatwell Guide Booklet](#). Please contact your Livewell advisor if you need any support or guidance in relation to using the resources.

## Contact information

### Livewell Customer Contact Team

01332 641254

Email: [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)

### Leisure Centre contact numbers

Derby Arena – 01332 640011

Queen's Leisure Centre – 01332 641444

Springwood Leisure Centre – 01332 640333

### Livewell Advisor phone numbers

Casey Baxter – 07553 555679

Mark Dolman – 07812 301991

Andy Gunter – 07812 302050

Lauran Lang – 07796 993414

Sufyaan Mia – 07812 302020

Aimee Roberts – 07812 302003

Joe Wilkinson – 07812 302054

Nick Reynolds – 07553 555289

Louise Sharrock – 07812302015

Andy Varney – 07553 555202

## Venue addresses

Alvaston Park, off Meadow Lane, Derby, DE24 8QQ

Arboretum Park, Rose Hill St, Derby, DE23 8FR

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

Chester Green Community Centre/Darley Fields Car Park, Old Chester Road, Derby, DE1 3SA

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

Darley Park (Darley Park Drive car park), Darley Abbey, Derby DE22 1EN

Derby Arena, Royal Way, Derby DE24 8JB

Florence Nightingale Community Hospital, London Road, Derby, DE1 2QY

King George V Playing Fields car park, Carlisle Ave, Littleover, Derby, DE23 3ET

Max Road Community Room, Max Road, Chaddesden, DE21 4HB

Normanton Park, Warwick Ave, Normanton, Derby, DE23 8DA

Osmaston Park Community Centre, Osmaston Park, Moor Lane, Derby DE24 9HY

Oxygen Freejumping/Soccerdome, Derwent Parade, Derby DE24 8BW

Pakistan Community Centre, 103 Harrington St, Pear Tree, Derby DE23 8PB

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

Springwood Leisure Centre, Springwood Drive, Oakwood, Derby DE21 2RQ

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

Streatham Road Community Room, Mackworth, DE22 4AZ

Sunnydale Park, Field Rise entrance, Littleover, Derby, DE23 1DW

Whitecross House Community Room, West End, DE1 3PL (access via Parker St)