

# Livewell Weight Management sessions

From 4 August 2022

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)
Monday	7-8pm	Virtual Health Hub – a different topic every week!	Yasmin
Wednesday	11am-5pm	Wednesday Weigh In	Louise
Thursday	6pm	20-minute live Tone-Up class	Joe

## 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 workouts to seated yoga. Why not give one a go?

## REAL LIFE SESSIONS

**Please DO NOT ATTEND if you have COVID-19. For the latest information please go to the [UK Government's guidance webpage](#).**

### Weigh-in sessions (booking not required)

The perfect way to monitor your progress and maintain your motivation and it only takes 5 minutes! Simply drop in to one of the sessions below to get yourself weighed and receive face to face support from our friendly team. We recommend you attend at least once a month, but ideally every week. Weekly weigh ins will help you to understand how your weight can fluctuate and by using the weight tracker in your journey booklet and making the most of the support we offer, you should soon start to see results.

- Max Road Community Room, Chaddesden DE21 4HB – **Mondays 7.45-8.30pm** - Last entry @ 8:20pm
- Alvaston Park Community Building, DE24 8QQ – **Tuesdays 1.15-2pm**
- St Martin's Church, Allenton, DE24 9BH – **Tuesdays 5.30-6.15pm**
- Kestrel House, Sinfin DE24 3DD – **Wednesdays 12.45-1.15pm**
- Glengarry Way Community Room, Sinfin DE24 9NP – **Wednesdays 7.45-8.30pm**
- Streatham Road Community Room, Mackworth, DE22 4AZ – **Wednesdays 7.45-8.30pm**
- Mackworth Youth and Community Centre, DE22 4FN – **Saturdays 10-11am**

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

## 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
Tues 14 June to 19 July	10-11am	Glengarry Way Community Room, Sinfin	Andy G & Niamh

*"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 the next <b>courses</b> by emailing <a href="mailto:livewell@derby.gov.uk">livewell@derby.gov.uk</a>			

## 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
Mon	11.45am-12.45pm	Low Impact Circuits	Springwood Leisure Centre, Oakwood	Andy V & Gemma
Mon	6.30-7.30pm	Punch and Move	Sunnyhill Community Centre	Andy G
Wed	6-7pm	Boxwell	St. Mary's Community Centre, Alvaston	Lauran
Wed	7.15-8pm	Work-IT Circuits	St Mary's Community Centre, Alvaston	Lauran
Thurs	6.30-7.15pm	Dance IT (Ladies Only)	Normanton Library	Casey
Sat	9-10am	Weekend Workout	Mackworth Youth and Community Centre	Various



*"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 Couch to 5k courses and gentle jogs suitable for beginners. 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> <b>Couch to 5k starts 12 Sept</b>	6pm	Pride Leisure/DW Sports Car Park – Pride Park
<b>Thursday</b> <b>Couch to 5k starts 15 Sept</b>	6pm	Springwood Leisure Centre, Oakwood
<b>Saturday</b> <b>Couch to 5k starts 17 Sept</b>	8am	Alvaston Park Community Building

## Group walks

Walking is simple, free and one of the easiest ways to get more active, lose weight and be healthier physically and mentally. Our sociable, volunteer-led walks are open to everyone (not just Livewell clients). You'll get to meet other people, discover different parks and communities in Derby and get some fresh air! Walks vary in duration so choose one that is right for you. Routes are generally flat and even so are suitable for pushchairs or wheelchairs, unless stated. Shorter walks (10-30 mins) are available where indicated.

Day & Start time	Walk name (and meeting point)	Approximate duration	Walk Leader(s)
Monday 10.15am	<b>Mickleover Community walk</b> (Meeting point varies each week – for info, go to the <a href="#">Mickleover Community walk Facebook page</a> )	<b>60 mins</b>	Sandra & Andy
Tuesday 10.30am	<b>Darley Park walk</b> (Clock outside The Council House) <b>2<sup>nd</sup> meeting point at 10.40am:</b> Riverside Path (under Handyside Bridge)	<b>75 mins</b> (from 1 <sup>st</sup> meeting point)	Carol & Bill
Tuesday 11am	<b>Chaddesden Park walk</b> (Chaddesden Park car park)	<b>60 mins</b>	Roger, Ralph & Lynda
Wednesday 10am	<b>Normanton Park walk</b> (Main entrance – Warwick Ave)	<b>45 mins</b> Short walk available	Brenda, Alan & Marilyn
Wednesday 10am	<b>Markeaton Park walk</b> (Streatham Road Community Room)	<b>75 mins</b>	Bharti, Garry, Laraine
Thursday 12noon	<b>Alvaston Riverside Walk</b> (Alvaston Park community building)	<b>60 mins</b> Short walk available	Alan & Bill
Friday 10am	<b>Old Canal Path Walk</b> (Moorways Sports Village main entrance)	<b>90 mins</b> <i>Unsuitable for pushchairs</i>	Bill
Saturday 2pm <b>Monthly walk</b>	<b>Littleover Parks walk</b> King George V Playing Fields car park	<b>75 mins</b> 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.



## Leisure Centre Activities

As part of your time on Livewell, you get **FREE** access to group exercise classes and the gym at Derby Arena and Springwood Leisure Centre. 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 exercise classes, it is essential that all sessions are booked in advance using [online bookings](#). Registering is simple and you can book 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.

## Home exercise plan or online exercise videos

Don't forget you can easily exercise in the comfort of your own home with a home exercise programme or accessing online exercise videos. Speak to your advisor who will be able to help you to devise a programme to suit your needs.

## 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

Springwood Leisure Centre – 01332 640333

### Livewell Advisor phone numbers

Casey Baxter – 07553 555679

Gemma Brooks – 07812 300295

Niamh Cripps – 07990 415497

Mark Dolman – 07812 301991

Kirsty Freeman – 07824 587319

Andy Gunter – 07812 302050

Stuart Hunt – 07795 516346

Lauran Lang – 07796 993414

Yasmin Marks – 07780 225744

Aimee Roberts – 07812 302003

Louise Sharrock – 07812302015

Andy Varney – 07553 555202

Joe Wilkinson – 07812 302054

## Venue addresses

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

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

Derby Arena, Royal Way, Derby DE24 8JB

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

Glengarry Way Community Room - Glengarry Way, Sinfin, DE24 9NP

Kestrel House Community Room, Osprey Closes, Sinfin, Derby DE24 3DD

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

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

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

Moorways Sports Village, Moor Lane, Derby DE24 9HY

Normanton Library, St Augustine's Community Centre, Almond Street, Derby DE23 6LX

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

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

St Martin's Church and Community Centre, 6 Flint St, Allenton, Derby, DE24 9BH

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

Streatham Road Community Room, Mackworth, DE22 4AZ

Sunnyhill Community Centre, Coleridge St, Sunny Hill, Derby, DE23 8AF

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