

Livewell Weight Management sessions

From 8 February 2024

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

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 take part in 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

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?

Drop-in sessions (booking not required)

If you need any support with your Livewell journey, our Drop-in sessions provide the perfect opportunity, and you get to see a Livewell Advisor face to face. It's also a chance to monitor your progress by getting weighed. We recommend getting weighed at least once a month, but ideally every week, as this will help you to understand how your weight can fluctuate. By recording your weight regularly on the weight tracker page in your journey booklet and making the most of the support we offer, you should soon start to see results.

Day	Time	Venue	Advisor(s)
Monday	5.15-6pm	Springwood Leisure Centre, Oakwood	Casey & Stu
Tuesday	12-1pm	St Mary's Community Centre, Alvaston	Joe & Yasmin
Tuesday	5.30-6.15pm	St Martin's Church, Allenton	Andy & Gemma
Tuesday	8-8.30pm	Mackworth Youth & Community Centre	Kirsty & Niamh
Wednesday	11-11.45am	Tiptoe School of Performing Arts, Sinfin	Shaun & Casey
Wednesday	5-5.45pm	Sinfin Library NEW VENUE	Yasmin & Becky
Wednesday	7.45-8.15pm	St Mary's Community Centre, Alvaston	Joe
Thursday	10-10.45am	Springwood Leisure Centre, Oakwood	Stu & Andy
Thursday	5.30-6pm	Normanton Library, DE23 6LX	Shaun & Joe
Saturday	11.15am-12.15pm	Moorways Sports Village	Various

Wellbeing Workshops

These one-off themed workshops are designed to help you to understand your wellbeing, how to follow a healthy lifestyle and how this can help you to lose weight and keep it off for good!

Descriptions of each workshop can be found towards the end of this document. Keep an eye out for new topics, dates and venues!



Booking is essential – speak to your advisor, email livewell@derby.gov.uk or call 01332 641254.

Topic	Date	Time	Venue
NEW DATES COMING SOON			

ESCAPE-Pain Course



If you suffer with osteoarthritis this course is for you. Join

our [ESCAPE-pain course](#), which aims to provide you with the skills and techniques to self-manage your hip, knee or low 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.

Our 5-week course is run by Livewell advisors alongside leaders from Moorways Sports Village (Everyone Active). It's important that you attend all the sessions (Wednesday and Friday for 5 weeks) to get the most out of the programme to help reduce pain and improve mobility and wellbeing safely.

To register interest email livewell@derby.gov.uk or call 01332 641254.

Start Dates	Time	Venue	Advisor(s)
Next course will start in May 2024 – dates tbc		Moorways Sports Village	Aimee, Stuart, Andy and Kirsty



Get Moving

Weekly 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 through [online bookings](#) is **essential** for all sessions. Please speak to your advisor if you have any issues.

Day	Time	Class Name	Venue	Advisor
Mon	11.45am-12.45pm	Monday Mix-up	Springwood Leisure Centre, Oakwood	Andy
Mon	6.30-7.30pm	Move and Tone	Sunnyhill Community Centre	Yasmin
Tues	11.30am-12.15pm	Chairfit	Moorways Sports Village	Stu
Wed	12.15-1pm	Stretch & Strengthen NEW	Derby Arena	Niamh
Wed	4-5pm Starts 7 Feb	Joint Friendly Fitness NEW	Centurian Walk Community Room	Stu
Wed	6.45-7.45pm	Boxwell	St. Mary's Community Centre, Alvaston	Joe
Thurs	12.30-1.15pm	Move and Tone	Rykneld Sports Centre, Mackworth	Kirsty
Thurs	6.15-7.15pm	Dance IT (Ladies Only)	Normanton Library	Casey
Thurs	6.30-7.30pm	Circuits	Lees Brook Academy	Andy
Sat	9-9.45am	Weekend Workout	Moorways Sports Village	Various
Sat	10-10.45am	Weekend Workout	Moorways Sports Village	Various

Take a look at our [YouTube videos](#) of just a few of our sessions.

[Low Impact Circuits](#)

[Boxwell class](#)

[Dance IT session](#) (ladies only)

More **NEW** opportunities – exercise with our Activation groups

We have added spaces to the exercise sections of our Activation (new starter) Groups, so you can exercise in sessions like you did at the beginning of your Livewell journey. Like all our classes, they will be adapted as needed to suit everyone. There are limited spaces available and booking is **essential** through [online bookings](#).

Day	Time	Class Name	Venue	Advisor
Mon	7.30-8.15pm	Circuits for All	Lees Brook Academy, Chaddesden	Casey & Stu
Tues	11-11.45am	Circuits for All	St. Mary's Community Centre, Alvaston	Yasmin & Joe
Tues	7-7.45pm	Circuits for All	Mackworth Youth & Community Centre	Kirsty & Niamh
Tues	7.30-8.15pm	Circuits for All	St. Martins Church, Allenton	Andy & Becky
Wed	1-1.45pm	Circuits for All	Tiptoe School of Performing Arts, Sinfin	Shaun & Casey
Wed	7.30-8.15pm	Circuits for All	City of Derby Academy, Sinfin	Yasmin & Becky
Thurs	12.15-1pm	Circuits for All	Springwood Leisure Centre, Oakwood	Stu & Andy
Thurs	7.30-8.15pm	Circuits for All	Normanton Library	Shaun & Joe

All activities are subject to change – please see www.livewellderby.co.uk/resources for the latest programme

Post-Natal Sessions

For new mums on our weight management and stop smoking programme (baby under one year).

Run by specialist advisor, Emma, these friendly sessions aim to support you to be healthy and well after pregnancy.

Post-Natal Weight Management Clinic

Drop-in clinic for friendly and realistic support on post-natal weight loss. Pop in to get weighed and receive specialist support to set goals to keep you on track.

Post-Natal Legs, Bums and Tums in the Park

A mix of aerobic and strength-based exercises using bodyweight and resistance bands. The session will focus on toning and strengthening the legs, glutes, core and pelvic floor muscles. It will also help you get fitter and maintain good balance and stability. Bring baby/toddler along in a pushchair.

Booking is essential through [online bookings](#) or the [InDerby app](#)

Buggy Walk and Talk

A friendly social walk in the fresh air. Bring baby/toddler along in a pushchair. No need to book.

Baby and Me Yoga (12 weeks to crawling)

This restorative yoga session incorporates your baby and aids your recovery from pregnancy, birth and day-to-day mothering. The sessions will help to restore your energy, restore the core, release achy muscles, and provide new mums a safe space for support with like-minded people. **Booking is essential through [online bookings](#) or the [InDerby app](#)**

Weekly drop in coffee mornings

This is a chance for new mums with babies who are currently on our programmes to meet others in a relaxed environment. Advisor, Emma will be on hand to support you with any questions you may have. Sessions run directly after the yoga sessions at Moorways where refreshments can be purchased from the café.



Day	Time	Class Name	Venue	Advisor
Mon	10am-12noon	Post-Natal Weight Management Clinic	Becket Family Hub 35 Stockbrook St – DE22 3WR	Emma
Tues	10.30-11.30am	Post-Natal Legs, Bums and Tums	Darley Fields – meet at car park on old Chester Road	Emma
Fri	9.30am-10.30am	Baby and Me Yoga	Moorways Sports Village (Studio 3)	Emma
Fri	10.30-11.30am	Post-Natal Drop in	Moorways Sports Village (Meeting room 4)	Emma
Fri	1-2pm	Buggy Walk and Talk	Meet at Becket Family Hub 35 Stockbrook St – DE22 3WR	Emma

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 on the next Couch to 5k course starting in **January 2024**, 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
Monday 15 January	6pm	Pride Leisure/DW Sports Car Park (Pride Park)
Thursday 18 January	6pm	Springwood Leisure Centre Oakwood
Saturday 20 January	8am	Alvaston Park Community Building

Normanton Ladies Jogging Group

This small, friendly ladies-only group of beginner runners meets on Tuesdays 5.30pm at Normanton Park (car park near Colwyn Avenue). It's a great opportunity to improve mental and physical health and meet new friends.

Book online at the [Normanton Ladies Run Together website](#) or contact Rachael on 07828 467567/ rachaelkittley@hotmail.com to find out when the next Couch to 5k course is running.

Day	Time	Meeting place
NEXT COURSE STARTS MARCH 2024		

Walking Groups

Walking is simple, free and one of the easiest ways to get more active, lose weight and be healthier physically and mentally. Our sociable walking groups are open to everyone (not just Livewell clients) and are led by Livewell Advisors and Volunteers. You'll get to meet other people, discover different parks and communities in Derby and get some fresh air!

Day & time	Walk name and meeting point	Approximate duration	Leader(s)
Monday 10am <i>or</i> 10.15am	Allestree Park walk – bi-monthly walk Evergreen Club (DE22 2FT) at 10am <i>or</i> <i>Main Avenue entrance to Allestree park at 10.15am</i>	60 mins 1 st & 3 rd Mondays of the month	Phil, Ian, John, Eileen
Monday 10.15am	Mickleover Community walk Meeting point varies each week – for info, go to the Mickleover Community walk Facebook page	60 mins	Sandra, Andy
Tuesday 10am	Elvaston Castle walk Keldholme Community Centre (DE24 0RU)	75 mins	Louise
Tuesday 10.30 <i>or</i> 10.40am	Darley Park walk Clock outside The Council House (DE1 2FS) at 10.30am <i>or</i> <i>Riverside Path (Handyside Bridge) at 10.40am</i>	90 mins (walk) Group stops for additional 15 mins at Darley Park café	Carol, Bill
Tuesday 11am	Chaddesden Park walk Chaddesden Park car park (DE21 6LA)	60 mins	Roger, Ralph, Lynda, Alan
Wednesday 10am	Normanton Park walk Park main entrance – near Green Thyme Café (DE23 8DA)	45 mins Shorter walk available	Brenda, Alan, Marilyn
Thursday 11am	Alvaston Riverside Walk Alvaston Park main car park (DE24 8QQ)	60 mins	Alan, Bill
Friday 10am	Old Canal Path Walk Moorways Sports Village main entrance (DE24 9HY)	90 mins <i>Unsuitable for pushchairs</i>	Bill
Saturday 10am	Osmaston Park walk – monthly walk St. Bartholomew's & St. Luke Church, Addison Rd (DE24 8FH)	45 mins 1 st Saturday of the month Restarts 3 Feb	Stuart

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. You don't need to book, you can simply turn up on the day, but please arrive **before** the walk start times displayed above so we don't go without you!

Please dress suitably for the weather conditions, wear comfortable, supportive footwear and bring a drink.



Leisure Centre Activities

As part of your time on Livewell, you can get **FREE** access to group exercise classes and the gym at Derby Arena and Springwood Leisure Centre. You must complete the Commitment Card process to access these and you must show that you are committed by regularly participating in these activities and completing your quarterly Livewell reviews. Access 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 group exercise 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

Exercise in the comfort of your own home with a home exercise programme or by accessing online workout 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.

Wellbeing Workshop Descriptions

Forming healthy habits

Learn different ways to create and form healthy habits with meaning and purpose behind them as well as evidence-based tools to help you keep to new habits and to stick to them. This can be useful to help with consistency and staying on track.

Mindfulness and eating habits

A beginners guide into mindfulness and how it can affect our eating habits. We will discuss different eating styles, such as emotional eating and provide insight and tools you can use to help manage stress and improve relationships with food.

Resilience

Do you struggle to bounce back if something goes wrong, or something happens which upsets you? If so, this interactive workshop could be for you. Having good resilience or bounce back ability is a major life skill which helps us through tough times and enjoy life. We will discuss what resilience means and look at examples of resilience. You will think about your own resilience, where it is and how it can be improved.

Sleep well

This session will help you to understand your current sleeping habits and what you can do to improve them, including how having a healthy lifestyle can help. There will also be some info to help shift workers!

Training as we age

Join us to learn more about the changes in the body that are affected by age around bones, muscles, hormones and how these can affect health overall. Learn ways we can help to improve these changes, reduce the risk of health conditions such as cardiovascular disease, high blood pressure, diabetes and others to improve our health and enjoy a better quality of life.

Structuring Gym Workouts

Understand how to plan your workouts in the gym to get the best improvements in your fitness, including information on cardio, resistance machines, free weights and body weight exercises. This can also be tailored to suit home-based workouts.

Psychology of behaviour change

A workshop designed to give you an in depth look into how we can train our brains to change the way we think and behave. Linking to your weight loss journey, we will show you tips and tricks, with explanations on how you can change your behaviours to get the results you want.

Long term conditions

Discover ways to balance your healthy lifestyle journey with your long-term condition whilst still losing weight and becoming more active. We will mainly focus on the long-term conditions of fibromyalgia, hypertension and mental health providing you with tips, tricks and recipes to help you.

Ultra processed food

This workshop will help you to understand what they are, why they are potentially bad for us and will explore ways to reduce the amount of these foods in your diet.

Menopause

Share experiences and understanding of this time of life and find support whilst understanding the importance and benefits of exercise and nutrition in helping to reduce symptoms, keep bone density and reduce risk of heart disease.

Time to Livewell

Do you feel there is not enough time in your day to Livewell? This workshop will help you identify the things you must do and then identify free time you may be able to reprioritise to help you reach your health goals.

Contact information

Livewell Customer Contact Team

01332 641254

Email: livewell@derby.gov.uk

Leisure Centre contact numbers

Derby Arena – 01332 640011

Springwood Leisure Centre – 01332 640333

Livewell Advisor phone numbers

Sourma Alam – 07747 473184

Casey Baxter – 07553 555679

Shaun Benning – 07812 302050

Gemma Brooks – 07812 300295

Niamh Cripps – 07990 415497

Mark Dolman – 07812 301991

Kirsty Freeman – 07824 587319

Becky Gilbert – 07796 993414

Stuart Hunt – 07795 516346

Yasmin Marks – 07780 225744

Aimee Roberts – 07812 302003

Louise Sharrock – 07812 302015

Andy Varney – 07553 555202

Joe Wilkinson – 07812 302054

Emma Winchester – 07796 557213

Venue addresses

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

Becket Family Hub, 35 Stockbrook Street, Derby, DE22 3WR

Centurian Walk Community Room, Chester Green, Derby, DE1 3RD

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

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

Darley Playing Fields, Old Chester Rd, Little Chester, Derby, DE1 3SA

Derby Arena, Royal Way, Derby DE24 8JB

Evergreen Club, Cornhill, Allestree, Derby DE22 2FT

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

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

Keldholme Community Centre, Gillamoor Court, Keldholme Lane, Alvaston, Derby DE24 0RU

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

Lees Brook Academy Morley Road, Chaddesden, DE21 4QX

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

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

Rykneld Sports Centre, Richmond Park Rd, Mackworth DE22 4FB

Sinfin Library, Sinfin District Centre, Arleston Lane, Derby DE24 3DS

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

St Bartholomew's & St Luke, 49 Addison Road, Allenton, Derby DE24 8FH

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

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

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

Tiptoe School of Performing Arts, Sinfin Commercial Park, Sinfin Lane, Derby DE24 9HL

All activities are subject to change – please see www.livewellderby.co.uk/resources for the latest programme