

New Livewell Activity Programme

From 10 March 2020



A Derby City Council Project

Get moving and eat better!

Reach your goals through Livewell's fun and friendly activities. Your advisor will suggest exercise activities to try as part of **your Move plan** or you can book online at leisurecourses.derby.gov.uk/bookings. Please ask your advisor before trying a new physical activity.

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	7.30-8.30pm	Max Road Community Room Max Road, Chaddesden, DE21 4HB Free street parking	Andy Joe W
Tues	1.30-2.30pm	The Mandela Community Centre 179 – 181 Peartree Road, Derby, DE23 8TN Free street parking	Rania Gemma
Tues	7.30-8.30pm	Whitecross House Community Room West End, DE1 3PL (access via Parker St) Free parking on Parker St – some streets are permit only	Aimee Sufyaan
Wed	12.00-1.00pm	Alvaston Park Community Building Alvaston Park, Derby DE24 8QQ Free car park	Andy
Wed	7.30-8.30pm	Glengarry Way Community Room Glengarry Way, Sinfyn, DE24 9NP Free street parking	Rania
Thurs	1.30-2.30pm	Boyer Street Community Room Boyer Street, Off Abbey Street, DE22 3TG Free street parking	Aimee Joe W
Thurs	7.30-8.30pm	Watermeadow Road Community Room Watermeadow Road, Alvaston, DE24 0TE Free street parking	Gemma Sufyaan

Stop Smoking Drop In sessions

For the up to date Stop Smoking Drop in sessions, please go to www.livewellderby.co.uk/resources

Lose Weight Feel Great

A supportive and sociable 8-week course to help you lose weight for good! Through practical and fun 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. All clients are strongly encouraged to book as soon as possible. **To book please email livewell@derby.gov.uk or call 01332 641254.**

Day and course dates	Time	Venue	Advisor
Thursday 2 April – 21 May 2020	7-8pm	Streatham Road Community Room, Mackworth	Cathy
Cook and Eat – 2 hour special Weds 18 March	6-8pm	Landau Forte School A fun one-off session based on 'Fakeaways'. Learn how to cook a selection of dishes and then tuck in afterwards! Email livewell@derby.gov.uk to book.	Aimee and Rania



"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."

Derby Joggers Couch to 5k courses

Get off the sofa and running in just 9 weeks! 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! If you're already a jogger or have completed the C25k course then you can take part in the social runs on the same days/times. Running trainers are essential.

To find out more and to book please contact the Jog Leader directly, email derby.joggers@gmail.com or post a message at the [Derby Joggers Facebook Group](#).

Find out more about the course and ask any questions at the **Meet and Greet session** at Derby Arena on **Thursday 16 April at 6pm**.

Day and start dates	Time	Meeting place	Leader and contact details
Monday 20 April	6pm	Derby Arena, Pride Park (meet in foyer/Café 42)	Derby Joggers Pride Park – Norman Todd Call/txt: 07940226491
Thursday 23 April	6pm	Springwood Leisure Centre (meet in reception)	Derby Joggers Oakwood – Andy Varney Call/txt: 07736361263
Saturday 25 April	8am	Derby Arena, Pride Park (meet in foyer/Café 42)	Derby Joggers Pride Park – Julie Hodge Txt/WhatsApp: 07968166162



"I'm a busy mum and wanted to try exercise that gave me the freedom to do it when I could. I wanted to find out if people like me (who hadn't run since school) could actually do it. Everyone was really friendly and we started with a steady running/walking for a minute, with plenty of chatting along the route. The course ends with a 5K Parkrun, a celebratory brunch and medal."

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

Social cycle rides

Some of our amazing Livewell volunteers have organised some regular social cycle rides, which are FREE for anyone to attend. They typically last around 1-2 hours with a well-deserved rest stop and cuppa along the way and are the perfect way to meet new people and enjoy exercise. The routes follow the fantastic cycle paths around the city, so are mostly off road – ideal for increasing confidence. Cycle helmets are not essential, but recommended and please bring water and money for a cuppa! For details of the rides and to register to attend, please go to www.letsride.co.uk and look out for the 'Livewell Rides'. There are also other groups and cycle rides available on the link, but please choose one that is suitable for you.

Need to learn?

Cycle Derby offer **FREE 1-2-1 cycle training** for adults. Go to www.cyclederby.co.uk to find out more.

Bike a bit rusty?

Take it along to the Lifecycle UK workshop (1 Canal St) for a once over and you'll soon be back on track - far cheaper than high street repair shops. Go to www.lifecycleuk.org.uk/derby for more info.

No bike?

No problem! Lifecycle UK sell good quality second hand bikes at affordable prices



"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!"

ESCAPE-Pain Course

If you suffer with osteoarthritis this course is for you. Find out information to better manage knee and/or hip pain and take part in a gentle, individualised exercise programme that matches your needs and pace.



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.

It's important that you attend all the sessions (2 each week) to get the most out of the programme to help reduce pain and improve mobility and wellbeing safely. To register interest, please email livewell@derby.gov.uk

Day and course dates	Time	Venue	Advisor(s)
NEXT COURSE DATE TBC			

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! Bring as many friends or family members as you like to chat as you go.

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 (& meeting point)	Approximate duration and additional information	Walk Leader(s)
Monday Fortnightly	10am	Elvaston Castle walk (front of main car park)	60 mins Text before attending 07973 155731	Caroline, Roger, Ralph
Monday	10.15am	Mickleover Community walk (Mickleover Community Centre)	60 or 90 mins (2 groups)	Sandra, Andy, Bharti, Garry
Tuesday	9.15am	Arboretum Park walk (Reginald Street entrance to park)	45 mins Short walk option	Lorraine
Tuesday	9.30am	Oakwood Woodland walk (Springwood Leisure Centre)	60 mins	Sharon B, Ela, Emma, Chris
Tuesday	11am	Chaddesden Park walk (Chaddesden Park car park)	60 mins	Roger, Ralph, Jane
Tuesday	1.15pm	Darley Park walk (Council House main entrance)	75-90 mins Has 1 or 2 long inclines	Sharon G, Bill
Wednesday	10am	Normanton Park walk (Main entrance – Warwick Ave)	45 mins Short walk option	Brenda, Alan
Wednesday	10am	Markeaton Park walk (Streatham Road Community Room)	75-90 mins	Bharti, Garry, Laraine
Wednesday	6.30pm	Alvaston Evening walk (Alvaston Park – outside the café)	60 mins Postponed for winter	Nola
Thursday	11am	Derwent Valley walk (Derwent Valley Medical Practice)	60 mins	Jean
Thursday	12noon	Alvaston Riverside walk (Alvaston Park - outside the café)	60 mins Short walk option	Alan, Bill, Gwilym
Thursday	6.45pm	Mickleover Perimeter walk Mickleover Library, Holly End Rd	90 mins Not suitable for pushchairs	Sandra, Andy
Friday	10am	Old Canal Path walk Osmaston Park Community Centre	75-90 mins Not suitable for pushchairs	Bill, Gwilym
Saturday Monthly	2pm	Littleover Parks walk King George V Playing Fields car park	60-75 mins 2 nd Saturday of every month.	Brenda, Gill
Sunday	8.30am	Sunday Canal Path walk (Canal path next to Aldi on Coleman St)	60-75 mins Text before attending 07746 544039	Michelle
Sunday Monthly	10am	Canines & Co Dog walk (Alvaston Park – outside the café)	90 mins 1 st Sunday of every month	Nola

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 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 leisurecourses.derby.gov.uk/bookings. 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
11.30am-12.30pm	Low Impact Circuits	Derby Arena	Joe W	1
6.30-7.15pm	Low Impact Circuits	Sinfin Moor Church	Sufyaan	1
7.30-8.15pm	Circuits	Sinfin Moor Church	Sufyaan	All

Tuesday

Time	Activity	Venue	Advisor	Level
6.30-7.15pm	Circuits	Lees Brook Community School	Gemma	All
7.30-8.15pm	Boxwell	Lees Brook Community School	Gemma	All

Wednesday

Time	Activity	Venue	Advisor	Level
7-7.45am	HIIT	Derby Arena	Andy	2
12.00-12.45pm	Chairfit	Springwood Leisure Centre	Aimee	1
6.30-7.15pm	Low Impact Circuits	St Mary's Community Hall	Joe W	1
7.30-8.15pm	Boxwell	St Mary's Community Hall	Joe W	All

Thursday

Time	Activity	Venue	Advisor	Level
1-1.45pm	Women Only Circuits	Mandela Community Centre	Rania	All
2.30-3.30pm	Low Impact Circuits	Springwood Leisure Centre	Gemma	1
7.00-7.30pm	Gym Drop in	Springwood Leisure Centre	Aimee	All

Saturday

Time	Activity	Venue	Advisor	Level
8-8.45	Circuits	Mackworth Youth and Community Centre	Various	All
9-9.45am	Circuits	Mackworth Youth and Community Centre	Various	All

Get Moving class descriptions

Boxwell

An empowering workout using the non-contact element of boxing to get you fighting fit!

Chairfit

A low intensity, seated class that aims to increase strength and balance - great for increasing confidence in everyday activities.

Circuits

A fun and energising full body workout using a mixture of cardio exercises and weights.

Gym Drop In

A chance to update your gym programme or try new exercises. This drop in is for clients who have already had their gym induction. No need to book.

HIIT

A high-intensity interval-based fitness session aiming to burn calories and build strength and stamina.

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.

Contact information

Livewell Customer Contact Team

01332 641254

Email: livewell@derby.gov.uk

Livewell Advisor phone numbers

Gemma	Brooks	07812300295
Mark	Dolman	07812301991
Andy	Gunter	07812302050
Sufyaan	Mia	07812302020
Rania	Omar	07812302005
Aimee	Roberts	07812302003
Joe	Wilkinson	07812302054

Leisure Centre contact numbers

Derby Arena – 01332 640011

Queen's Leisure Centre – 01332 641444

Springwood Leisure Centre – 01332 640333

Venue addresses

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

Boyer Street Community Room, Boyer Street, Off Abbey Street, Derby, DE22 3TG

Canal path, next to Aldi on Coleman Street, Allenton, DE24 8NH

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

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

Coniston Crescent Community Room, off Stratford Road, Breadsall, Derby, DE21 4DT

Dean & Smedley Pharmacy, 73-75 Prince Charles Avenue, Mackworth, Derby, DE22 4BG

Derby Arena, Royal Way, Pride Park, Derby, DE24 8JB

Derwent Valley Medical Practice, 20 St Marks Road, Derby, DE21 6AT

Elvaston Castle Country Park, Borrowash Road, Elvaston, Derby, DE72 3EP

Glengarry Way Community Room, Glengarry Way, Sinfen, Derby, DE24 9NP

Horizon Healthcare (Building 1 & 2) 3-5 Burton Rd, Derby, DE1 1TH

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

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

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

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

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

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

Pear Tree Medical Centre, 159 Pear Tree Road, Derby, DE23 8NQ

Pride Leisure, Derwent Parade, Pride Park, Derby, DE24 8BW

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

Rebecca House, off Stepping Lane accessed via Uttoxeter Old Road (adjacent to Ashgate Nursery). Note that parking adjacent to the building is permit only. DE1 1GF

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

Sinfen Moor Church, Arleston Lane, Sinfen, Derby, DE24 3DH

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 4AY

Watermeadow Road Community Room, Alvaston, DE24 0TE

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