

# New Livewell Activity Programme

Starts 7 May 2019



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 [www.derby.gov.uk/sports](http://www.derby.gov.uk/sports). 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	10.45-11.45am	<b>Coniston Crescent Community Room</b> Breadsall, (access via Stratford Road DE21 4DP) Free car park	Stephen Sufyaan
Mon	7.30-8.30pm	<b>Max Road Community Room</b> Max Road, Chaddesden, DE21 4HB Free street parking	Andy Joe W
Tues	1.30-2.30pm	<b>The Mandela Community Centre</b> 179 – 181 Peartree Road, Derby, DE23 8TN Free street parking	Rania Gemma
Wed	12.00-1.00pm	<b>Alvaston Park Community Building</b> Alvaston Park, Derby DE24 8QQ Free car park	Aimee Andy
Wed	7.30-8.30pm	<b>Glengarry Way Community Room</b> Glengarry Way, Sinfin, DE24 9NP Free street parking	Rania Stephen
Thurs	1.30-2.30pm	<b>Boyer Street Community Room</b> Boyer Street, Off Abbey Street, DE22 3TG Free street parking	Darminder Joe W
Thurs	7.30-8.30pm	<b>Watermeadow Road Community Room</b> Watermeadow Road, Alvaston, DE24 0TE Free street parking	Gemma Sufyaan

## Lose Weight Feel Great

A supportive and sociable 8-week course to 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. 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.



Day and course dates	Time	Venue	Advisor
<b>Mondays</b> 3 <sup>rd</sup> June – 22 <sup>nd</sup> July	7-8pm	<b>Glengarry Way Community Room DE24 9NP</b>	Darminder
<b>Wednesdays</b> 5 <sup>th</sup> June – 24 <sup>th</sup> July	10-11am	<b>Alvaston Park Community Building DE24 8QQ</b>	Andy



*"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."*

## Jog Derbyshire Couch to 5k courses

Get off the sofa and running in just 9 weeks! These jogging sessions for complete beginners build running capacity week to week. 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 book please contact the Jog Leader directly.**

Day and start dates	Time	Meeting place	Leader and contact details
<b>Monday 13 May</b>	6pm	Alvaston Park (meet by Community Building)	Norman Todd – Derby Joggers Alvaston email: <a href="mailto:nortodd@icloud.com">nortodd@icloud.com</a> Call/txt: 07940226491
<b>Tuesday 14 May</b>	10am	Alvaston Park (meet by Community Building)	
<b>Thursday 16 May</b>	6pm	Springwood Leisure Centre (meet in reception)	Mark Wightman – Derby Joggers Springwood email: <a href="mailto:mark.wightman2@btinternet.com">mark.wightman2@btinternet.com</a> Call/txt: 07841697426
<b>Saturday 18 May</b>	8am	Mackworth Youth and Community Centre	Lee Blurton – Derby Joggers Mackworth email: <a href="mailto:mackworth.roadrunners@gmail.com">mackworth.roadrunners@gmail.com</a> Txt/WhatsApp: 07447667322



*"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. Every week we meet up and praise each other. The course ends with a 5K Parkrun, a celebratory brunch and medal. If I can do it, then anybody can!"*

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

## Community cycle sessions

Our leisurely bike rides are for everyone (not just Livewell clients) and are the perfect way to travel across Derby, meet new people and enjoy exercise. They last 1-2 hours with a well-deserved rest stop and cuppa along the way. 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 please bring water and money for a cuppa!

Day	Start time	Meeting point	Cycle Leader(s)
Tuesday	10.45am	Waterside Cafe (Alvaston Park)	Norman, Lee & Danny

### Need to learn?

Cycle Derby offer **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?

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](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!”*

## 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 book a place, please email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)

Day and course dates	Time	Venue	Advisor(s)
Tuesday 14 and Thursday 16 May	10.30-11.30am	Alvaston Park Community Building	Aimee and Diane

## 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 and 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 & Jane
Wednesday	10am	Normanton Park - at main entrance (Warwick Ave)	Brenda & Alan
Thursday	12noon	Alvaston Park - outside the café	Alan, Nola & 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	Derby City Council House - outside the main entrance <i>Has 1 or 2 long inclines</i>	Bill
Wednesday	10am	Mackworth Library	Bharti, Garry & Laraine
Thursday	12noon	Alvaston Park - outside the café	Alan, Nola & 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 & Brenda

**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.

## 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.

### Monday

Time	Activity	Venue	Advisor	Level
7-7.45am	Circuits	Springwood Leisure Centre	Gemma	All
11.30am-12.30pm	Low Impact Circuits	Derby Arena	Joe W & Rania	1
1-1.45pm	Circuits	Springwood Leisure Centre	Andy	All
6.30-7.15pm	Low Impact Circuits	Sinfin Moor Church	Stephen	1
7.30-8.15pm	Circuits	Sinfin Moor Church	Stephen	All

### Tuesday

Time	Activity	Venue	Advisor	Level
7-7.45am	HIIT	Queens Leisure Centre	Joe W	2
10.30-11.15am	Circuits	Springwood Leisure Centre	Stephen	All
5-5.45pm	Boxwell	Springwood Leisure Centre	Sufyaan	All
6.30-7.15pm	Circuits	Lees Brook Community School	Gemma	All
7.30-8.15pm	Stretch and Relax	Lees Brook Community School	Gemma	All

### Wednesday

Time	Activity	Venue	Advisor	Level
7-7.45am	HIIT	Derby Arena	Andy	2
10-10.45am	Circuits	Queens Leisure Centre	Joe W	All
11-12pm	Low Impact Circuits	Queens Leisure Centre	Joe W	1
12.00-12.45pm	Chairfit	Springwood Leisure Centre	Stephen	1
1-1.45pm	Circuits	Springwood Leisure Centre	Darminder	All
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 & Sufyaan	1
6.30-7.15pm	Circuits	Mackworth Community Association Hall	Aimee	All
7.30-8.15pm	Stretch and Relax	Mackworth Community Association Hall	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

## 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

### Boxwell

An empowering working 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.

### 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.

### Stretch and Relax

Stretch your body and relax your mind with gentle moves that will help you find inner peace and wellbeing.

## Contact information

### Livewell Customer Contact Team

01332 641254

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

### Livewell Advisor phone numbers

Gemma	Brooks	07812300295
Mark	Dolman	07812301991
Andy	Gunter	07812302050
Sufyaan	Mia	07812302020
Darminder	Kumar	07812302031
Stephen	Nightingale	07812302008
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 664433

## 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

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

Coniston Crescent Community Room, Breadsall, (access via Stratford Road, DE21 4DP)

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

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

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

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

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

Mackworth Community Association Hall (St. Francis Church), Prince Charles Avenue, Derby, DE22 4LR

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

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 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

Watermeadow Road Community Room, Alvaston, DE24 0TE

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