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| |  | | --- | | If this email is not displayed correctly please click [**here**](http://derbycitycouncil.cmail19.com/t/r-e-yuilldty-hudhnujdj-r/) | | http://i6.cmail19.com/ti/r/86/950/BA9/005010/images/header.png | |  | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | |  | | --- | | Welcome...  **to the May/June issue of our Client enewsletter**  Our bi-monthly enewsletter includes Livewell news, updates and successes.  Spring is the perfect time to ramp up our activity levels and get our bodies in tip top shape for Summer (beach holiday anyone?). That's why we're encouraging all our weight loss clients to take part in the [Spring Fitness Challenge](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-j/) and Sunrise City 5km (see features below).  We love celebrating our clients' achievements so in this issue you'll find lots of inspiring stories that will hopefully motivate you through your highs and lows to successfully get where you want to be.  To share your Livewell journey, please email [kellie.townes@livewell.gov.uk](mailto:kellie.townes@livewell.gov.uk) | |  | | Spring Fitness Challenge  **Win a 3-month Wellness membership!**  Get in shape for Summer and get the chance to win a free 3-month Wellness membership at the end of your Livewell journey!  Our Spring Fitness Challenge runs unil 31 May.  It's a fantastic way to build your motivation, get fitter, boost weight loss and feel more energetic.  Simply complete and record as many activities as possible on our Fitness Challenge Card.  [Find out more and download the card here.](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-t/)  Don't forget that our Client Activity Programme on our [Client Info](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-i/) page is jam-packed with fun sessions at venues across Derby.  These all count towards the challenge!  Are you taking part?  Want to share your experiences?  email [kellie.townes@derby.gov.uk](mailto:kellie.townes@derby.gov.uk)  http://i1.cmail19.com/ei/r/E7/2ED/D2A/csimport/Antandclassstretching.174150.jpg | |  | | Dawn drops 4 dress sizes and 3.5 stones  **Fighting fit and healthy thanks to Livewell**  Dawn Perry from Mickleover is a new woman thanks to her amazing life-changing journey with Livewell.  Since joining, Dawn has reduced her BMI from 35 to 25.5 and is three and a half stones lighter. She is loving her new found energy, just one of the benefits of the regular exercise she is doing most days.  Dawn puts her success down to the support and encouragement of fellow clients who in her words have become 'friends for life' and the continued motivation from our advisors.  We'd like to thank Dawn and the other wonderful clients from Saturday morning's Move and Tone class at Springwood Leisure Centre for taking part in a promotional video to help us spread the Livewell word!  Click here to [watch Dawn's inspirational story.](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-d/)  Dawn is pictured right with Denise Gamble.  [http://i2.cmail19.com/ei/r/E7/2ED/D2A/csimport/DawnPboxing.161150.jpg](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-h/) | |  | | Inspiring communities  **Livewell Scoops Award from The Mayor of Derby**  Livewell and Derby County Community Trust have been recognised by The Mayor of Derby, Councillor Linda Winter for its inspiring work in the community.  The Mayor presented the team with an award and a special thank you for its dedication in helping people in Derby to change their lives for the better.  Councillor Winter took time out of her busy diary last month to witness first hand a selection of sessions run by the partnership including a Liveability activity session for people with learning disabilities, an exercise class at Springwood Leisure Centre, a healthy weight project for children and families at Hardwick Primary School and an NHS Health Check appointment.  The Mayor of Derby, Councillor Winter said: “Livewell offers so much more than weight management and stop smoking services.  Through my visits, I’ve discovered programmes that are benefitting children, adults and families of all ages and abilities across Derby.  I was particularly impressed by the Boccia and dancing session for people with learning disabilities and the new project at Hardwick Primary School that is helping children and their families to transform their lives.  This award acknowledges the passion and hard work of the Livewell and DCCT teams to make a real difference to communities that need it.”  Rob Smithers, Livewell Treatment Manager added: “We are privileged that the Mayor has taken the time to appreciate the fantastic work that the Livewell team and our partners deliver on a daily basis.  We feel passionately about the work we do and the people we support so this recognition should be extended to every client that has shown the motivation and enthusiasm to engage with Livewell and reach their health goals.”  http://i3.cmail19.com/ei/r/E7/2ED/D2A/csimport/LivewellteamwithMayor.142955.jpg | |  | | Livewell in numbers  **Smashing targets**  Since 2013, Livewell has supported **over 9000 people** in Derby to change their lifestyles and improve their health.  It smashed its annual target to deliver 1000 community NHS Health Checks almost two months early and helps three times more smokers achieve a 4-week quit than the national average.  Other successes include:  • 61% of people joining Livewell to lose weight achieve at least a 5% weight loss.  The highest weight loss is over 50%!  Over the last four years that equates to 22 tonnes of fat or the weight of four African elephants (5455kg each)  • Last year Livewell supported over 1000 smokers to quit, saving each smoker around £3158 a year (based on 20 a day), that’s up to £3.15m in total! In addition that’s up to nearly 7kg less tar consumed by people in Derby.  • 56% of all people coming to Livewell for an NHS Health Check are referred to their GP or to Livewell for clinical or lifestyle support.  http://i4.cmail19.com/ei/r/E7/2ED/D2A/csimport/MayorwithSatmorningclass.144512.jpg | |  | | A family affair - parents and children get healthier  **Livewell, Derby County Community Trust and Hardwick Primary School**  A new project in Normanton/Peartree is making a real difference to the health of Hardwick Primary School's community.  Livewell and DCCT have worked with Hardwick School since November to support children and their families to manage their weight and improve their health.  Through information and recruitment events at Hardwick Primary and St Chad's Nursery and Infant School parents, staff and community members have signed up to [Livewell's weight loss programme](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-k/), [DCCT's Active Ewe free exercise programme for women](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-u/) and the Master Cadets programme for children.  The partnership made it easy and less daunting for parents to attend exercise and healthy eating sessions by running activities in familiar, local places and during the school day.  As a result, 18 parents now regularly attend Livewell and Active Ewe exercise sessions.  And parents aren’t the only ones to feel the benefits of a healthier lifestyle, The Master Cadets programme delivers fun weekly exercise sessions for 90 children at Hardwick Primary School.  This popular programme encourages children to enjoy physical activity, which appears to be working well judging from the number of children who bring their friends to the sessions.  Sharan Bola, Community and Extended Services Manager, at Hardwick Primary School said:  “Livewell and DCCT have given the parents (mainly women from the Asian community) self-esteem, confidence and opportunities to do something for themselves, to make healthy lifestyle choices, socialise and have fun while exercising. The parents absolutely love attending the classes and I know the partnership we've forged will help change their families’ lives for the better. We are very proud of our parents who have taken on this journey and to Livewell and DCCT for being part of it. I am hoping to help recruit more parents and to encourage more of the community to get involved.”  http://i5.cmail19.com/ei/r/E7/2ED/D2A/csimport/MayorwithPeartreewomen2.145144.jpg | |  | | Aged 40-74? Find out your heart age and cholesterol  **Get a FREE NHS Health Check with Livewell**  Even if you are feeling great, if you’re over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.  Livewell's free [NHS Health Checks](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-n/) can help reduce your risks and are available to people in Derby who qualify (not just Livewell clients!)  It’s a simple 30 minute appointment that checks things like your body mass index, cholesterol, blood pressure and even your heart age!  Following the tests, our friendly Livewell advisors will help you find ways to prevent health problems in the future.  [Click here](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-p/) to find out if you’re eligible and to book an appointment with our friendly Health Check team.  Don't forget to tell family and friends that might qualify!  **Making a difference** Though 54 year old Josie Gill’s cholesterol and blood pressure were normal, her BMI of 32 put her at a higher risk of heart disease. Following her Health Check, she promptly joined Livewell’s weight management programme and is steadily losing weight through a personalised plan that includes regular exercise and Livewell’s 8-week healthy eating course.  Three months in and Josie is already reaping the benefits of a healthier lifestyle.  “I knew I was overweight but my Health Check confirmed it.  Luckily, I qualified for the Livewell weight programme which has supported me to get back into exercise and eat more healthily.  I’m a happier, more confident person now and I can keep up with my grandkids!”  http://i6.cmail19.com/ei/r/E7/2ED/D2A/csimport/JosieGill.160712.jpg | |  | | Lose Weight Feel Great  **The proven 8-week course to a slimmer, healthier you!**  If you’re thinking this is another diet programme think again!  Livewell’s Lose Weight Feel Great 8-week course is refreshingly different (our clients’ words not ours) and is a long-term approach to eating and exercise.  The best bit is that no food is off limits!  It is made up of weekly one-hour sessions focusing on key topics relevant to losing weight and keeping it off for good!  Content is based around nutrition, healthy eating, physical activity and behaviour.  The group ethos is to share learning and experiences whilst structuring your own weight management plan. You will be encouraged to set weekly goals to keep on track and there’s a range of practical resources to help you along the way. What’s more, you can check your weight at every session.  Clients tell us they love the social side of the course and enjoy the friendships they have made.  Since January, we've seen seven groups complete the course and here's what a few of them they have to say:  John Bancroft said: "Cutting out sugar and being more conscious about what I am eating has reduced my daily blood sugar readings. I have also reduced the size of my plates and portion sizes."  Faith Hubson lost 6lbs, she said: "The course was very informative and gave me the confidence to talk about my weight issues. I enjoyed coming to the meetings every week and seeing my new friends."  Husband and wife, Kevin and Julie attended the last group at Ascot Drive.  Kevin said: "Out of all the diets I have tried, this course has helped me to lose weight.  My overall medical conditions and wellbeing are also so much better."  Congratulations to our biggest loser groups:  1.  St Augustine's - The Dynamic Due - 4.13% weight loss  2.  Springwood SG - 3.08% weight loss  3.  Peartree Library - Hardwick Ladies - 2.77% weight loss  4.  The Church on Oakwood - Saints not Sinners - 2.5% weight loss  5.  Derby Urgent Care Centre - Feb Group - 1.65% weight loss  The next courses start on:  24 May, 12.30-1.30pm at Alvaston Park Community Building  30 May, 11.30am-12.30pm at Springwood Leisure Centre  To book, call 01332 641254 or email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)    http://i7.cmail19.com/ei/r/E7/2ED/D2A/csimport/IMG_0200.144905.JPG | |  | | Live It helps children grow up healthier, happier and more active  Derby County mascot Rammie made a surprise visit to the Live It programme at Willows Sports Centre recently.  Live It - run by Derby County Community Trust and Livewell - supports children to grow up to be healthy and active through multi-sport sessions and nutritional workshops.  Rammie got stuck into the session and judged healthy eating plans written by children at the Willows Sports Centre hub.  The programme for 5 to 11 year olds is beginning to make a real difference in the lives of young people across Derby.  Close to 150 children have accessed the sessions of which 70% have become more active, 60% have improved nutrition by eating their five a day and 70% have reported that their emotional health has improved.  As well as being beneficial to their health, the sessions have also proved to be fun and enjoyable to those taking part, one child said:  “I like how there are loads of other kids involved that like getting involved in all the sports. I’ve made loads of new friends plus I like all the coaches that come along to the sessions.”  Another added:  “I really enjoy the sessions. I feel fitter and when I play with my friends I can run after them much faster!”  The sessions aren’t just aimed at the young participants; the whole family can benefit from the nutrition and healthy eating advice, one parent said:  “The whole family has definitely benefitted as part of the programme. We now do the weekly shop together and follow the nutritional advice from the sessions. Unhealthy snacks are now off the menu!, I have joined the Active Ewe programme where I can exercise for free too. The whole family are healthier and happier!"  When asked on what they would say to people just starting the programme, one parent said:  “Go along with it, I have seen people who put things on Facebook when they get a letter saying that their child is overweight. You just need to understand that this programme Is here to help and not to criticise anyone.  It’s a free programme which stops them from just coming home and putting the telly on, so you should at least come along and have a go at it, if your child doesn’t enjoy it then you haven’t lost anything. They’re only going to benefit from it.”  To take part, children must be aged 5 to 11 and have a BMI Centile of 85 or above.  To find out more or if you are interested in getting involved, please visit the [Livewell website](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-x/), email [sara.adcock@derby.gov.uk](mailto:sara.adcock@derby.gov.uk) or call 07812 301995.  http://i8.cmail19.com/ei/r/E7/2ED/D2A/csimport/LiveItimage.164842.jpg | |  | | Burn fat and boost fitness  **New StadFit sessions at Pride Park Stadium**  Due to growing popularity, StadFit sessions are now taking place four days a week.  The unique classes - great for improving fitness and health - are free for Livewell, Active Ewe and Active Supporter clients.  The sessions are based on HIIT (High Intensity Interval Training) principles, giving clients the chance to take part in quick bursts of exercise mixed in with recovery.  Perfect for losing a bit of weight, improving metabolism and reducing blood pressure, the sessions provide both women’s only and mixed gender opportunities. The full timetable is below:  Monday 6-6.30pm **Women Only** Tuesday 6-6.30pm **Mixed** Wednesday 6-6.30pm **Mixed** Thursday 6-6.30pm **Women Only**  Sessions take place in the South-East Corner (near Park and Ride Entrance) and involve circuits in the concourses before getting out and running the stairs of Pride Park Stadium.  Sessions are free of charge and there's no need to book, just turn up!  Don't forget these sessions count towards the Spring Challenge.  Due to the high-intensity nature of the classes, Livewell weight loss clients are advised to check with their advisor before taking part.  For a full list of Livewell activities, check out the Client Activity Programme on the [Client Info page](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-m/).  http://i9.cmail19.com/ei/r/E7/2ED/D2A/csimport/Gif.165717.gif | |  | | Walk Well Derby gains accreditation  **Suitable for all ages and levels of fitness**  Livewell's Walk Well walking programme in Derby has recently gained Accreditation from the national Walking for Health programme.  This means that Walk Well demonstrates that it:   * is accessible to all people * follows necessary monitoring and health and safety guidelines * is clearly linked to the national programme * has a policy for volunteers * ensures that everyone who takes part has a safe and enjoyable experience.   This is down to the dedication and hard work of the walk leaders, particularly those who volunteer their time to take part.  Remember, people do not need to be on Livewell or meet any specific criteria to participate in Walk Well.  They can simply turn up on the day.  Full details of the programme can be found at the Walking for [Health Derby website](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-c/).  If you would like to become a Walk Leader volunteer, please contact [paul.mcginty@derby.gov.uk](mailto:paul.mcginty@derby.gov.uk)  http://i10.cmail19.com/ei/r/E7/2ED/D2A/csimport/Joewalkimage.172001.jpg | |  | | Out and about...  **Livewell gets to the heart of Derby's communities**  We love getting out and about in Derby's communities and the last three months have seen us meeting a wide range of lovely people from all walks of life.  You may have even seen us at some of these events!:  Staying Warm and Healthy event at the West Indian Community Centre in February.  Men's Health event at All Nations for Christ Church in Normanton to raise awareness of prostate cancer.  Healthy eating talk at The Twenty Twenty Lifeskills Centre for Community Action - a self-help forum for voluntary organisations in Derby.  Vaisakhi Celebration at the Sikh temple - Guru Arjan Dev Gurdwara Derby - one of the most important and colourful festivals celebrated by the Sikh nation.  http://i1.cmail19.com/ei/r/E7/2ED/D2A/csimport/GudwarapicFacebook.171946.jpg | |  | | Livewell wants YOU!  **Are you up for the challenge - 5km walk/jog/run**  Livewell are putting together a team of members to run/walk the Sunrise 5k – are you up to the challenge?  Sunrise City is a 5k run or walk that takes place at the unusual time of 5.30am on **Friday 14 July.**  Discover Derby in a new light - we all know our city when it's filled with people, but what about when it's deserted and the sun is starting to rise? It’s something to behold.  **Route** Starting in the Market Place in front of the Guildhall Theatre, the route starts by taking in the Cathedral Quarter of the city before heading up the footpaths alongside the River Derwent to Darley Park. You are then brought back to the City via a quiet residential area before enjoying the nature reserve behind the bus station. You then return to the Market Place to finish.  **Cost** £15 if you order before 3 July. £17.50 if you order after 3 July. £20 if you enter on the day.  [For more information and to register, click here.](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-q/)  If you're interested in joining this event and walking/running with the Livewell group please email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk) and we'll be in touch nearer the time.  http://i2.cmail19.com/ei/r/E7/2ED/D2A/csimport/Derby5kposter.142113.jpg | |  | | Go social  **Join our growing on-line community**  Our Facebook and Twitter pages are filled with the latest Livewell news, motivational tips, wellbeing ideas and lots, lots more!  Don't miss out, join our virtual community and get in the know!  http://i3.cmail19.com/ei/r/E7/2ED/D2A/csimport/Facebookimageforenewsletter.144641.jpg | |  | | Triathlon Triumph for Annmarie  **Two races under her belt, now she has her sights set even higher!**  Annmarie has achieved something she would never have thought possible a year ago.  With support and encouragement she has not only completed a 10k race but last month a triathlon too.  She not only finished strongly but overtook people on route!  Annmarie started with Livewell nearly 9 months ago as a beginner to exercise. With our advisors' motivation she has become a fitter, healthy and more confident person.  She hopes that by sharing her story, more clients will be encouraged to enter events. She said:  "I'm on a bit of a high, it was an amazing experience, everyone was so friendly and encouraged me the whole way. It was a lot harder than I expected but that made crossing the finish line that much more rewarding! It was for sure my proudest moment to date. I managed to overtake people on the bike section - something I never thought would happen.  My confidence is growing so much from doing events like these and I woke up this morning really liking my body and being thankful because it got me through my first triathlon. I have spent a long time not liking myself and feeling embarrassed about the way I look but this triathlon has made me see it differently. I am now amazed at what I can do and the next triathlon is already booked.  Thank you to the advisors and fellow clients that have helped me in the lead up to this, Livewell's support is very much appreciated."  A big congratulations to Annmarie who is hoping to join us on the 5KM City Sunrise event in July.  http://i4.cmail19.com/ei/r/E7/2ED/D2A/csimport/Annmarie3.143437.jpg | |  | |  | |  | | Meet the Team  **We catch up with one of our inspiring advisors, Aimee Roberts**  **About my job** I joined Livewell 6 years ago (back when it was called b-You). Over the years I’ve helped thousands of people in Derby live a healthier lifestyle.  **Experience** I starting working in the fitness industry in 2006, after studying Sport and Exercise Psychology at University. I am a qualified personal trainer/class instructor and have an interest in pre and post-natal exercise.  **Best achievement** Having my daughter has to be the best but a close second is rescuing a rhino calf when I was volunteering in South Africa.  **Favourite meal** - chicken, sweet potato and asparagus.  **What you might not know about me** I’m 33..I’ve been told I look younger! I’m also a big animal lover and I have 2 dogs and 2 rabbits. I love taking my dogs out for a walk or run and I volunteer for the Cinnamon Trust, which helps elderly people keep their pets.  **My top lifestyle tips** The key to making long-term lifestyle changes is to ask yourself ‘can I do this for the rest of my life?’ Work towards eating a healthy, balanced diet and hit your 10000 steps a day.  **My favourite motivational quotes** If you believe, you achieve  If you’re not living life on the edge, you’re taking up too much space.  http://i5.cmail19.com/ei/r/E7/2ED/D2A/csimport/Aimee.151153.jpg | |  | |  | |  |  |  | |  | |  |  | | --- | --- | | http://i8.cmail19.com/ti/r/86/950/BA9/005010/images/twitter.png | [follow us on twitter @livewellderby](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-a/) | | http://i9.cmail19.com/ti/r/86/950/BA9/005010/images/facebook.png | [facebook.com/livewellderby](http://derbycitycouncil.cmail19.com/t/r-l-yuilldty-hudhnujdj-f/) | |  | | | |  |  |  |  | | --- | --- | --- | --- | |  | © 2014 Derby City Council  Update preferences    |    [Unsubscribe](http://derbycitycouncil.cmail19.com/t/r-u-yuilldty-hudhnujdj-y/) | http://i10.cmail19.com/ti/r/86/950/BA9/005010/images/lottery.png |  | |  |  |  |  | | |