



A Derby City Council Project

Livewell Service

Park Farm Medical Centre & Vernon Street Surgery PPG

Kellie Townes

<https://youtu.be/5ktCSlcYFyQ>



Derby City Council

What is Livewell?



Public Health commissioned lifestyle service that supports people that live in Derby or registered to a Derby city GP



Supports people to quit smoking, lose weight (Tier 2) and have an NHS Health check



Child weight management programme delivered in partnership with Derby County Community Trust

Up to 12 months of support available underpinned by behaviour change strategies



Weight Management criteria



Tier 2 community intervention
BMI \geq 30 (27.5 for specific ethnicities)



18+, Derby city resident or registered to a
Derby city GP



Can only access the weight management
service once

Ready / committed to changing behaviour



What is on offer?



Free access to community based support.
Community physical activity across the week including evening and Saturday am



Interactive weight management and condition specific courses

Access to Derby City Council leisure facilities*



Weekly health hubs

Behavioural support with named advisor



Types of support



Face to face – health hubs, weekly weigh ins, 1-2-1, group sessions



Telephone – more flexible option and available to those who need it



Digital – virtual support sessions through Teams, YouTube and Facebook support group

Peer support through volunteering opportunities i.e. Couch to 5K, walk leaders



Jacqui

“I can’t quantify how much the changes I’ve made with Livewell’s support have improved my quality of life. I’ve reinvented myself and feel years younger than I did before.”

Jacqui’s Story



Stop smoking criteria



Smokers aged 12+



Derby City resident or registered to a Derby City GP



Ready / committed to quit



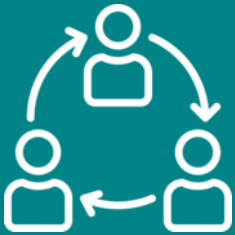
Types of support



Telephone appointment to get started – can be booked online by patient.



Up to 10 weeks of free Nicotine Replacement Therapy (NRT)



Stop smoking clinics across the city to collect NRT and receive behavioural support.



NRT posted to most vulnerable – discharged from hospital, pregnant smokers



Mark

“I’m in better shape than I have been in decades. My smokers’ cough has gone, my waist has shrunk 11 inches and I regularly jog 5k without getting out of breath.”

Mark’s Story



NHS Health Check criteria



People aged 40-74 with no pre-existing conditions



Registered to a Derby city GP practice



Available every five years



Community NHS Health Checks



Delivered from Florence Nightingale Community Hospital, Derby City Council House, workplaces and community settings.



Delivered on behalf of three Derby GP practices – invite letters sent through TCR monthly.



Checks include blood pressure, cholesterol, BMI, diabetes, lifestyle questions, heart age and CVD risk. Signposting to local services.



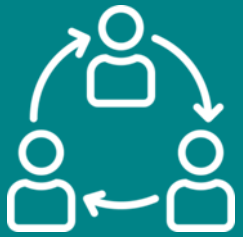
Accessibility



Specialist service for people with mild to moderate learning disabilities – Liveability



Interpreters inc BSL can be provided as well as accessible print options



Support available 8-8 most of the week and Saturday morning

Support that reflects the needs of the city residents i.e. culturally sensitive activities



Power of community



Joining



Self referral most popular and quickest way of joining through Livewell website.



Telephone is available, although this can be slower.



For more information



www.livewellderby.co.uk



livewell@derby.gov.uk



01332 641254



Thank you

<https://youtu.be/5ktCSlcYFyQ>



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