



ANNUAL REPORT

2022/2023

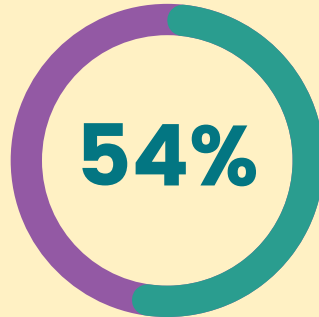
livewell

HEADLINE STATS

WEIGHT LOSS

716

Number
joined

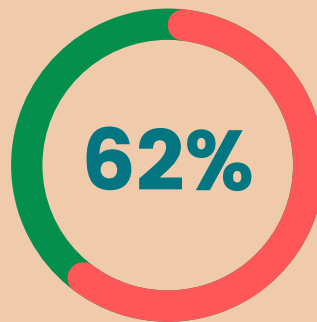


Achieved 5%
weight loss

STOP SMOKING

613

Number of
4 week quits



Quit rate

FRIENDS & FAMILY SURVEY



Good or very good



Would recommend to
a friend or family
member

HEALTH CHECKS

961

Number of community
NHS Health Checks

DEMOGRAPHICS

ETHNICITY



73% of people accessing the smoking cessation and weight management services were White British.

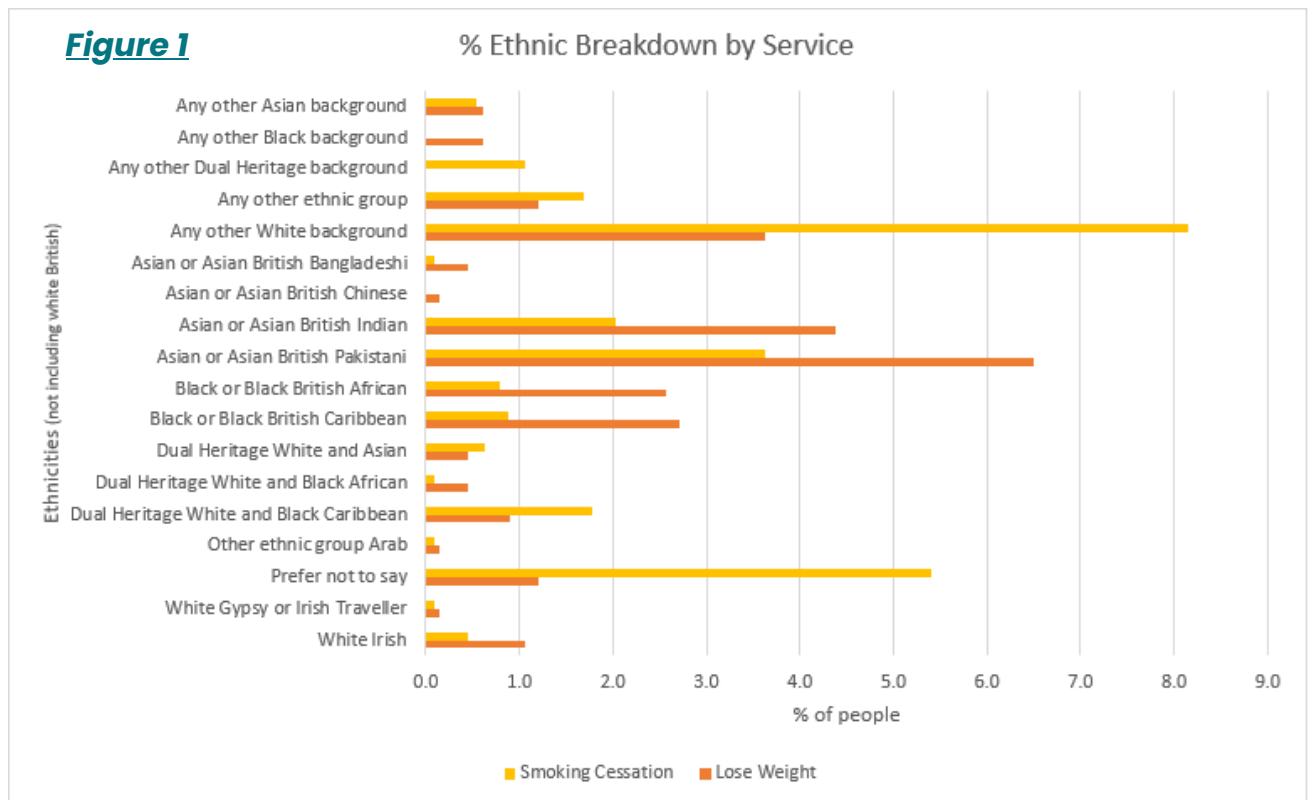


Figure 1 shows the ethnic breakdown of those accessing the weight management and smoking cessation services.

AGE

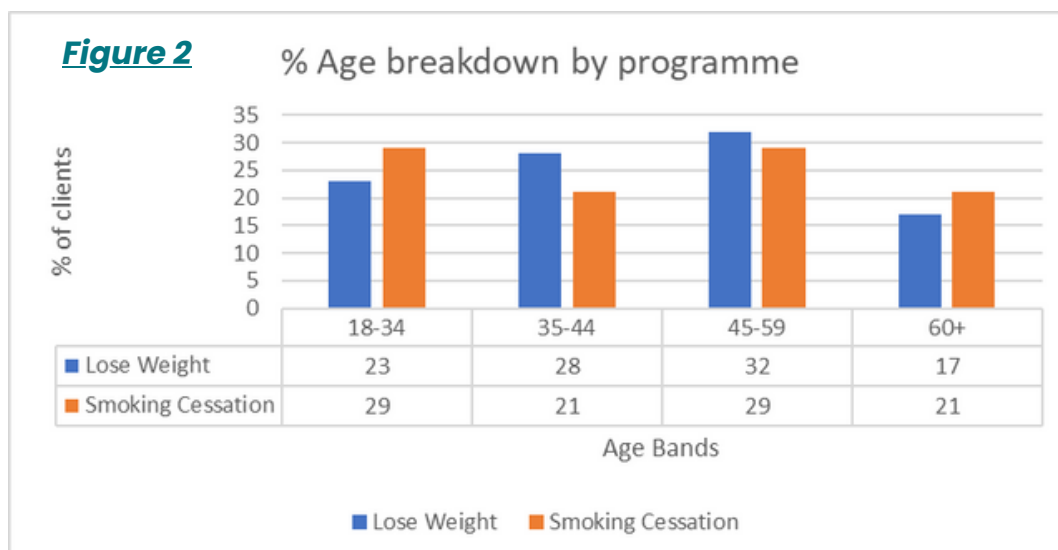
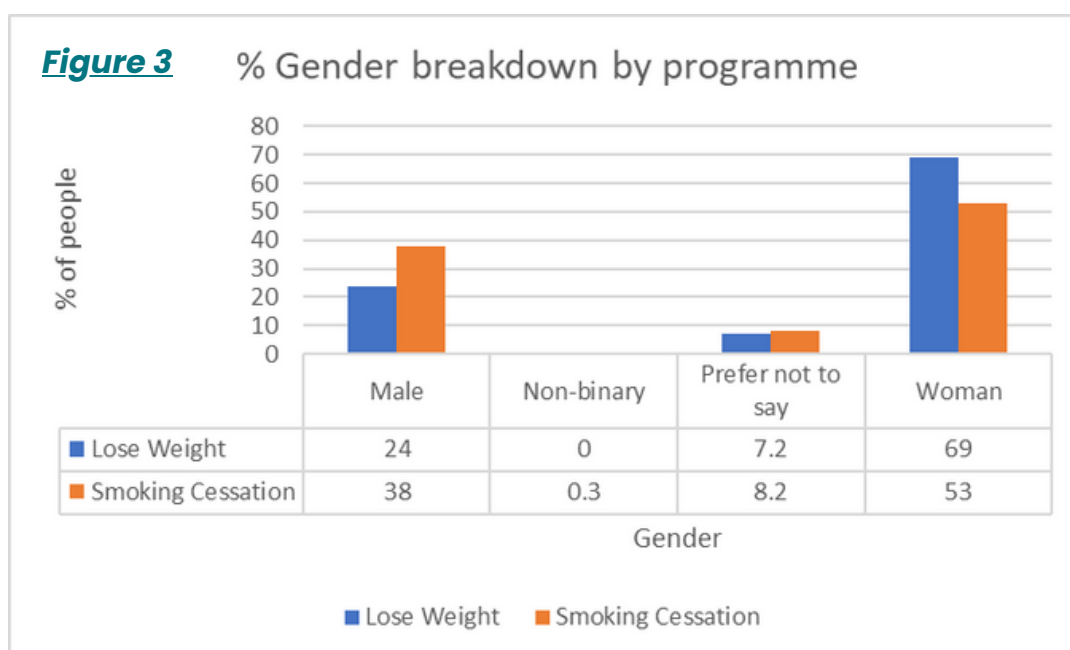


Figure 2 shows the take up of services by age group. When compared to 2021-22, those aged between 18-34 accessing weight management support reduced by 7% whereas the same age group accessing smoking cessation increased by 7%. An increase in weight management referrals from primary care has potentially increased the number of people aged 35+.

GENDER



The gender breakdown of the smoking cessation and weight management services remains similar to previous years and what would be expected – more females (69%) choose to access support for weight management compared to 24% males – see below figure.

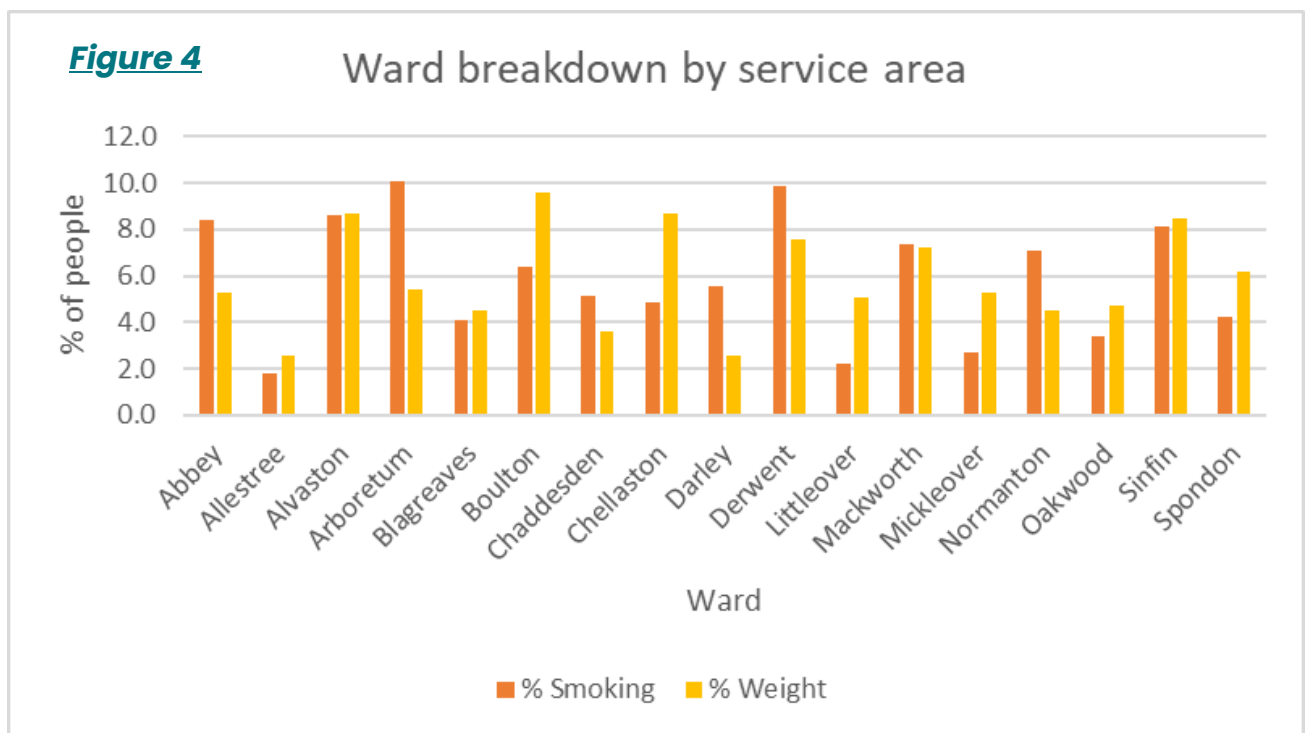


This would suggest that the service does well at engaging with females and could do more to engage with males either directly or indirectly via other services. This year the 'prefer not to say' category 8% smokers and 7% weight management demonstrates that the service does not have the full picture of the gender breakdown and a potential area for development.

WARD BREAKDOWN



As a key partner in tackling health inequalities, the service is measured on ensuring that at least 50% of those accessing support are from the most deprived wards in the city (based on the Index of Multiple deprivation measure). To support this the service focuses the most resource within these areas.



Overall, 51% of people accessing the service (not including NHS Health checks) are from these areas with 55% accessing the smoking service and 44% on the weight management programme.

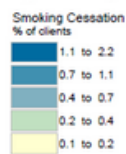
A key area of focus is to improve the accessibility and visibility of the service in these areas and ensure that it can engage with those that may most benefit from the support available.

See **Figure 4** for a breakdown of service area at ward level.



Figure 5 and 6 drills down even further to show where people that access the service are from. These maps allow the service to monitor and visualise the areas people are coming from and align this to factors such as health inequalities, smoking rates and obesity prevalence.

Proportion of Smoking Cessation Clients by LSOA, May 2023



Source: LiveWell Client Register, May 2023

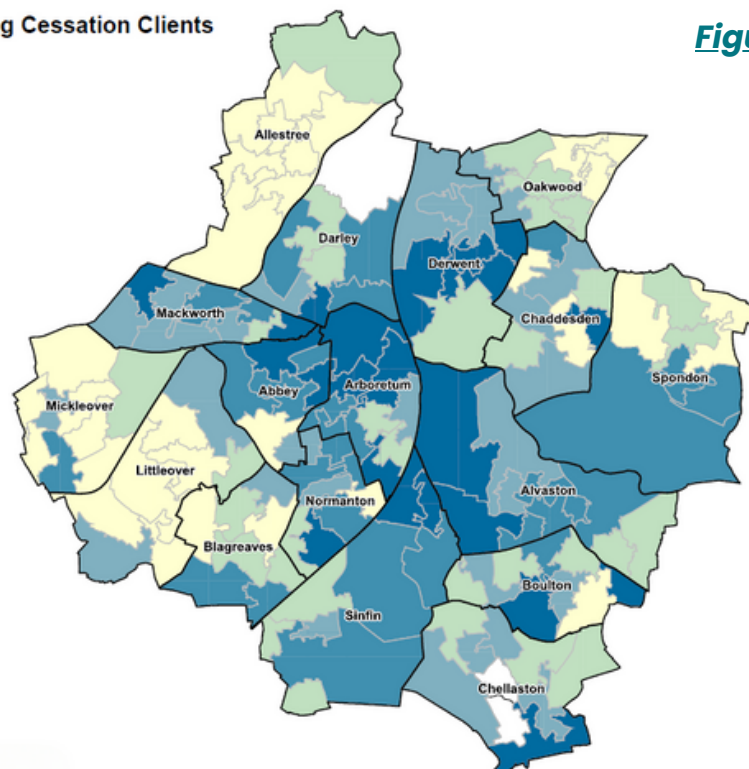
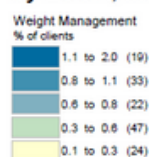


Figure 5



Proportion of Weight Management Clients by LSOA, May 2023



Source: LiveWell Client Register, May 2023

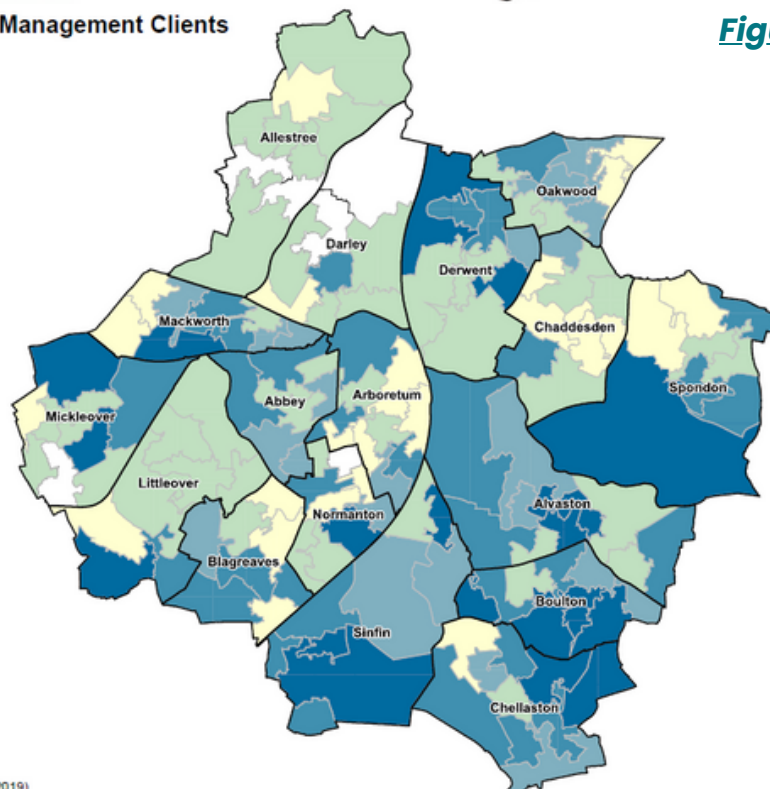


Figure 6



FRIENDS & FAMILY SURVEY

Alongside service outcomes this survey is used to gain anonymous opinions about the service that people have received. The survey is administered online with people chosen at random every quarter. We received 268 responses in total.

FOR 2022/23

LIVEWELL CLIENTS..

91%  **RATED THEIR EXPERIENCE AS GOOD OR VERY GOOD**


91.4%  **WOULD RECOMMEND THE SERVICE TO FAMILY & FRIENDS**

WEIGHT MANAGEMENT CLIENTS..

87.5%  **GOOD OR VERY GOOD**

88%  **WOULD RECOMMEND TO FAMILY & FRIENDS**

LIVEABILITY CLIENTS..


96%
GOOD OR VERY GOOD


95%
WOULD RECOMMEND TO FAMILY & FRIENDS

STOP SMOKING CLIENTS..


100%
RATED THEIR EXPERIENCE AS GOOD OR VERY GOOD AND WOULD RECOMMEND THE SERVICE TO FAMILY & FRIENDS

SPECIALIST PROGRAMMES: LIVEABILITY & PRE/POST PREGNANCY

HEALTHY PREGNANCY

This element of the service has been in place since June 2022, much of the work has been supporting pregnant smokers and their support networks to quit smoking as part of the transition process of the NHS funded Tobacco Dependency Service.

The Livewell Specialist Advisor Emma has been working with Midwives to create a robust pathway to support pregnant women with a BMI>30 about keeping healthy and well during their pregnancy and beyond.

We offer a range of community-based activities..

**GROUP SUPPORT
SESSIONS**



**BUGGY
WALKS**



**COFFEE
MORNINGS**



YOGA



WALKS



These sessions are being run in collaboration with children centres and Everyone Active (Moorways) as well as community groups. The ultimate aim of this is to give a non-judgemental supportive space for women to increase their confidence, share their experiences and grow their support network in a way that feels comfortable to them.

LIVEABILITY

Liveability has gone from strength to strength this year. The additional funding has been used to ensure that 25% more clients have access to a more varied programme.

Wilson Street has been added as a new venue which has enabled more clients to access multi sports sessions. With the increased weekly sessions it has been possible to offer activities that are targeted at the needs of the clients from limited mobility groups to those have less restricted movement. One to one sessions are now more freely available which provides a more personalised service with a positive impact on increasing activity levels.

External sports clubs have been invited to deliver sessions on a Monday (Wilson St) and Saturday morning (Bemrose School). These have been enjoyable and well received by the group. Some of the participants have gone on to benefit from these club links by attending the clubs outside of the sessions including Derby Rugby Club, Derbyshire Cricket Club, Cycle Derby and Derby County Football Club.

A key element of the Liveability programme is to raise awareness of the activities and venues available across the city which are not delivered by the service. Therefore, activity sessions have been held around the city to show the clients the different parks, sports centres



cycle derby



and leisure activities that are low cost or free to use outside of Liveability. Support is also provided for staff at Day Centres that cater for people with learning disabilities, running healthy lifestyle sessions to encourage healthier eating and greater levels of activity.

GROUP OF THE MONTH- MAY

LIVEABILITY CLIENTS



This fantastic group lost a combined 47.2 kilos (7 stone 6lbs). For Liveability members, restricted mobility and medication makes maintaining a healthy weight particularly challenging. So it's an even greater success that this group has lost weight!

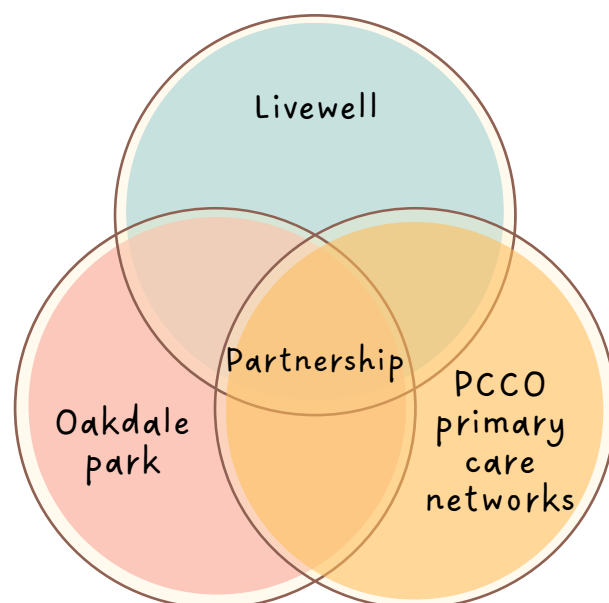
Participants and carers meet up weekly to take part in a variety of fun, adapted sports and activities such as seated volleyball, basketball, cricket, rounders, Boccia, healthy picnics and cycling using accessible bikes from Cycle Derby. They also enjoy sociable activities and days out. Mark works with clients and their carers to develop a flexible plan which includes healthy eating and physical activity.

EACH ONE OF OUR CLIENTS DOES WELL IN THEIR OWN RIGHT, CHOOSING THEIR OWN GOALS, WITH THE MAIN AIM OF 'GIVING IT A GO!'.



HEALTH & WELLBEING COACHES

Livewell works in partnership with Oakdale Park and PCCO primary care networks (PCNs) in providing Health and Wellbeing Coaches that support patients within primary care and the community. The Coaches use a non-clinical coaching models that encourages patients to develop solutions in ways that make most sense to them.



Across the two PCNs in 2022/23 the Health and Wellbeing coaches have;

01

Provided weight Management Workshops for people unable to join Livewell

02

Created and delivered a 6 week Pain Management Course using lived experience experts and supporting the set up of group based peer support sessions and supporting other organisations/PCNs to deliver to their patients/clients

03

Facilitating joined up work around pain with Everyone Active at Moorways Sports Village and Move More Derby including 'Lets Live Well with pain' and 'Escape-Pain'

04

Working with Physiotherapy and Pulmonary Rehabilitation teams

05

Delivering Sleep workshops

06

Delivering and facilitating Pre Diabetes management sessions and peer support groups

07

Delivering and facilitating Resilience 6-week course

08

Setting up and supporting Health and Wellbeing drop in sessions within Arboretum

09

Supporting walk and talk around Arboretum for people to practice their English

10

Attending community events and networking sessions to strengthen community links

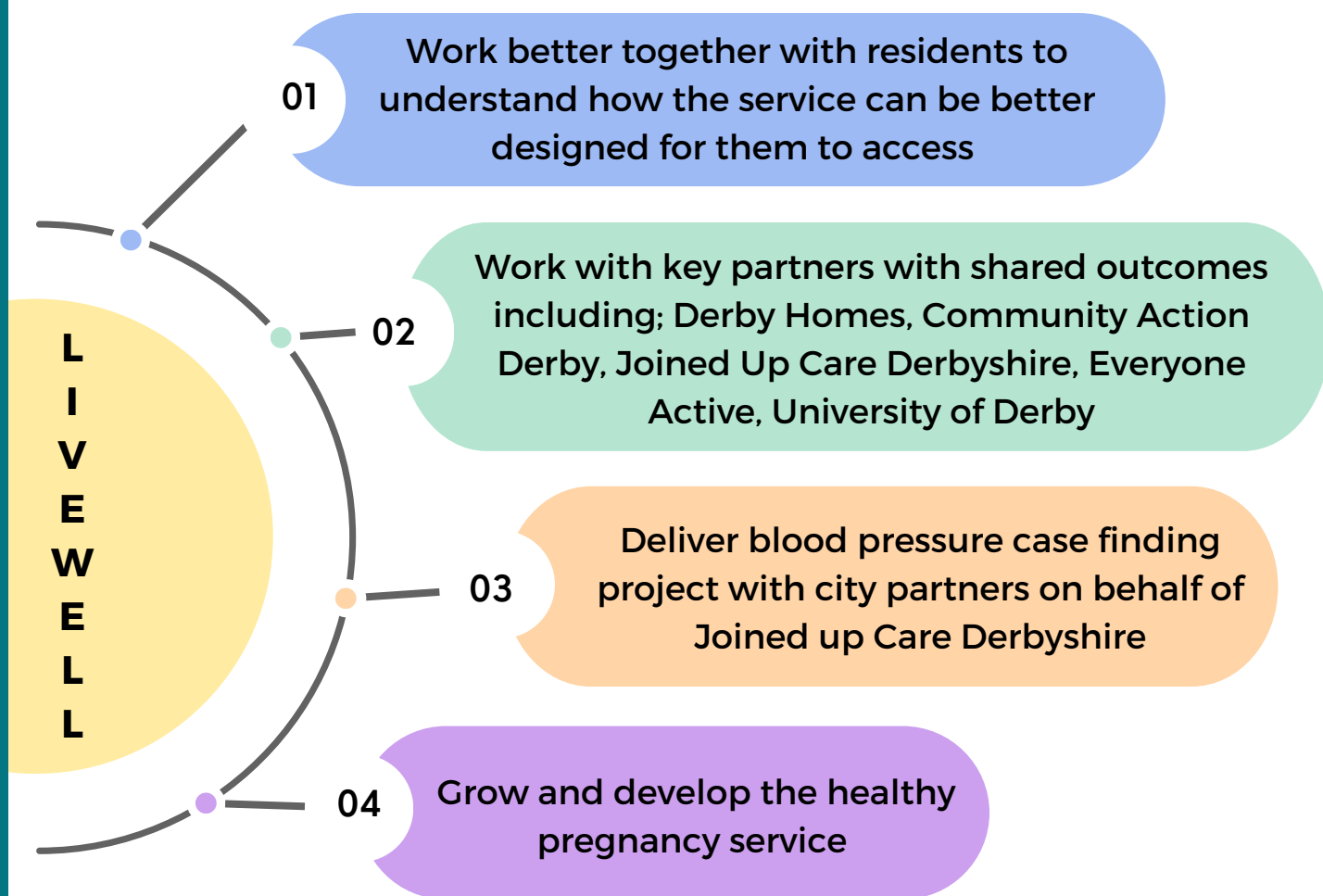
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Supporting the child weight management programme by having meaningful conversations with parents and signposting

12

Supporting hypertension awareness sessions and delivering peer group support

KEY OBJECTIVES



A key objective for the year was work closer within communities and understand them better and enable the service to be better at reaching those that may benefit most.

2022/23 saw the service expand to recruit more advisors and support more Derby residents. The first steps of this have taken place but this will be further expanded in collaboration with partners and most importantly with the communities themselves.

Post pandemic challenges remain both physically and mentally which has led the service to make changes to

some elements of the service offer to ensure that it meets the needs of those accessing it. The outcomes achieved this year have been positive but the best way to really see the difference that has been made is through the stories of those people that have been supported, these can be found on our website www.livewellderby.co.uk and on our Facebook page.

2023/24 PLANS

HYPERTENSION CASE FINDING

As part of the NHS **CORE20PLUS5** workstream Livewell will be working with the ICB and community organisations to deliver a hypertension case finding project. The aim of this is to work with communities in areas of health inequality where diagnosis is low to identify residents who may have increased risk and signpost them accordingly. Livewell will be delivering in the heart of communities with support from a wide network of organisations. This work is complemented by other projects being delivered by Community Action Derby, Community Connectors, and community pharmacies.

CASE STUDIES

SMOKING CESSATION

Heavy smoker, Mark Cottrill quit his 60 a day cigarette habit since joining Livewell. Stopping smoking transformed the taxi despatcher's health – and he's retraining to be a barber with the money he saved!



Mark Cottrill



I decided enough was enough so I joined Livewell to kick my smoking habit for good. Mentally I feel ready to take on a new challenge. Before I wouldn't have the confidence to start a new career in barbering but now I'm eager to try something I've always been interested in. I could never have afforded the course whilst I was smoking.



WEIGHT MANAGEMENT

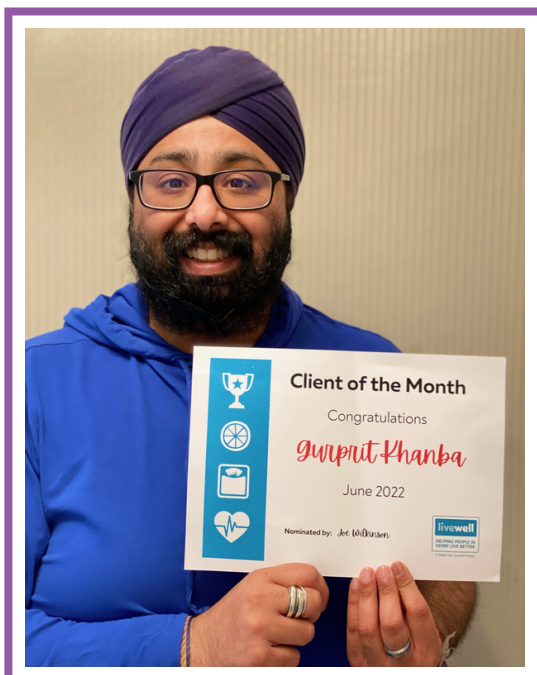
Marie suffers from polycystic ovary syndrome, a condition that affects how the ovaries work and can make it more difficult to get pregnant and manage weight gain. Being told she had to reduce her Body Mass Index (BMI) from 33 to under 30 to qualify for an NHS funded cycle of IVF treatment fuelled her determination to lose weight. Marie's dream of becoming pregnant was realised after she shed 6% of her body weight and reduced her Body Mass Index (BMI).



Marie Cheetham



I've struggled with my weight for years and tried every diet going including the well-known national groups, but with limited short-term success. Having already joined Livewell when I started IVF, it made me even more determined to change. The common-sense approach really appealed to me – it's a lifestyle change rather than a crash diet.



Gurprit Khanba

Being diagnosed with type 2 diabetes was Gurprit's wake up call to address his unhealthy lifestyle.

One year later and after joining Livewell in July 2021, the 40-year-old scientist from Littleover has lost 8% of his body weight, transformed his sedentary behaviour and most importantly put his diabetes into remission.

25 May 2021 was the day everything changed. My practice nurse told me I had type 2 diabetes which was a shock. Like a lot of people, I'd got stuck in a rut and didn't take proper care of myself – eating all the wrong things and doing barely any exercise. At 39, I was determined not to become dependent on medication, so I researched the impact of lifestyle change on diabetes and the nurse put me in touch with Livewell for support to lose weight.

Now, walking is something I have to do, a bit like breathing. I've lost four stone so far and feel healthier than I have done for years.

Arthritis sufferer, Kathryn could barely move at the start of 2022 and hadn't been upstairs at her Long Eaton home for two years.

Eight months after joining Livewell, the 67-year-old has lost nearly five stone, dropped four dress sizes and can now push her granddaughter's buggy around the park.



Kathryn Hatswell

My advisor was great and talked about the importance of a balanced diet for healthy weight loss. She suggested I keep a food diary and it became obvious that skipping breakfast wasn't doing me any favours and highlighted how much of the wrong foods I was eating. I wore a size 20-22 skirt and top when I was first weighed with Livewell and I've worn the same clothes on weigh-in day since for an accurate comparison. I'm a size 14 now so they swamp me but it's a habit I can't break!