

# ACTIVE AGEING DERBY



Information on organisations providing support and activities for older people in Derby can be found by scanning the QR code on each page with your mobile phone, contacting the number on the page or searching the web address.

This booklet is a collaboration between Derby County Community Trust, Derby City Council, and Everyone Active, the operators of Moorways Sports Village and Water Park.

Our aim is to support older people and the professionals who work in the city, by enhancing their knowledge about the variety of activities that promote healthy ageing.

This booklet provides an overview of the programmes and activities offered across Derby City. For detailed information about specific activities or the services provided by each organisation, please refer to the contact details provided on the respective pages of each organisation.

#### FOR INFORMATION ABOUT:

- Health and wellbeing sessions
- Over 40 exercise classes
- Green activities
- and more...
- Social coffee mornings

Turn to **page 3** to read more about Derby County Community Trust's Forever Active programme

#### FOR INFORMATION ABOUT:

- Strength and balance exercise classes
- Losing weight for good
- NHS Health Checks
- Stopping smoking
- and more.....

Turn to **page 4** to read more about Derby City Council's Forever Active programme and Livewell service

#### FOR INFORMATION ABOUT:

- Swimming
- GP exercise referral scheme
- Low impact group exercise classes
- Rehabilitation programmes
- and more.....

Turn to **page 5** to read more Moorways Sports Village's Health and Wellbeing activities

# FOREVER ACTIVE

**Forever Active is Derby County Community Trust's over 55s exercise programme, aimed at increasing physical activity, preventing falls and reducing social isolation.**

The programme delivers targeted health and wellbeing sessions. These are developed and delivered to engage participants with a variety of long-term health conditions including:

- **Neuro Diverse** - Monthly Social Groups and Walking Football
- **Dementia Friendly** - Sporting Memories
- **Green Activities** - Fishing, Walks, Allotment based activities in Sinfin and Chaddesden
- **Extra Time Hub** - Bi-weekly coffee morning based at Pride Park Stadium, includes Wake and Shake, Quiz, Bingo and Play your cards right

Forever Active also delivers a wider paid service timetable that includes over 40 classes per week focusing on mobility, strength and balance. All activities are £4 pay on the day unless otherwise stated.

You can self-refer to the programme using the QR code below or for more information please contact **Luke Wilkinson**, Health Team Leader, on **01332 416140** / [luke.wilkinson@dcct.co.uk](mailto:luke.wilkinson@dcct.co.uk) or by visiting [www.dcct.co.uk](http://www.dcct.co.uk)



SCAN TO LEARN  
MORE ABOUT  
FOREVER ACTIVE



**livewell**

**move  
more  
Derby**

Derby City Council's **Forever Active** programme supports older people to make activity part of everyday life, by supporting you to find social activities tailored to your needs and interests.

**Forever Active** is a programme supporting active ageing, focusing on supporting you to improve strength and balance through exercise. Our team will be able to discuss your interests and signpost you to social activities which take place in community venues.

The Forever Active programme includes a timetable of **strength and balance** classes which are delivered in community venues by independent instructors. These group classes last approximately 1 hour and a charge may apply to some activities. For more information or to make a professional referral email [movemore@derby.gov.uk](mailto:movemore@derby.gov.uk).

Forever Active is a programme which operates alongside the Council's **Livewell** free healthy lifestyle service which supports people in Derby to stop smoking, manage their weight and improve their health.

Find out more and register on our website, call **01332 641254** or email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)



**SCAN TO LEARN  
MORE ABOUT  
LIVWELL**



**everyone  
ACTIVE**

Everyone Active at Moorways Sports Village and Water Park, are dedicated to supporting the local community, demonstrated through their Health and Wellbeing Strategy. This includes support for older people with their health and wellbeing.

Activities and programmes include:

- **Swimming** – Senior, Disability, Adult Quiet Swim, Lane swimming, Ladies-only and Male-only sessions
- **Low impact group exercise classes** – Forever Fit, Chair Fit, Yoga and Pilates, Boxing for Parkinsons
- **Gym** – including gym support sessions
- **GP Exercise Referral Scheme** – 12-week programme supporting people with long-term health conditions
- **Rehabilitation programmes** – ‘ESCAPE-pain’ for back, knee and/or hip pain, ‘Good Boost’ pool-based rehabilitation
- **Everyone on Demand** – access to video workouts that can be used in the gym or at home

*Monthly memberships and PAYG available.*

For more information or to make a referral please contact [moorwayssv@everyoneactive.com](mailto:moorwayssv@everyoneactive.com) or call **01332 414310**

Instagram: [@everyoneactive\\_moorwayssv](https://www.instagram.com/everyoneactive_moorwayssv)



**SCAN TO LEARN  
MORE ABOUT  
EVERYONE ACTIVE**



# OTHER USEFUL RESOURCES



## WE ARE UNDEFEATABLE

Our purpose is to support and encourage you to find ways to be active that can work for you and your health condition.



## ROSPA SAFE AT HOME

Safe at home: Tips for the over-65s booklet offers advice on the biggest risks facing older people in their homes, such as falls, burns and carbon monoxide poisoning.



## FALLS ASSISTANT

Falls Assistant is an NHS Scotland advice tool to help older people prevent falls and fractures, and stay as independent as possible.



## GET UP AND GO

A guide to staying steady



## AGE UK

We know it's not just about living longer, it's about living healthily and happily for longer. Follow our top 10 tips for ageing better.



## GET YOURSELF ACTIVE

This guide shares some techniques you can use to engage people in conversations about physical activity.

# 5 WAYS TO WELLBEING



## CONNECT

TALK AND LISTEN, BE THERE, FEEL CONNECTED



## BE ACTIVE

DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD



## GIVE

YOUR TIME, YOUR WORDS, YOUR PRESENCE



## TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



## KEEP LEARNING

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



## EVERYONE ACTIVE



@everyoneactive\_moorwayssv



[www.everyoneactive.com/moorways](http://www.everyoneactive.com/moorways)

## MOVE MORE DERBY



MoveMoreDerby



[www.movemorederby.co.uk](http://www.movemorederby.co.uk)

## DERBY COUNTY COMMUNITY TRUST



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