

**Live Life
BETTER
DERBYSHIRE**



Hello all and welcome to the Live Life Better Derbyshire newsletter! Our quarterly newsletter includes service updates and achievements to keep you up to date with all the exciting things that are happening.

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Helping People To Live Life Better

Live Life Better Derbyshire is a free healthy lifestyles service available to all Derbyshire residents (excluding Derby City), Derbyshire County Council employees and anyone registered with a Derbyshire GP.

You can find out more about the services we offer at www.livelifebetterderbyshire.org.uk or call us on 0800 085 2299.

Somercotes Wellbeing Drop In.

Objective - Locally help Somercotes to manage their health and wellbeing through a multi-agency market place.

A collaboration of key partners was organised including GP's, LLBD & Amber Valley Borough council to work together to prevent long term health conditions. This was carried out through the delivery of physical health checks, providing support & advice on a range of topics.

Various dates & times were piloted, settling with 2x monthly drop ins: Monday morning 9:30-11:30 & Saturdays 10-2pm to target a fair representation of the demographic of Somercotes.

Local GP's also sent out text messages to invite local patients into the local drop in.

The results from the eight drops in that took place from June to October achieved the following

- Over 200 contacts made
- 150 blood pressure checks conducted
- 60 people signposted to completing the online LLBD "health & wellbeing MOT"
- 35 people wanted to sign up to LLBD services (25 weight management, 10 physical activity, 6 stop smoking)



Blood Pressure outcomes:

67 out of the 150 (45%) almost 1 in 2 blood pressures required a follow up intervention this is above the average of 1 in 3:

- 37 people were signposted to visit their pharmacy
- 30 people were signposted to their GP (GP's notified by LLBD)

A well done to the LLBD team for their fantastic delivery on this project: Kiran, Michelle, Ruth, David & Jason.

Findings

Live Life Better Derbyshire have found Blood pressure checks to be a great way to engage with local communities around health, wellbeing and the wider impacting factors. Its has opened a gateway for people who wouldn't necessarily contact LLBD directly or engage with mainstream services.

The muti agency/ marketplace model has proven effective in allowing partners to engage with potentially "hard to reach communities" with past approaches failing to succeed in this area of work. It has been a great collaboration between locality partners, PCN and GP's and wouldn't have been the success it was without the integral help from Jodie Cooke (Amber Valley ARCH PCN).

Emotional Wellbeing Support

Mental wellbeing is an important part of all our lives This goes hand in hand with good physical wellbeing.

That's why, at Live Life Better Derbyshire, we can help you to find support for your mental health.

Our online health & wellbeing assessment includes a section about mental wellbeing. By answering a few questions about how you have been feeling lately, we can signpost you to support services that could help you improve how you are feeling.

You can choose the support that feels right for you. That might look like speaking to your GP, a referral to [NHS talking therapy services](#), speaking to the [Derbyshire Mental Health Support Line](#) or accessing local support groups in your area.

Our team can also help you to stop smoking, move more & eat healthier – which are all proven to support good mental wellbeing.

For more information about how Live Life Better Derbyshire can support you with your mental wellbeing, visit [Mental wellbeing - Live Life Better Derbyshire](#).

Stop Smoking

Swap to Stop pilots take place across Derby & Derbyshire

Live Life Better's community stop smoking service has been working hard over the last several months to engage with harder to reach groups who could benefit from support to quit smoking for good.

The Swap to Stop programme aims to offer people who smoke the opportunity to switch from cigarettes to vaping, with or without behavioural support from a stop smoking service. In a world-first national scheme, the government offered local authorities the opportunity to take part by applying for funding to offer a vape starter kit to people who smoke within certain communities.

Evidence shows that vaping is substantially less harmful than smoking. Vaping exposes users to far fewer toxins and at lower levels than smoking cigarettes. Switching to vaping significantly reduces your exposure to toxins that can cause cancer, lung disease, and diseases of the heart and circulation like heart attack and stroke. However, vaping is not risk-free. Non-smokers and young people under 18 should not take up vaping.

Across Derbyshire, the initial pilots have begun: patients of the Pulmonary Rehab programme at Royal Derby Hospital, patients with a Severe Mental Illness registered with a GP surgery in Derby City North, North East Derbyshire and North Chesterfield & Dronfield Primary Care Networks, and members of the Oscari Food Pantry in Riddings, Alfreton have been among the first to be offered support via the Swap to Stop programme delivered by LLBD.

NCSCT raining has been undertaken by staff members at a number of sites to support the delivery of the pilot, including the Pulmonary Rehab team in Derby and Health Check Workers from the Health Positive team at Kingsway Hospital who are offering vapes as part of their project to deliver APHCs to people with a severe mental illness across Derbyshire.

Futures Housing

A long-term collaboration with Futures Housing Group aims to support their customers in accessing and receiving stop smoking support, helping us work towards a smokefree 2030. Futures Housing are a not-for-profit organisation providing affordable homes and support to people across the East Midlands.

An initial meeting with Futures Community Engagement led to providing information about current routes into the service and exploring ways to increase this. In Ripley, the Futures team supports approximately 800 tenants to find safe and affordable social housing.

Claire Storer, Project Officer from LLBD's Community Stop Smoking Service, has provided several sessions of Very Brief Advice (VBA) training to tenancy staff, as well as ongoing advice to address any concerns the team may have to ensure that people who smoke 'do not feel targeted'.

As the project continues, LLBD will assess the number of professional referrals from the Futures Housing team as well as self-referrals from customers to evaluate success of the project, as well as to identify any need for further VBA training and engagement.

Weight Management

Leanne's story – "Hi, I am 29 years old and I have just completed my 12 week weight management program at Live Life Better. I can't thank the team enough, it has changed my life for the better. I have always failed at all diets and never been able to stick to it, but Live Life Better teaches you tips on how to eat healthier but still live a normal life and eat normal foods.

I would highly recommend joining, this literally saved my life and lowered my risk of diabetes, which was a scary thought to be told at 29 years old I was boarder line diabetic.

Thanks again to the amazing team behind all this, I really couldn't of done it without you."

Physical Activity

Live Life Better Derbyshire Physical activity service is supports 18 years + Derbyshire residents to be more active targeting residents who are overweight or obese, inactive or have low to moderate wellbeing offering one to one support and delivery of virtual or face to face classes or signposting to community based physical activity opportunities.

From April 2023 to March 2024



2245 - People booked an induction



1402 - People completed an induction. Inductions are on the telephone and last approximately 30 minutes. We will discuss and agree ways to support you to move more.



733 - People completed 12 weeks. Our programme lasts for 12 Weeks and over that period we will provide you with regular support and guidance.



579 - People were more active at the end of the programme.



136 mins - The average increase for people completing 12 weeks to 168 mins. Most people who start with us do little or no physical activity.



1036 - Physical activity classes delivered. To support people to be more active we offer a variety of online or face to face classes during the day, evenings and at weekends.

Activities people participated in to move more:

Phone apps.	Online videos	Live Stronger for Longer	Walking
Leisure Centres	LLBD classes	Home based exercise sessions	Swimming

Overview Of Key Services

healthier futures

FREE Family Services for Healthier Living

Our Healthier Futures programme offers support and advice for families of children from birth up to age 12.

Children's early years are vitally important in terms of their health, wellbeing, learning and social development.

People can take part in our Healthier Futures programme if they are:

- are the parent or carer of a child aged 0 to 12 years
- have a Derbyshire postcode or are registered with a Derbyshire GP
- are the parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight, for example on or above the 85th BMI centile

[Healthier futures](#)

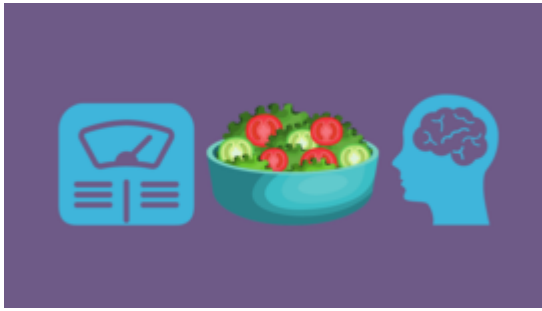


STOP SMOKING SUPPORT

We offer a free, 12-week, stop smoking service for people aged 12 and over.

This includes community/face to face, telephone support, online and digital support, printed materials, free Nicotine Replacement Therapy.

Clients can get access to a health advisor and a supportive Facebook group too.



WEIGHT MANAGEMENT SUPPORT

We offer a free, 12-week, weight management service for people aged 18 and over with a BMI of 25+ or 23+ if you are of Black or Asian ethnicity.

This includes community/face to face, telephone support, access to a health advisor, online and digital support and printed materials. Clients also have the chance to join a supportive Facebook group.



PHYSICAL ACTIVITY SUPPORT

We offer support to help people get more physically active.

This includes community/face to face support, live exercise sessions with trained instructors and support to find suitable, local activities and venues.

We also offer printed materials and other resources. Plus we've got a supportive Facebook group too.



HEALTH AND WELLBEING MOT

We offer a holistic lifestyles service that looks at all aspects of a client's health and wellbeing.

This includes their emotional health and wider determinants of health including employment and finances.

All clients will be asked to complete an online health MOT to help prioritise their health and wellbeing needs.

The LLBD Journey

Step One: Take the first steps to a healthier you by filling in our online MOT or call 0800 085 2299.

Step Two: We will help identify your health and wellbeing priorities.

Step Three: Our friendly team will be touch and can book you onto our stop smoking, weight management and physical activity services. They can also signpost you to other useful services.

Step Four: Start your wellbeing journey!

Find out more at

[**Live Life Better Derbyshire**](#)

If you are a health and wellbeing professional then you can refer a patient into our service using the

[Live Life Better Derbyshire - Professional referral](#)

People can also self-refer into our service using our

[Online Health and Wellbeing MOT](#)

How long will I have to wait?

After you have completed the online health and wellbeing assessment, one of our friendly Health Improvement Workers will do their best to get you booked on as soon as possible.

This could take up to 10 working days. However if you can't complete the online health and wellbeing assessment then please call 0800 085 2299

How are we supporting clients?

59% of clients have stopped smoking at 4 Weeks

52% of clients have lost weight.

41% of participants have improved activity levels at the end of 12 Weeks.

If you have a story that you would like to feature in this newsletter, please email ian.slack@derbyshire.gov.uk

We send out a fortnightly health and wellbeing newsletter to thousands of Derbyshire residents. If you have events or services that you would like to promote to the Derbyshire public then please email colleen.marples@derbyshire.gov.uk

You can sign up to receive the newsletter

here. https://public.govdelivery.com/accounts/UKDCC/subscriber/new?topic_id=UKDCC_3198

Household waste recycling centres

New opening hours

9:30 AM until 5:00 PM

[READ MORE](#)

DERBYSHIRE
County Council

The advertisement features a green background with white and purple text. It includes two digital clock icons showing 9:30 AM and 5:00 PM, with the word 'until' between them. A 'READ MORE' button with a mouse cursor icon is located in the bottom left, and the Derbyshire County Council logo is in the bottom right.