



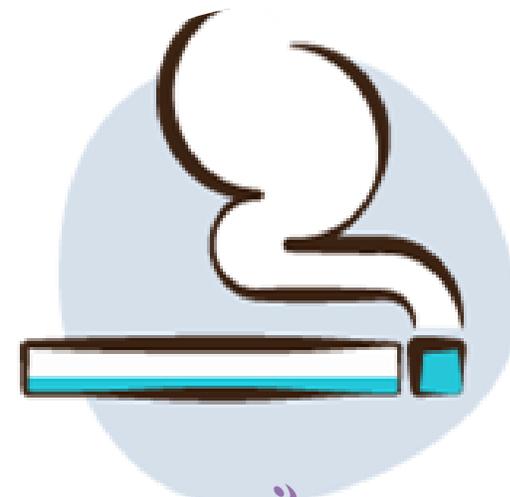
**Live Well**  
**LEICESTER**

# What is the Live Well service?



**Live Well** is a service that helps people living in Leicester to improve their health by making small lifestyle changes for example:

- Eating healthier
- Stopping smoking
- Doing more exercise or
- Drinking less alcohol

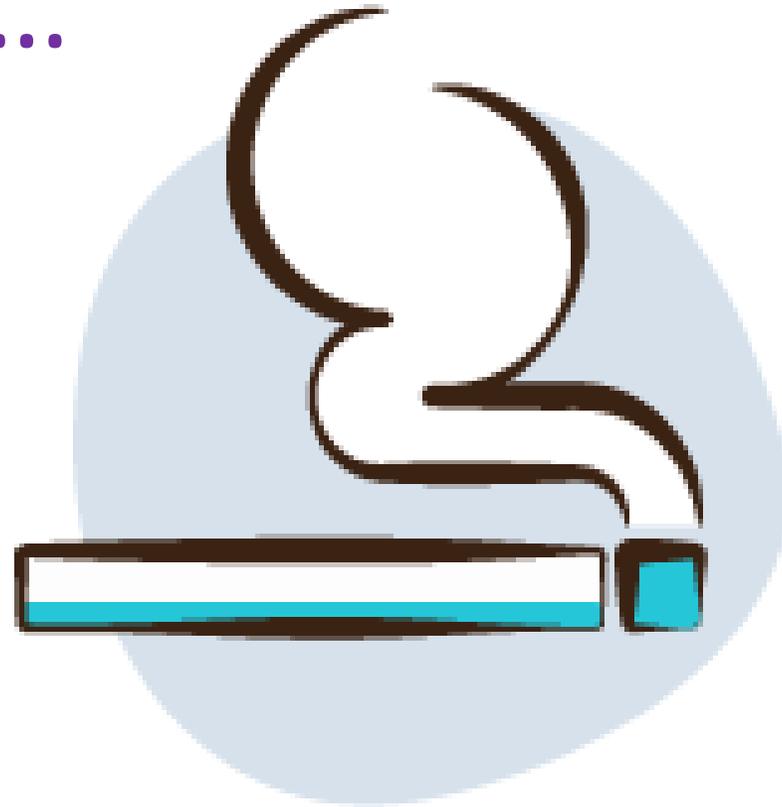


We have a very friendly team of Advisors who can help clients get the right support to help lead a healthier and more active lifestyle.

# What services are available....

## Stopping Smoking

- We offer a **free 12-week programme** to help people to stop smoking.
- This includes support from one of our Stop Smoking Advisors either by telephone or face to face
- We also offer a wide range of products to help clients to stop smoking. This includes items like gum and patches or an electronic cigarette.



# Increasing physical activity levels....

## Healthy Lifestyle Service



- **free 12-week programme** which supports clients to do more exercise and make healthier lifestyle choices.
- whole variety of exercise sessions that clients can join.
- support clients to manage their overall health by providing advice and support on:
  - Eating healthier
  - Staying hydrated and sleeping well
  - Support clients to stay motivated and achieve their goals



- Our **Live Well Walk More** programme offers lead walks across Leicester City.
- Anyone can attend the walks however they are mainly aimed at those with health conditions or those who are physical inactive.
- The walks usually last around an hour and occur on a weekly basis.

# Falls prevention

- Our **Steady Steps** programme is an evidence based, **24-week programme** tailored to those over 65 who have previously fallen or worry about falling.
- The programme will improve client's life quality by improving balance and stability and build independence in daily living without a fear of falling.
- The Steady Steps programme is delivered by qualified Postural Stability Instructors who will tailor exercises to client's specific needs.

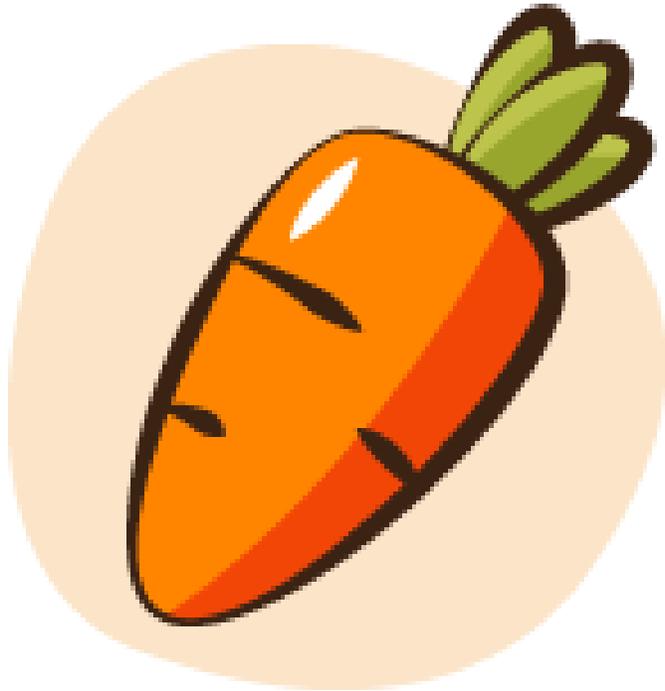


# Drinking Less Alcohol

- We refer clients on to **Turning Point**, a service that can provide support to drink less alcohol.
- The service is designed to help clients understand more about what they drink and how to cut down or stop.



# Signposting to wider services



- **weight management** services that can help with healthy eating and weight loss
- **welfare** advice, **debt** management, **housing** advice
- initiatives to reduce **social isolation**
- community connectors
- **food growing** programmes
- initiatives/ services within local **VCS organisations** e.g. Age UK
- **volunteering** opportunities

# Key performance indicators 22/23

- Number of referrals into Live Well = **7591**
- **80%** of referrals were from those living in deprivation quintiles 1 & 2
- Percentage of men accessing the service was **43%**
- **46%** of new client registrations were from BAME communities
- **936** people successfully quit smoking at 4 weeks
- **1568** clients attended our healthy lifestyle physical activity programme with a conversion rate of **37%** signing up to a Live Well membership at 1 weeks which then income generates for the service
- **1570** clients taking part in the walking programme across the city

# Future Live Well Developments

- New website & branding refresh in March
- Additional funding from central government for smoking cessation activities will enable growth of the team and extend our reach as a service across the city
- An evaluation of the service is currently being carried out and any recommendations will enable us to further enhance and develop our offer

# What support does Live Well need from the Health & Wellbeing Board?

- Buy in from all partners to be aware of the service and encourage their teams to refer into Live Well, some examples of these are getting social prescribers routinely referring into the service, linking with the Fire Service in relation to smoking cessation when carrying out home safety checks
- Limited capacity within physical activity element of the service
- Support in embedding the service within the voluntary sector
- Completion of Healthy Conversations training to upskill colleagues and enable them to make every contact count

# CALL US!

+

## How to make a referral

•

**Contact the GP:** Clients will need to ask to be referred into Live Well.

Clients can call us on **0116 454 4000**

**Live Well**

**Website:** <https://livewell.leicester.gov.uk/>



Once referred in, one of our Hub Advisors will triage the client and book them directly onto our services.

○



To keep up to date on the latest information follow us on our Social Media Channels below :

- **Twitter:** @LiveWellLeics
- **Facebook:** @LiveWellLeicester



# Any questions?

Carla Broadbent

Live Well Operations Manager

E: [Carla.Broadbent@leicester.gov.uk](mailto:Carla.Broadbent@leicester.gov.uk)

Harpreet Sohal

Healthy Lifestyle Service Manager

E: [harpreet.sohal@leicester.gov.uk](mailto:harpreet.sohal@leicester.gov.uk)

