

LIVE IT

HEALTHY LIFESTYLE PROGRAMME

TARGETED AT 5 TO 17 YEAR-OLDS IDENTIFIED ON OR ABOVE
THE 85TH CENTILE FOR BMI - RUNS FOR 12 MONTHS

DERBY
COUNTY
COMMUNITY
TRUST

livewell

HOW TO REFER IN

SELF REFERRAL

Parents sign up at [livewellderby.co.uk/
live-it](https://livewellderby.co.uk/live-it)

CLICK HERE

OTHER AGENCIES

Contact Sara Adcock, Physical Activity
and Health Officer at Derby County
Community Trust.



sara.adcock@dcct.co.uk
07812 301995

REFERRAL FORM

Complete the Live IT clinical
referral form below.

CLICK HERE

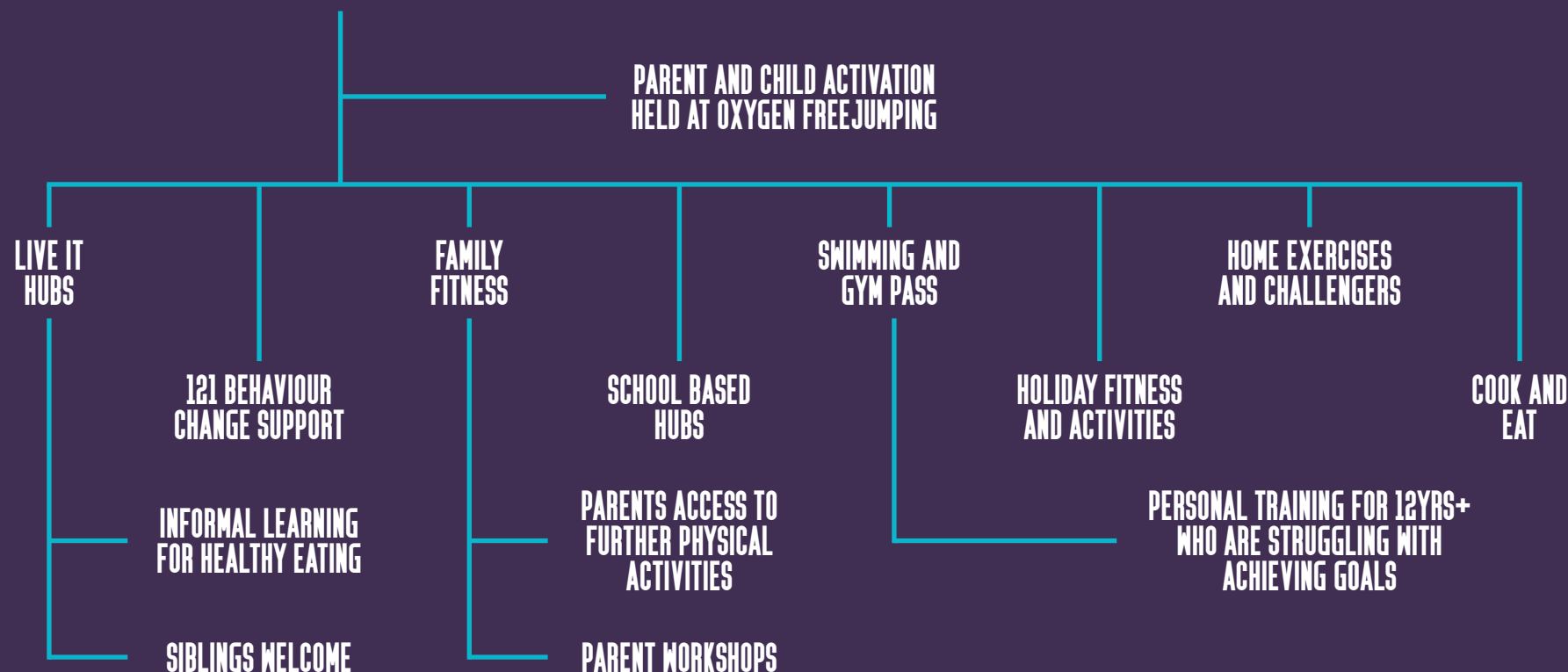


**WE SUPPORT CHILDREN AND THEIR FAMILIES TO MANAGE
THEIR WEIGHT BY IMPROVING FITNESS, NUTRITION
AND SELF-ESTEEM.**

WHAT HAPPENS AT LIVE IT?



Referral to Live IT from Active Schools programme, School nursing team, NCMP nurses, Primary Care Organisations and self-referral from parents



Quarterly reviews to assess goals and additional support and signposting where required.

PARENT AND CHILD ACTIVATION

Held once a month. Parents are given information about the programme and what is expected of them and their children. Children are then signed onto Live IT and advisors work with parents and children to identify what lifestyle changes could be made to improve health. Timetable of activities and free swim pass is given.

SCHOOL-BASED LIVE IT HUBS

Established in Active Schools. Children who are identified on or above the 85th centile following height and weight measures are invited to attend a Rammie's Healthy Heroes lunch club. The club is designed to initially engage pupils (and their friends) with increasing their physical activity levels and learning about healthy lifestyles. After eight weeks, a Live IT information meeting will happen with parents of pupils above the 85th centile who are then invited to join Live IT. The Live IT hub will continue in school to remove any barriers to travel.

LIVE IT HUBS

Community hubs located across Derby. Hub sessions consist of physical activity and interactive learning workshops. Sessions are designed to be fun and to give families the knowledge, skills and confidence to make healthier choices. Topics covered include: smart swaps for healthy eating, the importance of sleep and body image.

ADDITIONAL PARENT SUPPORT

Parents are offered a free pass to community-based adult sessions to encourage long term behaviour change in the family. Parent workshops are also held at the children's schools which cover topics such as healthy lunch boxes. Cook and Eat sessions are delivered at one of the community hubs to encourage parents and children to learn alongside each other to make healthy meals. 1:1 phone calls from an advisor support parents throughout the programme with how to support their child with healthier lifestyle behaviours.

COOK AND EAT

‘Rammie’s Munch and Crunch’ – a hands-on Cook and Eat session where children can learn about cooking healthy meals and including as many vegetables as possible. Recipes have been developed from parents’ suggestions of their children’s favourite meals which have had a healthy makeover.

SWIMMING AND GYM PASS

Swimming is offered to children and young people on the programme and a discounted rate for families is also available.

Participants over 12 are also given a free gym pass to access local authority gyms to attend group sessions or independently exercise. After a detailed gym induction, a qualified trainer will discuss their goals and advise them on the most appropriate activities for their age and abilities. They can access 1:1 support through personal training at any time.

HOME EXERCISES AND CHALLENGES

All children on Live IT receive challenges to perform at home either as an individual or together as a family. These have been particularly beneficial for participants who may only attend one weekly session to support their weight loss journey.

1:1 BEHAVIOUR CHANGE SUPPORT

Each child on Live IT receives 1:1 support on a regular basis as part of reviews and during sessions. Food diaries, smart goal setting, body image, self esteem and confidence in achieving goals are discussed. The advisor will then establish whether children and young people require more frequent 1:1 support as well as liaising with parents and carers.



70%

OF CHILDREN REDUCED THEIR WEIGHT SINCE JOINING LIVEIT

PARENT FEEDBACK

ALONG WITH INCREASING PHYSICAL ACTIVITY, SHE HAS LEARNED THAT TO EAT TREATS YOU SHOULD DO SOME ACTIVITY FIRST.

It's helped her understanding of a balanced diet and I can see her putting it into action every day. It's taken her away from the screen and has increased her confidence hugely.

CHILD FEEDBACK

IT'S FUN BUT IT MAKES ME TIRED. I LIKE TO BE HERE BECAUSE I LEARN LOTS OF STUFF FOR EXAMPLE HOW TO BE HEALTHY AND I ALSO ENJOY PLAYING GAMES, I LOVE IT!

I've learnt to be more energetic, get fitter and drink less fizzy drinks.