



wellbeing drop-in sessions held in non-clinical

settings between **September 2024 and February 2025:**

- 8** at Somercotes Village Hall
- 2** at William Gregg VC Leisure Centre in Heanor
- 1** at Ripley Leisure Centre

Somercotes and **Ironville** initially chosen as priority area, due the partnership work already taking place and the needs of residents. Sessions are now also running in **Heanor** and **Ripley**.

Partners are working together to prevent long-term health conditions by delivering physical health checks, advice and signposting to local groups:

33 partner agencies have attended one or more of the drop in sessions, including **Live Life Better Derbyshire**, social prescribers, Get Out Get Active Amber Valley, Futures Housing, Department for Work and Pensions (DWP), Deaf-initely Women, Places Leisure, Citizens Advice

Total attendances - **697** people



285 blood pressure checks conducted



88 people signposted to complete the online "health & wellbeing MOT"



111 people wanted to sign up to **Live Life Better Derbyshire** services:

- 58** weight management
- 30** physical activity
- 23** stop smoking



Great hypertension (high blood pressure) case finding work. Almost **1 in 2** (not the average **1 in 3**) required follow up for potential hypertension.

BLOOD PRESSURE OUTCOMES

156 out of the **285** (**61%**) of blood pressures required a follow up intervention:

68 people were signposted to visit their pharmacy

117 people were signposted to their GP (GP's notified by LLBD)



"Just want to share a nice bit of positive feedback about the wellbeing sessions. Dr Blyth has had a very grateful patient and his wife in for an appointment.

"They have said the sessions have given them a new lease of life – made new friends and commenced on a change of eating and exercise habits. As such, weight, cholesterol and blood sugars have improved. Happy patients and happy GP Partner too."

- GP Practice Manager

"The Live Life Better Derbyshire (LLBD) team have found the BP checks to be a great conversation starter for lifestyle and the wider impacting factors.

"It has allowed us to engage with communities and people that would not necessarily contact us directly or engage with mainstream services.

"The multi-agency/marketplace type model linking with GPs has been golden for LLBD and partners to engage with communities."

- Live Life Better Derbyshire team

Targeted invites are sent out by individual GP practices via text message to an agreed cohort.

Texts have been sent out to more than **20,000** patients – some of whom have been to more than one drop in at Somercotes to access a range of support from other agencies.

Arch PCN is made up of nine GP practices.

- Ivy Grove Surgery, Ripley
- Royal Primary Care Brooklyn, Heanor
- Jessop Medical Practice, Ripley
- Somercotes Medical Centre, Somercotes
- Park Surgery, Heanor
- Kelvingrove Medical Centre, Heanor
- Ripley Medical Centre, Ripley
- Parkside Surgery, Alferton
- Crich Medical Practice

To date we have worked with seven of the practices.

With a shared vision to work collaboratively to prevent long-term health conditions, the steering group for this work includes: **Live Life Better Derbyshire, Amber Valley Borough Council, Active Derbyshire, Walking for health lead, Public Health, Healthy Workplaces team, Places Leisure, Social Prescribing Team, Amber Valley CVS, Futures Housing**

Somercotes sessions funded through **UK Shared Prosperity Fund**.

Places Leisure have provided space for the wellbeing drop-in sessions at their leisure centres in **Heanor** and **Ripley** for free. The sessions are encouraging people to attend who wouldn't normally access the leisure centre. **Attendees are offered a free leisure centre pass.**

"I didn't really know what to expect when I turned up but I'm glad I did. That's where I met Karen who said she was hoping to organise some classes.

I had had a spinal operation and was in need of some regular, moderate, exercise to help me get back to fitness.

I have enjoyed attending the classes run by Jess. If I am not feeling able to participate fully I can do the exercises sitting in my chair. I have never been made to feel awkward by sitting some of the lesson out.

I also joined the walking group run by Julie. This too is tailored to my needs. A gentle walk with the opportunity to take a moment and sit on a bench if I need to.

I am very glad that I went along and joined up. Wednesday mornings have become a fixture in my diary. Everyone is very friendly and there is time for a chat after the class over a coffee and a biscuit. Thank you so much for your effort in putting me in touch with a lovely group."

- Marion Kilby

"I found out about the new chair-based exercise class when I came to the wellbeing drop in, which I was invited to by text from my surgery. It has kept me moving after an operation and I am more supple and have improved mobility and balance."

- Pat Briddon, Somercotes Patient

Partner feedback

"Just to say thank you very much for letting us attend the event today, I thought it was very well organised and great that the doctors were able to advertise and promote this in the way they did. We had a lot of people interested and always good to reach local people too. Thank you.

**- Rachael Bunting, Service Manager
Hearing Help UK**

"Thank you for your hospitality this morning towards myself and Anne Marie. It was a productive and positive morning where we were able to reach out to some new clients and pass on some of our Carbon Monoxide detectors to those in need. It was also nice to chat with some of the other organisations/companies present."

**- Sorrine Begdeli Outreach/Generalist
Adviser, Citizens Advice Derbyshire
Districts**

"I can't tell you how much the drop ins have helped to kickstart reaching the women who didn't know about us before. Amazing work."

- Becky Daykin, Deaf-initely Women