

Improving wellbeing by volunteering

Livewell is an integrated healthy lifestyle service that supports people to lose weight, stop smoking, get more active and maintain a healthy lifestyle.



A Derby City Council Project

Livewell is looking for volunteer health activists and health buddies to play an important role in health promotion across Derby.

Anyone can be a Livewell health activist subject to successful completion of training and induction.

Past or present Livewell clients can become health buddies, subject to successful completion of training and induction.

To find out more, check out our Client Info page at www.livewellderby.co.uk or contact:

Sue Williams, Livewell Community Development and Health Promotion Officer

Sue.williams3@derby.gov.uk

Phone or text 07812302025 .

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