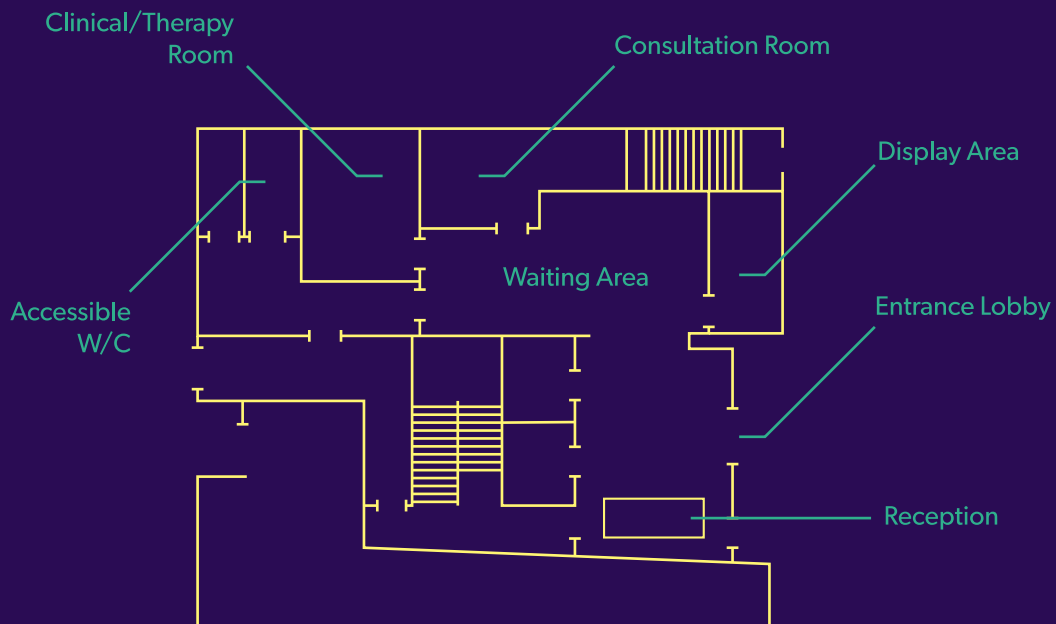


# THE LIVE WELL CENTRE

# GROUND FLOOR



## FEATURES

Ground level access clinic and consultation room, with convenient access from Dundas Shopping Centre. Waiting area, free wi-fi and disabled toilet and baby change facility also available on this floor; access to books on prescription.

## HIRE POTENTIAL

- Ideal for services with clients with access difficulties;
- Interior clinic room with dimmable lighting, makes this clinic ideal for alternative therapies alongside traditional clinical services.

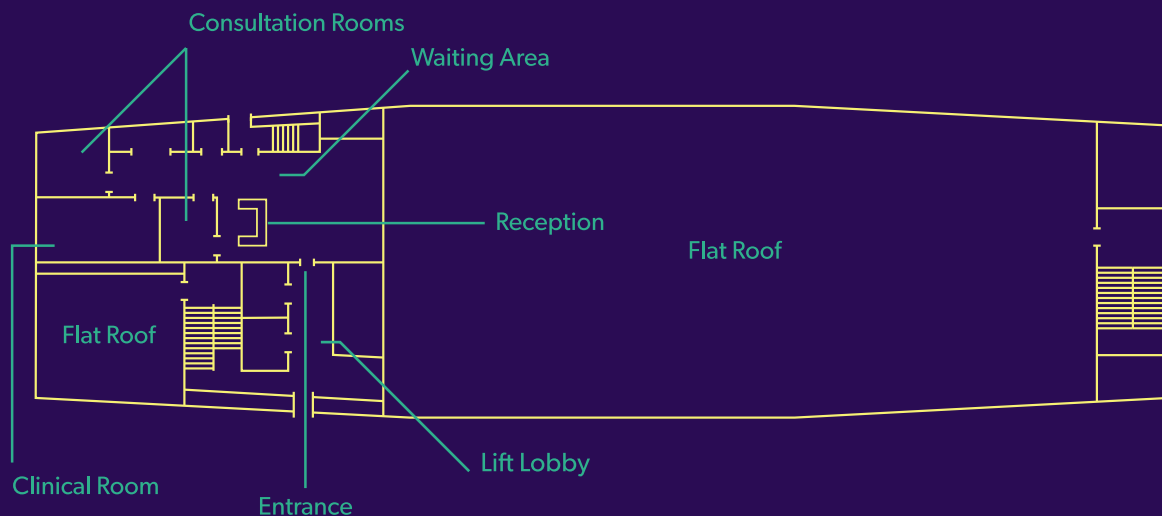
## TOP TIP

For promotional events, why not hire a room in conjunction with space in the main mall area. You can promote services and provide confidential space for follow-up discussions where needed – capitalising on the estimated 7,000 person per day footfall of the main shopping centre.

Prices start from £4.50 per hour.

# THE LIVE WELL CENTRE

# 1ST FLOOR HORIZON ROOMS



## FEATURES

Self-contained clinic, consultation room and independent waiting area; free wi-fi; access to books on prescription.

## HIRE POTENTIAL

- Access from Linthorpe Mews or Dundas Shopping Centre, makes this an ideal setting for a wide range of out-of-hours services requiring high spec clinical and consultation space.

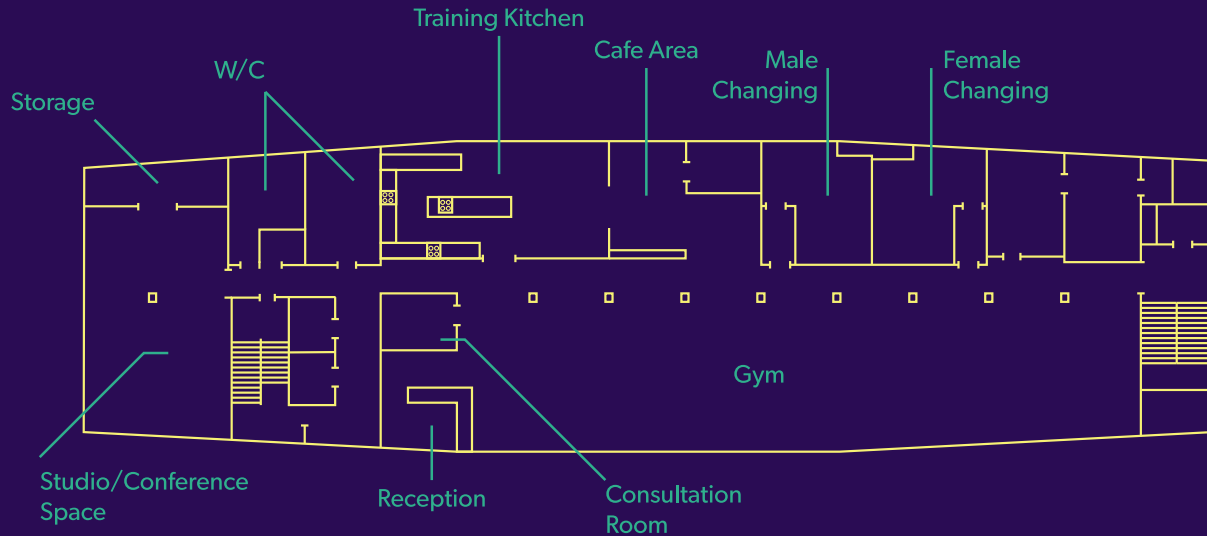
## TOP TIP

Our fantastic substance misuse provider, Change Grow Live (CGL), offer a harm minimisation service in the Horizon Rooms, five and a half days a week. If your service is catered around those engaged in risk-taking behaviours, who would benefit from advice and support around staying safe, speak to CGL about a joint delivery offer and optimise the use of the Horizon Rooms.

Prices start from £40 per hour.

# THE LIVE WELL CENTRE

## 2ND FLOOR ENERGISE FLOOR



### FEATURES

Full size gym with a diverse range of cardio, resistance and weight training kit; studio with a wide range of hireable fitness equipment and/or conferencing facilities. Large training kitchen complete with an extensive range of cooking utensils for all abilities and AV equipment.

### HIRE POTENTIAL

- Do you provide a fitness class where your clients would benefit from town centre access and co-location with other lifestyle services? Our studio is ideal for classes catering for up to 16 people. No need to worry about performance rights, licences or dragging heavy equipment around between sessions – we have this covered, just let us know your needs before booking;
- Ideal location for weight management programmes. Our gym and studio are located on the same floor as our training kitchen, making this space ideal for you to combine nutrition and physical activity advice under one roof. A unique offer for the town centre!

### TOP TIP

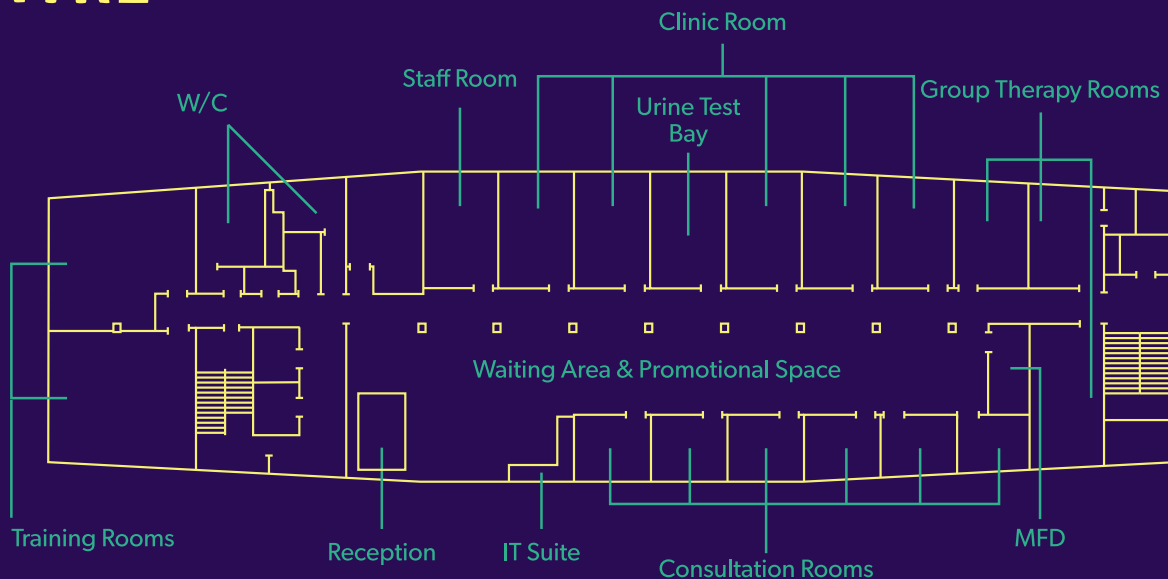
Increased physical activity supports a wide range of lifestyle, treatment and recovery interventions. From improving mood, reducing anxiety, building confidence, supporting addiction recovery or even preparing for surgery - speak to us to find out how The Live Well Centre gym can support your wellbeing programme.

- ‘Cooking skills’, ‘cooking on a budget’ or simple ‘cook and eat’ sessions are ideal ways of getting the people of Middlesbrough together to learn and enjoy cooking simple, healthy meals. Don’t just sit in a classroom talking about cooking – get cooking together! Provide your fun and interactive cooking programmes, for all abilities, here at The Live Well Centre & let your clients benefit from fantastic space, a wide range of equipment and convenient town centre access;
- Looking for an alternative setting for a therapy group, training programme or breakfast club? Why not use our training kitchen and provide a relaxed, informal atmosphere for your clients over tea & coffee?

Prices start from £7.50 per hour.

# THE LIVE WELL CENTRE

# 3RD FLOOR WELLBEING SUITE



## FEATURES

Whether you need clinical space, consultation rooms, group therapy or training facilities, our Wellbeing Suite provides a multi-agency wellbeing environment that gives you and your clients access to a state-of-the-art, integrated wellbeing floor that benefits from waiting area, IT suite, testing bay, free wi-fi access and access to books on prescription.

## HIRE POTENTIAL

- For small groups and one-to-ones, The Live Well Centre offers 3 types of consultation rooms – interview, round table and counselling style – perfect for anything from benefit/welfare advice, health and social care support or even small meetings for up to 5 people;
- Need group therapy space for up to 20 people? The Live Well Centre has comfortable and confidential therapy space, ideal for a range of client groups and right in the centre of town. Benefit from full AV facilities, flip chart paper, refreshments and other materials (all available on request) and let your clients experience a truly integrated care environment with access to a free-to-use IT suite, books on prescriptions and Live Well Navigators (via bookable appointment). Booking therapy sessions here at The Live Well Centre is sure to add value to your client experience and is ideal for startups and small businesses;

## TOP TIP

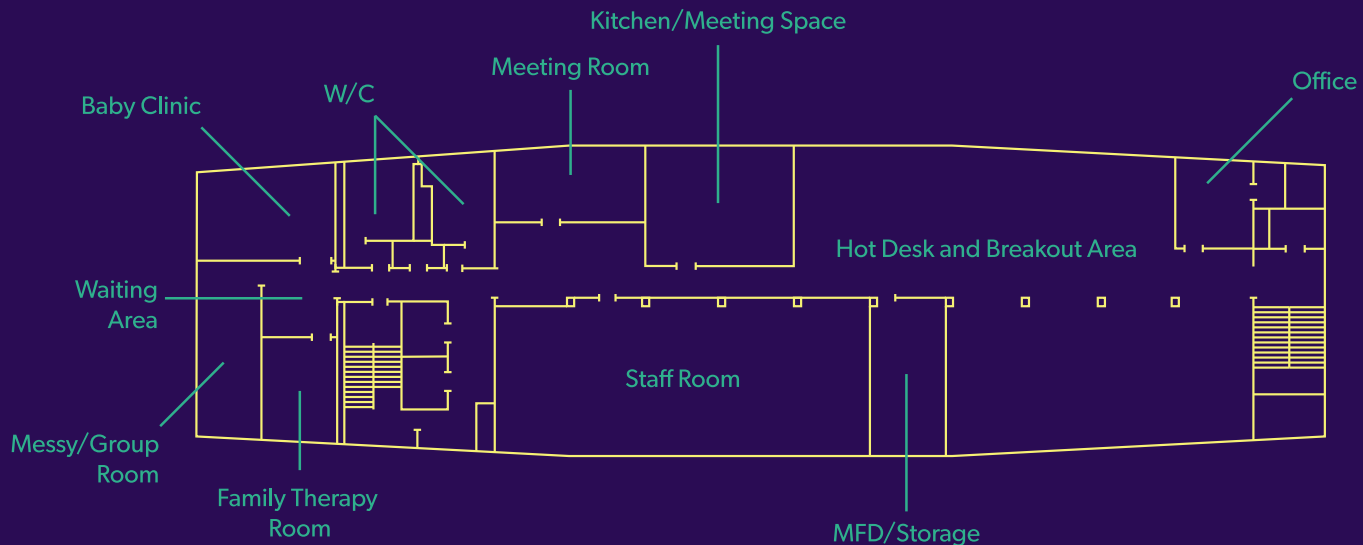
Struggling to recruit to a screening, consultation or lifestyle programme? Why not book one of our rooms in combination with a market stall or non-confidential high back booth in our main waiting area so you can reach people while they wait for other onsite appointments? Our waiting area facilities are free to reserve, so you need only pay for private hire of a room where confidential space is needed.

- The Live Well Centre has some fantastic training, meeting, consultation and conference space. All our training rooms come with AV facilities, free wi-fi and flip chart paper. Whether you need space by the hour, half day, full day or a more semi-permanent booking, The Live Well Centre training rooms offer 10 variable layouts and can cater for 5 to 45 guests.
- Our clinic space is a minimum 17m<sup>2</sup> and comes with desk, chairs, sink, drug cabinet, drug fridge, mediplinth bed with breathing hole, privacy screen and dani-centre. All clinical waste disposal is managed onsite and your clients will benefit from bright, modern and easily accessible clinic space. Struggling to recruit for a screening programme?

Prices start from £4.50 per hour.

# THE LIVE WELL CENTRE

## 4TH FLOOR FAMILY AREA



## FEATURES

Access controlled family area complete with baby clinic, family interview room and messy play/group room. This self-contained area comes with entertainment for the children and has been designed to enable families to be seen together all under one roof.

## HIRE POTENTIAL

- Our 4th floor baby/family clinic is an ideal site for health and development checks – providing easy town centre access to families and allowing professionals free use of healthcare spec weighing scales and height measurement tools;
- Struggling with childcare - adults can access services with children in tow in our family interview room. Children can relax with a selection of books and toys while parents receive services – reducing DNA rates and improving convenience for those who struggle with appointments due to childcare;
- Need space for arts/play therapy? The Live Well Centre has its own messy play room, which can also be used for other family/child-themed group exercises – ideal for start-up services looking to recruit new clients.

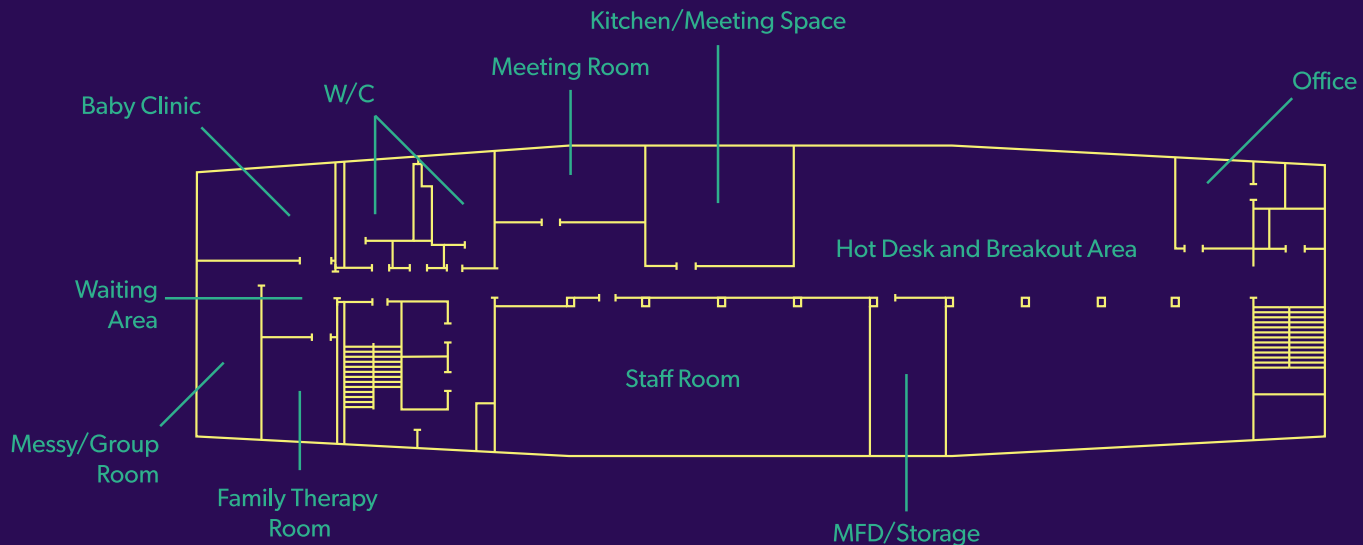
## TOP TIP

Through The Live Well Centre's 'Collaborate Well' offer, we're building a provider-base that will put a wide range of providers in touch with each other – enabling them to work better together to deliver services, synthesise sessions and most importantly, to do things differently. Suggested opportunities for collaborating well include: parent-toddler sessions running alongside baby clinics; kids craft sessions being delivered alongside parenting programmes; and maternal smoking cessation clinics working alongside antenatal classes.

Prices start from £4.50 per hour.

# THE LIVE WELL CENTRE

# 4TH FLOOR COLLABORATE WELL SPACE



## FEATURES

Easy-in, easy-out hot desk space is available on our secure 4th floor collaboration area, giving you the comfort of fully-serviced office space in a multi-agency, town centre setting.

## HIRE POTENTIAL

- Our 4th floor collaboration space has been designed to bring together a wide range of professionals and is ideal for companies looking to benefit from a multi-agency working environment;
- Hire our hot desks by the hour, day, week or more permanently and take advantage of all our fantastic features and benefits, including opportunities to working alongside like-minded professionals, free gym access, concessionary room hire space, free meeting room hire, free resource hire, active working options and plugs on our social media pages and website.

## TOP TIP

Are you a start-up, small enterprise or voluntary sector organisation? Why not choose The Live Well Centre to give your business or initiative a boost? Our hot desk space is not only reasonable in cost, but also comes with huge benefits. As a Live Well partner you can take advantage of:

- Our website and social media following through digital promotion;
- Use our arcade stall which benefits from 7,000 visits a day;
- AV promotion on our monitors and public announcement system;
- Free access to resources and briefings to support your business development and networking opportunities.

## Prices start from £55 per month.

But enquire about our hourly, daily and weekly rates for further offers.