

# Lively Up Yourself Delivery Report

01 April 2023 - 30 November 2023 (8 months overview)



**Bradford District Care**  
NHS Foundation Trust

<b>Total sessions delivered</b>	<b>151</b>
<b>Overall attendance rate</b>	<b>1173</b>
	Live attendance 995
	Playback views 178
<b>Total facilitator expenditure</b>	<b>£ 4,964.00</b>
	Avg. cost per person per session £ 4.23
<b>Budget for session delivery</b>	<b>£ 10,000.00</b>
<b>Overall Expenditure (8 months only)</b>	<b>£ 4,964.00</b>

Session Name	Delivery Date	Time	Sched or Dept	Registered Attendees	Views: Stream	total	Facilitator	Cost
Desk Yoga	03/04/2023	15.30	1. Weekly Schedule	22	5	27	3.70 Living Your Yoga	£ 100.00
Zumba	05/04/2023	19.00	1. Weekly Schedule	10	0	10	- Susan Francis	£ -
Meditation	06/04/2023	15.00	1. Weekly Schedule	5	8	13	1.15 Living Your Yoga	£ 15.00
HR Induction: Laughter Yoga	11/04/2023	12.50	2. Department Specific	60	0	60	3.28 Pete Cann	£ 197.00
Zumba	12/04/2023	19.00	1. Weekly Schedule	6	0	6	- Susan Francis	£ -
Yoga: Stretch and Strengthen	13/04/2023	12.15	1. Weekly Schedule	15	0	15	2.33 Yoga Bradford	£ 35.00
Meditation	13/04/2023	15.00	1. Weekly Schedule	8	2	10	1.50 Meditation	£ 15.00
Desk Yoga	17/04/2023	15.30	1. Weekly Schedule	5	1	6	3.33 Yoga Bradford	£ 20.00
Yoga: Stretch and Strengthen	20/04/2023	12.15	1. Weekly Schedule	14	2	16	2.19 Yoga Bradford	£ 35.00
Meditation	20/04/2023	15.00	1. Weekly Schedule	7	4	11	1.36 Yoga	£ 15.00
Desk Yoga	24/04/2023	15.30	1. Weekly Schedule	6	6	12	1.67 Yoga Bradford	£ 20.00
Temple Spa - General	25/04/2023	19.00	1. Weekly Schedule	5	6	11	9.09 Temple Spa	£ 100.00
Zumba	26/04/2023	19.00	1. Weekly Schedule	2	1	3	- Susan Francis	£ -
Gentle Yoga: Stretch and Strengthen	27/04/2023	12.15	1. Weekly Schedule	5	1	6	5.83 Yoga Bradford	£ 35.00
Laughter Yoga - Admin Team	27/04/2023	11.00	2. Department Specific	20	0	20	9.85 Pete Cann Laughter Man	£ 197.00
Meditation	27/04/2023	15.00	1. Weekly Schedule	7	0	7	2.14 Yoga Bradford	£ 15.00
Zumba	03/05/2023	19.00	1. Weekly Schedule	9	0	9	- Susan Francis	£ -
Pilates	04/05/2023	12.15	1. Weekly Schedule	6	2	8	4.38 Karma Yoga Pilates	£ 35.00
Meditation	04/05/2023	15.00	1. Weekly Schedule	7	0	7	2.14 Yoga Bradford	£ 15.00
Zumba	10/05/2023	19.00	1. Weekly Schedule	2	1	3	- Susan Francis	£ -
Pilates	11/05/2023	12.15	1. Weekly Schedule	8	4	12	2.92 Karma Yoga	£ 35.00
Meditation	11/05/2023	15.00	1. Weekly Schedule	9	0	9	1.67 Yoga Bradford	£ 15.00
Gentle Yoga	12/05/2023	12.30	1. Weekly Schedule	7	3	10	3.50 Yoga Bradford	£ 35.00
Desk Yoga	15/05/2023	15.30	1. Weekly Schedule	9	6	15	1.33 Yoga Bradford	£ 20.00
Meditation	18/05/2023	15.00	1. Weekly Schedule	12	4	16	0.94 Yoga Bradford	£ 15.00
Pilates	18/05/2023	12.00	1. Weekly Schedule	8	3	11	3.18 Karma Yoga	£ 35.00
Gentle Yoga	19/05/2023	12.30	1. Weekly Schedule	4	1	5	7.00 Karma Yoga (cover)	£ 35.00
Desk Yoga	22/05/2023	15.30	1. Weekly Schedule	4	0	4	5.00 Yoga Bradford	£ 20.00
Temple Spa - Menopause	24/05/2023	19.00	1. Weekly Schedule	12	1	13	7.69 Temple Spa	£ 100.00
Pilates	25/05/2023	12.15	1. Weekly Schedule	3	0	3	11.67 Karma Yoga	£ 35.00
Meditation	25/05/2023	15.00	1. Weekly Schedule	5	0	5	3.00 Yoga Bradford	£ 15.00
Gentle Yoga	26/05/2023	12.30	1. Weekly Schedule	1	4	5	7.00 Yoga Bradford	£ 35.00
Meditation	01/06/2023	15.00	1. Weekly Schedule	5	0	5	3.00 Yoga Bradford	£ 15.00
Gentle Yoga	02/06/2023	12.30	1. Weekly Schedule	3	2	5	7.00 Yoga Bradford	£ 35.00
Desk Yoga	05/06/2023	15.30	1. Weekly Schedule	9	1	10	3.50 Yoga Bradford	£ 35.00
Music Bingo - Craven OPMH	06/06/2023	11.00	2. Department Specific	11	0	11	3.18 Neil Martin SSK	£ 35.00
Calligraphy Art	07/06/2023	13.00	1. Weekly Schedule	10	1	11	27.27 Calligraphy Arts	£ 300.00
Zumba	07/06/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Meditation - Carers Week	08/06/2023	15.00	1. Weekly Schedule	21	0	21	0.71 Yoga Bradford	£ 15.00
Pilates	08/06/2023	12.30	1. Weekly Schedule	2	0	2	17.50 Karma Yoga	£ 35.00
Gentle Yoga Stretch and Stregthen	09/06/2023	12.30	1. Weekly Schedule	7	00	7	5.00 Yoga Bradford	£ 35.00
Desk Yoga - District Nurse team	09/06/2023	13.30	2. Department Specific	10	6	16	1.88 Yoga Bradford	£ 30.00
Zumba	14/06/2023	19.00	1. Weekly Schedule	1	0	1	- Susan Francis	£ -
Pilates	15/06/2023	12.15	1. Weekly Schedule	5	0	5	7.00 Karma Yoga	£ 35.00
Gentle Yoga Stretch and Strengthen	16/06/2023	12.15	1. Weekly Schedule	9	7	16	2.19 Karma Yoga	£ 35.00
Desk Yoga	19/06/2023	15.30	1. Weekly Schedule	22	0	22	0.91 Yoga Bradford	£ 20.00
Zumba	21/06/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Meditation	22/06/2023	15.00	1. Weekly Schedule	3	0	3	6.67 Yoga Bradford	£ 20.00
Gentle Yoga	23/06/2023	12.30	1. Weekly Schedule	4	0	4	8.75 Yoga Bradford	£ 35.00
Zumba	28/06/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Meditation	29/06/2023	15.00	1. Weekly Schedule	3	0	3	5.00 Yoga Bradford	£ 15.00
NHS75 - Music Bingo	03/07/2023	12.30	1. Weekly Schedule	7	8	15	2.67 SSK Aberdeen	£ 40.00
NHS75 - Desk Yoga	03/07/2023	15.00	1. Weekly Schedule	7	2	9	2.22 Yoga Bradford	£ 20.00
NHS75 - Party Spa	04/07/2023	19.00	1. Weekly Schedule	9	2	11	- Temple Spa	£ -
NHS75 - Live Music, Solo Guitarist Jon Pickard	04/07/2023	12.30	1. Weekly Schedule	23	0	23	10.43 Jon Pickard	£ 240.00
NHS75 - Cheers to 75 Years	05/07/2023	12.30	1. Weekly Schedule	4	0	4	- Stacy Tuohy	£ -
Zumba	05/07/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
NHS75 - Pilates	06/07/2023	12.15	1. Weekly Schedule	6	2	8	4.38 Karma Yoga Pilates	£ 35.00
NHS75 - Meditation	06/07/2023	15.00	1. Weekly Schedule	8	2	10	1.50 Living Your Yoga	£ 15.00
NHS75 - Baking Class Chocolate Cake	06/07/2023	18.30	1. Weekly Schedule	5	0	5	10.00 Alpha Bake Cookery	£ 50.00
NHS75 - Gentle Yoga	07/07/2023	12.30	1. Weekly Schedule	3	8	11	3.18 Yoga Bradford	£ 35.00
Zumba Re-Charge	12/07/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Gentle Yoga: Stetch and Strengthen	14/07/2023	15.30	1. Weekly Schedule	5	0	5	7.00 Yoga Bradford	£ 35.00
Desk Yoga	17/07/2023	15.30	1. Weekly Schedule	4	0	4	5.00 Yoga Bradford	£ 20.00
Zumba Re-Charge	19/07/2023	19.00	1. Weekly Schedule	2	1	3	- Susan Francis	£ -
Meditation	20/07/2023	15.00	1. Weekly Schedule	6	0	6	2.50 Yoga Bradford	£ 15.00
Pilates	20/07/2023	12.15	1. Weekly Schedule	4	0	4	8.75 Karma Yoga	£ 35.00
Gentle Yoga	21/07/2023	12.30	1. Weekly Schedule	7	0	7	5.00 Yoga Bradford	£ 35.00
Desk Yoga	24/07/2023	15.30	1. Weekly Schedule	3	0	3	6.67	£ 20.00
Zumba	26/07/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Meditation	27/07/2023	15.00	1. Weekly Schedule	3	0	3	5.00 Yoga Bradford	£ 15.00
Pilates	27/07/2023	15.30	1. Weekly Schedule	3	1	4	8.75 Karma Yoga	£ 35.00
Gentle Yoga	28/07/2023	12.30	1. Weekly Schedule	2	0	2	17.50 Yoga Bradford	£ 35.00
Desk Yoga	31/07/2023	15.30	1. Weekly Schedule	5	0	5	4.00 Yoga Bradford	£ 20.00
Zumba	02/08/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Pilates	03/08/2023	12.15	1. Weekly Schedule	4	0	4	8.75 Karma Yoga	£ 35.00
Meditation	03/08/2023	15.00	1. Weekly Schedule	5	3	8	1.88 Yoga Bradford	£ 15.00
Gentle Yoga: Stretch and Strengthen	04/08/2023	12.30	1. Weekly Schedule	3	0	3	11.67 Yoga Bradford	£ 35.00
Zumba re-Charge	09/08/2023	19.00	1. Weekly Schedule	2	1	3	- Susan Francis	£ -
Meditation	10/08/2023	15.00	1. Weekly Schedule	6	0	6	2.50 Yoga Bradford	£ 15.00
Gentle Yoga: Stretch and Strengthen	11/08/2023	12.30	1. Weekly Schedule	2	0	2	17.50 Yoga Bradford	£ 35.00
Desk Yoga	14/08/2023	15.30	1. Weekly Schedule	5	5	10	2.00 Yoga Bradford	£ 20.00
Zumba Re-Charge	16/08/2023	19.00	1. Weekly Schedule	1	2	3	- Susan Francis	£ -
Pilates	17/08/2023	12.15	1. Weekly Schedule	6	5	11	3.18 Karma Yoga	£ 35.00
Meditation	17/08/2023	15.00	1. Weekly Schedule	3	0	3	5.00 Yoga Bradford	£ 15.00
Gentle Yoga: Stretch and Strengthen	18/08/2023	12.30	1. Weekly Schedule	2	0	2	17.50 Yoga Bradford	£ 35.00
Desk Yoga	21/08/2023	19.00	1. Weekly Schedule	5	0	5	4.00 Yoga Bradford	£ 20.00
Meditation	24/08/2023	15.00	1. Weekly Schedule	3	0	3	5.00 Yoga Bradford	£ 15.00
Gentle Yoga	25/08/2023	12.30	1. Weekly Schedule	2	0	2	17.50 Yoga Bradford	£ 35.00
Meditation	31/08/2023	12.15	1. Weekly Schedule	3	0	3	11.67 Karma Yoga	£ 35.00

Pilates	31/08/2023	12.30	1. Weekly Schedule	0	0	0	£	-	Karma Yoga	£	-
Gentle Yoga	01/09/2023	12.30	1. Weekly Schedule	2	0	2	£	17.50	Yoga Bradford	£	35.00
Desk Yoga	04/09/2023	15.30	1. Weekly Schedule	5	0	5	£	4.00	Desk Yoga	£	20.00
Pilates	07/09/2023	12.30	1. Weekly Schedule	0	0	0	£	-	Karma Yoga	£	-
Meditation	07/09/2023	15.00	1. Weekly Schedule	5	1	6	£	2.50	Yoga Bradford	£	15.00
Gentle Yoga	08/09/2023	12.30	1. Weekly Schedule	4	0	4	£	8.75	Yoga Bradford	£	35.00
Desk Yoga	11/09/2023	15.30	1. Weekly Schedule	1	2	3	£	11.67	Karma Yoga	£	35.00
Meditation	14/09/2023	15.00	1. Weekly Schedule	3	2	5	£	7.00	Karma Yoga	£	35.00
Pilates	14/09/2023	12.30	1. Weekly Schedule	0	1	1	£	35.00	Karma Yoga	£	35.00
Gentle Yoga	15/09/2023	12.30	1. Weekly Schedule	2	0	2	£	17.50	Yoga Bradford	£	35.00
Desk Yoga	18/09/2023	15.30	1. Weekly Schedule	3	0	3	£	6.67	Yoga Bradford	£	20.00
Pamper Spa	19/09/2023	19.00	1. Weekly Schedule	22	0	22	£	4.55	Jasmin Hyde	£	100.00
Meditation	21/09/2023	15.00	1. Weekly Schedule	3	0	3	£	5.00	Yoga Bradford	£	15.00
Gentle Yoga	22/09/2023	12.30	1. Weekly Schedule	3	1	4	£	8.75	Yoga Bradford	£	35.00
Desk Yoga	25/09/2023	15.30	1. Weekly Schedule	4	1	5	£	4.00	Yoga Bradford	£	20.00
Book Club - The Whalebone Theatre	26/09/2023	19.00	1. Weekly Schedule	19	4	23	£	6.52	LUY	£	150.00
Pilates	28/09/2023	12.30	1. Weekly Schedule	2	2	4	£	8.75	Karma Yoga	£	35.00
Meditation	28/09/2023	15.00	1. Weekly Schedule	3	0	3	£	5.00	Yoga Bradford	£	15.00
Gentle Yoga: Stretch and Strengthen	29/09/2023	12.30	1. Weekly Schedule	6	1	7	£	5.00	Yoga Bradford	£	35.00
Desk Yoga	02/10/2023	15.30	1. Weekly Schedule	9	0	9	£	2.22	Yoga Bradford	£	20.00
Pilates	05/10/2023	12.30	1. Weekly Schedule	4	0	4	£	8.75	Karma Yoga	£	35.00
Meditation	05/10/2023	15.00	1. Weekly Schedule	7	0	7	£	2.14	Yoga Bradford	£	15.00
Gentle Yoga	06/10/2023	12.30	1. Weekly Schedule	4	0	4	£	8.75	Yoga Bradford	£	35.00
Desk Yoga	09/10/2023	15.30	1. Weekly Schedule	7	2	9	£	2.22	Yoga Bradford	£	20.00
World Mental Health Day - Meditation	10/10/2023	10.00	1. Weekly Schedule	35	0	35	£	-	Stacy Tuohy	£	-
Energise Cardio	11/10/2023	12.30	1. Weekly Schedule	14	2	16	£	1.56	Alisha Fletcher	£	25.00
Meditation	12/10/2023	15.00	1. Weekly Schedule	4	0	4	£	3.75	Yoga Bradford	£	15.00
Pilates	12/10/2023	12.30	1. Weekly Schedule	5	0	5	£	7.00	Karma Yoga	£	35.00
Gentle Yoga	13/10/2023	12.30	1. Weekly Schedule	4	2	6	£	5.83	Yoga Bradford	£	35.00
Desk Yoga	16/10/2023	15.30	1. Weekly Schedule	6	0	6	£	3.33	Yoga Bradford	£	20.00
Energise cardio	18/10/2023	12.30	1. Weekly Schedule	3	0	3	£	8.33	Alisha Fletcher	£	25.00
Pilates	19/10/2023	12.30	1. Weekly Schedule	5	1	6	£	5.83	Karma Yoga	£	35.00
Meditation	19/10/2023	15.00	1. Weekly Schedule	4	0	4	£	3.75	Yoga Bradford	£	15.00
Gentle Yoga	20/10/2023	12.30	1. Weekly Schedule	2	2	4	£	8.75	Yoga Bradford	£	35.00
Book Club - SNAP	24/10/2023	19.00	1. Weekly Schedule	25	0	25	£	6.00	Stacy Tuohy	£	150.00
Energise cardio	25/10/2023	12.30	1. Weekly Schedule	2	0	2	£	-	Alisha Fletcher	£	-
Pilates	26/10/2023	12.30	1. Weekly Schedule	7	0	7	£	5.00	Karma Yoga	£	35.00
Meditation	26/10/2023	15.00	1. Weekly Schedule	1	0	1	£	15.00	Yoga Bradford	£	15.00
Gentle Yoga	27/10/2023	12.30	1. Weekly Schedule	4	2	6	£	5.83	Yoga Bradford	£	35.00
Desk Yoga	30/10/2023	15.30	1. Weekly Schedule	3	1	4	£	5.00	Yoga Bradford	£	20.00
Energise Cardio	01/11/2023	12.30	1. Weekly Schedule	5	0	5	£	5.00	Alisha Fletcher	£	25.00
Pilates	02/11/2023	12.30	1. Weekly Schedule	2	1	3	£	11.67	Karma Yoga	£	35.00
Meditation	02/11/2023	15.00	1. Weekly Schedule	2	0	2	£	7.50	Yoga Bradford	£	15.00
Gentle Yoga	03/11/2023	12.30	1. Weekly Schedule	2	0	2	£	17.50	Yoga Bradford	£	35.00
Desk Yoga	06/11/2023	15.30	1. Weekly Schedule	5	1	6	£	3.33	Yoga Bradford	£	20.00
Energise Cardio	08/11/2023	12.30	1. Weekly Schedule	2	0	2	£	12.50	Alisha Fletcher	£	25.00
Pilates	09/11/2023	12.30	1. Weekly Schedule	3	1	4	£	8.75	Karma Yoga	£	35.00
Meditation	09/11/2023	15.30	1. Weekly Schedule	1	0	1	£	15.00	Yoga Bradford	£	15.00
Gentle Yoga	10/11/2023	12.30	1. Weekly Schedule	1	2	3	£	11.67	Yoga Bradford	£	35.00
Desk Yoga	13/11/2023	15.30	1. Weekly Schedule	7	0	7	£	2.86	Yoga Bradford	£	20.00
Energise with Alisha	15/11/2023	12.30	1. Weekly Schedule	7	1	8	£	5.00	Alisha Fletcher	£	40.00
Pilates	16/11/2023	12.30	1. Weekly Schedule	8	1	9	£	3.89	Karma Yoga	£	35.00
Meditation	16/11/2023	15.00	1. Weekly Schedule	7	1	8	£	1.88	Yoga Bradford	£	15.00
Gentle Yoga	17/11/2023	12.30	1. Weekly Schedule	5	2	7	£	5.00	Yoga Bradford	£	35.00
Desk Yoga	20/11/2023	15.30	1. Weekly Schedule	8	1	9	£	2.22	Yoga Bradford	£	20.00
Meditation	23/11/2023	15.00	1. Weekly Schedule	7	0	7	£	2.14	Yoga Bradford	£	15.00
Pilates	24/11/2023	12.30	1. Weekly Schedule	7	0	7	£	5.00	Karma Yoga	£	35.00
Gentle Yoga	24/11/2023	12.30	1. Weekly Schedule	4	0	4	£	8.75	Yoga Bradford	£	35.00
Desk Yoga	27/11/2023	15.30	1. Weekly Schedule	4	0	4	£	5.00	Yoga Bradford	£	20.00
Sunrise Pilates	28/11/2023	06.15	1. Weekly Schedule	23	0	23	£	1.30	Hannah Montgomery	£	30.00
Book Club - Heart Full of Headstones	28/11/2023	19.00	1. Weekly Schedule	40	0	40	£	3.75	Stacy Tuohy	£	150.00
				<b>995</b>	<b>178</b>	<b>1173</b>				<b>£</b>	<b>4,964.00</b>