

**SHOW
YOURSELF
SOME LOVE**



Live Life
BETTER
DERBYSHIRE

Hello and welcome to your fortnightly health and wellbeing round up. We hope you will find the information useful.

Men's Health Week

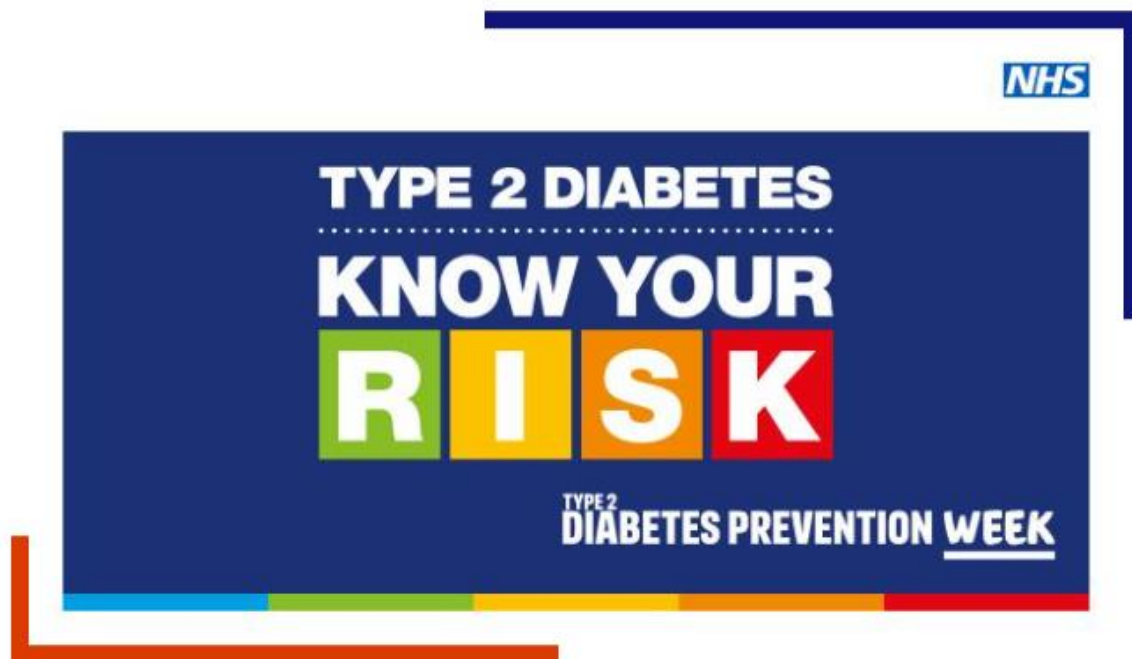


It's Men's Health Week from the 10th to 16th June and this year's theme is 'Let's Talk Prostates'

Men's Health Week aims to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

[Find out more on the Men's Health Forum website.](#)

Diabetes Prevention Week



It's Type 2 Diabetes Prevention Week from Monday 20th May to Sunday 26th May.

Find out more about diabetes, the risks and how to manage the condition at [Diabetes UK](https://www.diabetes.co.uk)

Wellbeing drop in sessions

A poster for wellbeing sessions. The background is purple. In the top right corner, it says 'Live Life BETTER DERBYSHIRE'. The main text reads 'Wellbeing sessions.' followed by 'Join us for a series of free, drop in wellbeing sessions including blood pressure tests, body MOTS and health and wellbeing advice.' At the bottom, there are several colorful sticky notes with the following phrases: 'WORRY LESS', 'KEEP THINGS SIMPLE', 'EAT HEALTHY', 'SLEEP WELL', 'THINK POSITIVELY', and 'EXERCISE'.

Wellbeing sessions.

Join us for a series of free, drop in wellbeing sessions including blood pressure tests, body MOTS and health and wellbeing advice.

Live Life BETTER DERBYSHIRE

WORRY LESS

KEEP THINGS SIMPLE

EAT HEALTHY

SLEEP WELL

THINK POSITIVELY

EXERCISE

Our Live Life Better team will be joining up with health and wellbeing partners for a six week wellbeing pilot programme running in Somercotes.

The free drop in sessions run from Monday 3rd June to Monday 8th July between 9.30am and 10.30am in Somercotes Village Hall.

Pop along and get health and wellbeing support from a wide range of organisations.

Clean Air Day

National Clean Air Day on June 20th is a chance for the whole country to come together and improve air quality through collective action.

[Find out more here](#)

Healthier Futures

If you're a parent or carer of children aged 0 – 12 and would like some help to get you and your family healthier, then find out about our free Healthier Futures service.

[Find out more here.](#)

RSE day

Relationships and Sex Education (RSE) day this year is on 27th June and the theme is Embracing Change.

[Find out more here.](#)

