

**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.

Workplace substance use training

A promotional graphic with a green and white background. On the left, the text 'Free drug and alcohol support training for Derbyshire employers.' is written in large, bold, purple letters. On the right, there is a circular illustration of a diverse group of people. In the foreground of this circle is a purple icon of a wine glass with a question mark inside. In the top right corner of the graphic, the text 'HEALTHY WORKPLACES DERBYSHIRE' is written in blue and green.

Free drug and alcohol support training for Derbyshire employers.

**HEALTHY
WORKPLACES
DERBYSHIRE**

Derbyshire employers can take part in a FREE webinar to help support their workforce around substance use. The webinar will provide information around drug and alcohol use and how it can affect staff and workplaces. It will be appropriate for any employers or employees in Derbyshire wanting to increase their substance use knowledge to support their colleagues and create a healthier workforce.

The first webinar is on 24 June, with other dates later in the year.

[Book online here](#)

Walkaway during the Euros



It's the Euros and millions of us will be watching at least a match or two.

Watching football should be fun – but sometimes someone can say the wrong thing, spill a drink or knock into someone else.

Things can get heated and that can lead to situations that are unsafe for us or the people around us.

A new campaign – Walk Away has launched to help us recognise when things might be starting to get out of hand, and help us to understand how best to deal with that.

Let's make sure that nights out are remembered for the right reasons. We walk away so everyone can.

[Find out more about keeping football fun, not fierce.](http://wewalkaway.uk)

Child's Choice



Calling all South Derbyshire and Bolsover parents and carers.

If you have a child aged 5 - 12 they could be eligible for FREE local activities with our Child's Choice programme.

Find out more by calling our friendly team on 0800 085 2299 (option 2)

[You can also find out more on the Child's Choice webpage here.](#)

BME Skills event

We're holding a BME employment and skills event to support inclusive recruitment and bring employers, training providers, partners and BME residents together. The event is on Thurs 11th July, 11am - 2pm at Chesterfield College.

[Book your place online](#)

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.](#)

Employability

Derbyshire businesses - would you like support to attract a more diverse workforce? Join our free Employability networking event. Wed 19th June, 8.45am to 12pm at County Hall, Matlock.

[Sign up for a FREE place](#)