

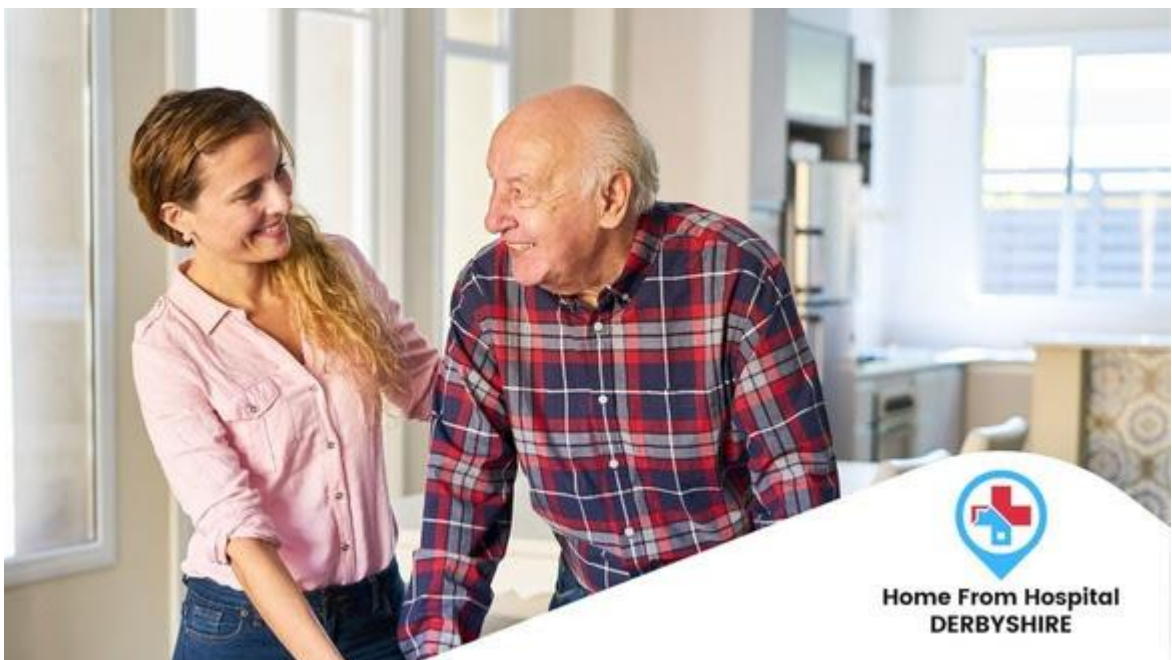
**SHOW
YOURSELF
SOME LOVE**



**Live Life
BETTER
DERBYSHIRE**

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

Home from Hospital



If you're leaving hospital, or might be admitted to hospital, you may need some practical home support.

The Derbyshire Home from Hospital Support Service, delivered by staff and volunteers, could help.

Funded by Derbyshire County Council and the NHS, this free service is designed to help people for up to six weeks who have limited support from family and friends.

For more information, please call the team on 01283 817 417 or email home@dhfh.org.uk

You can also visit the [Home from Hospital website](#)

Watch the [Home from Hospital video here](#)

Healthier Futures

A promotional graphic for 'Healthier Futures' on a purple background. On the left, the text reads 'healthier futures' with a stylized arrow logo, followed by 'FREE Family Services for Healthier Living'. Below this is a quote: 'It surprised me how easy it was to put into practise with my children. Meals can still be fun and healthy'. At the bottom left is the website 'www.livelifebetterderbyshire.org.uk/healthierfutures'. On the right, a circular inset shows a family of four (mother, father, and two children) looking at a meal plan. A blue circular badge at the bottom right says 'From Live Life BETTER DERBYSHIRE'.

healthier futures
FREE Family Services for Healthier Living

“It surprised me how easy it was to put into practise with my children. Meals can still be fun and healthy”

www.livelifebetterderbyshire.org.uk/
healthierfutures

From
Live Life
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If you're a parent or carer then you might be interested in our FREE family health support service.

Healthier Futures offers a range of online and one off courses covering topics such as fussy eating, healthy eating on a budget and how to make meals less stressful.

[Find out more on the Healthier Futures website here.](#)

Moving Men's Minds

Moving Men's Minds

Supporting young men's wellbeing through physical activity and mentoring

The Moving Men's Minds programme supports young males aged 15-19 who are at risk of violence in Derbyshire.

[Alfreton Leisure Centre](#), [Ripley Leisure Centre](#) and [William Gregg VC Leisure Centre](#) are providing individuals with a free three month Premium membership to encourage more positive mindset as a result of getting active.

[Find out more, and self refer online here:](#)

Clay Cross Games

A new Games Morning has launched in Clay Cross for anyone looking to get out of the house, make new friends and have some fun!

Pop along to The Bret Club every Tues 9.30am - 11.30am.

Child's Choice

If you're a parent or carer of children aged 5 – 12 in Bolsover and South Derbyshire then your child could be eligible for free, fun activities to help them get more active.

[Find out more here.](#)

DEED

The Disability Employer Engagement Derbyshire Team offer support to businesses and organisations across Derbyshire, supporting them to employ people with disabilities or long-term health conditions.

[Find out more here.](#)