

**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.

---

## Holiday Activity Fund



Derbyshire's Holiday Activity and Food programme is ready to kick start the summer.

'It's About Me' provides children aged between four and 16 - who are eligible for benefits related free school meals - free spaces at holiday clubs across the county.

The summer 2024 holiday clubs will take place until **Tuesday 3<sup>rd</sup> September**. Excluding bank holidays and weekends.

- 77 organisations are delivering 167 holiday clubs
- Nearly 60,000 are spaces available across the summer for eligible families

- Activities include sports and games, arts and crafts, cookery, bushcraft, dance and music.
- Families can still book holiday clubs [via the HAF website](#)
- All eligible families will need a HAF or IAM code to book a place.

If you need any more information email: [enquiries@derbyshire.gov.uk](mailto:enquiries@derbyshire.gov.uk)

---

## Teenager's vaccination clinics



Do you have a child in school years 8 to 11 who has missed out on a vaccination?

Free vaccination clinics are running across Derbyshire throughout August.

These include the 3 in 1 teenage booster, MEN ACWY for meningitis and sepsis, HPV, and the MMR vaccine for measles, mumps and rubella.

The clinics are appointment only. For more information or to book an appointment please call IntraHealth on tel: 0333 358 3397 and select option 5.

Find out more about [where the clinics are being held here](#).

---

## Sett Valley health and wellbeing event

# Sett Valley Health & Wellbeing Event

Join us for free blood pressure checks, Body MOT's and general information.

New Mills Leisure Centre  
16th August 2024  
10am-12pm



Live Life  
**BETTER**  
DERBYSHIRE

Join our team at a FREE Sett Valley Health & Wellbeing Event at New Mills Leisure Centre Sports Hall.

It will be held on Friday 16th August between 10am and 12 noon.

Get free blood pressure checks, body MOTs and find out more about how to use online NHS health systems too.

---

## Health Checks for businesses

We offer free  
workplace  
Health Checks  
for Derbyshire  
employers.

**NHS**

Live Life  
**BETTER**  
DERBYSHIRE

Would you like your workplace to get healthier? We can help with free health checks.

Healthy Workplaces Derbyshire are offering free health checks for Derbyshire businesses.

The free health checks can help your workforce stay healthy and prevent serious illnesses from developing.

If your workforce is interested in health checks, please [register your interest in healthy workplaces](#) and select 'Health checks and Body MOTs', and one of our friendly team will be in touch.

---

## 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.](#)