

**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.

---

#### **Know Your Numbers Week**



It's Know your Numbers week from September 2nd - 8th.

It's all about encouraging adults to know their blood pressure numbers and to take action to reach a healthy blood pressure.

Our Live Life Better Derbyshire team will be offering free blood pressure tests around the county.

[Find where we will be here.](#)

---

#### **Consultation on health visiting services**

# Have your say.

## Proposed changes to health visiting services.



We'd like your views on proposed changes to the way pre-school families are supported as part of the health visiting service.

We're proposing changes to health visiting services to ensure we continue to support everyone, while targeting specialist help to those who need it most.

Take part in the [online consultation on our website here.](#)

For paper copies, or more information  
email: [asch.publichealth.commissioning@derbyshire.gov.uk](mailto:asch.publichealth.commissioning@derbyshire.gov.uk)

The closing date for responses is 29 September 2024.

---

### Free six week tennis courses



# Tennis for Health

Do you live in Matlock?  
Do you have pre-diabetes or diabetes?

You can take part in a free, 6 week programme to learn how to play tennis.

Derbyshire  
**DALES**  
District Council

Do you live in Matlock and have diabetes or pre-diabetes?

You could be eligible for FREE 6 week tennis course! Courses start in Sept so book quickly if you are interested.

Call 01629 761 389 or email [katie.burns@derbyshiredales.gov.uk](mailto:katie.burns@derbyshiredales.gov.uk) for more information and to register.

---

### **World Suicide Prevention Day**

September 10th is World Suicide Prevention Day.

This year's theme is around changing the narrative around suicide.

There is lots of support on offer locally and nationally.

[Read more here.](#)

### **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.](#)