

**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.

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## Know your Numbers week

### **Know your numbers.**

High blood pressure can lead to serious illnesses such as strokes and heart attacks.

Get a free blood pressure check during Know Your Numbers week.



**Blood Pressure  
UK**



Know Your Numbers Week runs from September 2 to 8 and it's a great reminder to get your blood pressure checked

High blood pressure doesn't have any obvious symptoms but it is a major cause of heart attack and stroke, and can also lead to a number of serious long-term health conditions, such as cardiovascular disease and kidney disease.

It's really important to get your blood pressure checked so you can catch high blood pressure early, then take simple steps to reduce it and lower the risk to your health.

Our Live Life Better Derbyshire team will be carrying out FREE blood pressure checks around the county.

[Find out where they'll be here.](#)

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## World Suicide Prevention Day



September 10th is Suicide Prevention day.

A chance to have open, frank discussions about mental wellbeing and to find out about the support and help on offer if you're struggling.

It can be hard to open up if you are struggling.

'I'm good thanks' may not always mean that. If you think something isn't right, ask them how they're really doing.

Visit [www.derbyshire.gov.uk/suicideprevention](http://www.derbyshire.gov.uk/suicideprevention) for more information

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## Smoking support survey

# Stop smoking support survey

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Take part and be in with the chance of winning a £50 gift card.



We want to hear from you about your thoughts around smoking, vaping and the quit support available in Derbyshire.

So we've put together a short survey.

[Fill in the survey here](#) and be in with a chance of winning a £50 gift card.

Closing date for responses is Friday October 4<sup>th</sup> 2024.

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## Sexual health week



It's Sexual Health Week 9th to 15 September and this year the theme is '[Are you feeling it?](#)' looking at the link between mental wellbeing and sexual health.

Do you know which free services are on offer in Derbyshire if you need them?

Your Sexual Health Matters offers free STI checks, contraception support and relationship help for Derbyshire residents.

Find out more at [Your Sexual Health Matters](#).

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## Oral health

Looking after your oral health is important and it's not just about keeping your teeth looking nice.

Get advice and support around life long oral health care.

[Find out more.](#)

## 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.](#)