

**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.

National Recovery Month



September is National Recovery Month.

A chance to find out more about the support on offer around Derbyshire if you, or someone you know, is in recovery from substance use.

[Derbyshire Addictions Advice Service](#) offers local support.

[Growing Recovery Derbyshire](#) is a place to find up to date information on drug and alcohol treatment services, recovery opportunities, mental health support and other useful services throughout Derbyshire.

During Recovery Month recovery projects in Derbyshire will be hosting their own events, find out what's on each week.

[Find out more about what is planned online here.](#)

Suicide Prevention support



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.

If you need some extra support then there are confidential digital apps that can help such as Stay Alive, developed by Grassroots Suicide Prevention.

[You can find out more, and download the app, from our Orcha apps library.](#)

Mental Health Small Grants Fund

Mental Health Small Grants Fund.

Applications now open.



A new Mental Health Small Grants Fund has been launched.

Aimed at helping local voluntary and community groups and organisations to work with Derby and Derbyshire residents with their mental health.

Who can apply?

- An Unincorporated Association (a group set up with a constitution)
- A registered charity
- A CIO or CIC

You can apply for up to £5,000 and the deadline for applications is October 21st 2024.

[Click here to apply.](#)

For more information please call Joanne Keeton on 0115 9466740 or email Joanne@erewashcvs.org.uk

The grants are funded by Joined Up Care Derbyshire and are being led by Erewash Voluntary Action.

Workplace Wellbeing

We're offering free NHS Health Checks and Body MOT Plus to workplaces across Derbyshire.

We'd like to hear from businesses across the county who would be interested in hosting a free check up in their workplace.

[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.](#)

Smoking survey

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 4th 2024.