

**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.

Workplace Health Checks

An advertisement for NHS workplace health checks. It features a blue background with a photograph of two men in business suits looking at a document. The text reads: "We offer free workplace Health Checks for Derbyshire employers." The NHS logo is in the top right, and "Live Life BETTER DERBYSHIRE" is in the bottom right.

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.

With workplace health initiatives, like free NHS health checks, you can help your staff keep healthy, as well as:

- increase productivity
- increase job satisfaction

- reduce sickness absence
- reduce staff turnover

[Find out more.](#)

Health visiting consultation



Residents are encouraged to have their say in a consultation on plans to change the way pre-school families are supported in Derbyshire.

Derbyshire County Council and Derbyshire Community Health Services NHS Foundation Trust (DCHS) are jointly running the consultation on proposals to transform health visiting services.

The consultation runs until 29 September 2024.

[Fill in the consultation here.](#)

Paper copies of the questionnaire are also available on request by emailing asch.publichealth.commissioning@derbyshire.gov.uk

National Recovery Month

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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.](#)

RSV vaccination

Pregnant women at 28+ weeks can get the RSV vaccine from September 2024.

[The RSV vaccine](#) will protect your baby from the RSV illness which can be serious in infants.

Speak to your GP or maternity service.

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.