



Hello and welcome to your fortnightly health and wellbeing round up. We hope you will find the information useful.

Director of Public Health Report 2024



Applications are now open for our Warm and Welcoming Spaces grants.

Grants of between £1,000 and £3,000 are available to eligible voluntary and community sector (VCS) organisations and community-led groups to set up Warm and Welcoming Spaces for local communities.

If you're a local group who would like to set up a warm space, [then find out more here](http://www.derbyshire.gov.uk/warmspaces).



Keep your Christmas free from money worries.

If you absolutely have to borrow, please do so safely and affordably.

www.derbyshire.gov.uk/savingsandcredit



Christmas is coming and it can be an expensive, and worrying time, for many of us.

Often people take out loans and credit to cover the costs of the festive season, and if you are one of the millions of people in the UK who are unable to access mainstream banks and low cost lending, it can be a very expensive time.

If you absolutely have to borrow, please avoid doorstep lenders and pay day loans as these can have very high interest rates.

Credit Unions and Community Banks offer a more affordable, and safer, borrowing option for people who can not get low interest, mainstream bank loans.

[Find out more here.](#)

Give yourself the gift of health this Xmas



Live Life **BETTER** DERBYSHIRE

SHOW **YOURSELF** SOME LOVE This Christmas.

Join our free weight management programme now and you could be enjoying a whole range of health benefits before Christmas arrives.

We offer free, 12 week support to help you successfully lose weight, and keep it off, for good.

Find out more on the [Live Life Better Derbyshire website](#).

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](#).

Stay well in Winter

Cold weather can seriously endanger your health if you're an older or vulnerable person.

But there are things you can do protect yourself and stay well this winter.

[Find out more here](#)