

**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 Champions



Calling all Derbyshire businesses - would you like to get FREE health and wellbeing training for your employees?

Why not find out more about our Workplace Health Champions?

The role of a champion can be varied and depends on your employee needs.

It may be signposting colleagues to services, providing information and promoting national health campaigns on site.

We offer free training to upskill your staff about health and wellbeing.

[Find out more about our Workplace Health Champions training, and register your interest, here.](#)

Community Banks



Thinking of putting some money aside for a rainy day?

Have you heard about Community Banks - also known as Credit Unions.

They are run by local people to provide savings accounts and loans at lower costs than some forms of borrowing, such as pay-day lenders or 'buy-to-own' shops.

Saving with a credit union is a great alternative to using high street banks and you can start your savings journey from as little as £1 per week.

[Find out more here.](#)

Pension Credit

Could you, or someone you know, get Pension Credit?



Don't miss out:
www.derbyshire.gov.uk/pensioncredit

Thousands of Derbyshire pensioners are missing out on hundreds of pounds a year by not claiming Pension Credit.

Around 9,500 pensioners in Derbyshire who are entitled to pension credit are not claiming it.

To help you find out if you qualify, we have staff on hand who can support you to claim your share of £41 million a year in unclaimed benefits.

[Find out more about Pension Credit here.](#)

Weight management

At Live Life Better Derbyshire we provide support, help and advice for you to successfully lose weight, and keep it off, for good.

[Find out 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.](#)

Stay Well

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](#)