

**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.

Free School Meals

**Could your child
get free school
meals?**



Don't miss out. Visit:
[www.derbyshire.gov.uk/
freeschoolmeals](http://www.derbyshire.gov.uk/freeschoolmeals)



**HELPING YOU WITH
THE COST OF LIVING**

Lots of families are eligible for free school meals but haven't signed up yet. Maybe you're one of them?

You may be able to get free school meals if you receive certain benefits including:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- the guaranteed element of Pension Credit

For a full list of eligible benefits please visit our Free School Meals page below.

Even if your child receives the universal free lunch in reception, Year 1 and Year 2 it's still worth checking if you could continue to receive them until the end of Year 6.

Free school meals not only provide your child with a nutritious meal, it also means the school can access funding to support their education.

[It's quick and easy to check if you qualify on our Free School Meals page here.](#)

Pharmaceutical Needs Assessment



Do you use local pharmacy services?

Then please fill in the Pharmaceutical Needs Assessment survey.



Do you use local pharmacy services? If so we'd like to hear your experiences.

Your views are important to make sure that pharmacy services in Derby and Derbyshire meet the local need.

Please fill in the short [Pharmaceutical Needs Assessment survey here](#)

The deadline for completion of the survey is Friday 14th March 2025.

Disability Employment Service



If you're looking for work and have a disability or long term health condition, including mental health, our free Disability Employment Service can help you.

We helped one young man to find employment in school catering with a combination of volunteering, training and on the job experience.

Luke's mum said: "I would just like to say thank you to everyone that helped Luke on his way.

"People like Luke have an enormous amount to contribute. But they need guidance and help to get there.

"Once again thank you."

[Find out more about the Disability Employment Service 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](#)