



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

Aiming for a smokefree county by 2030



We've teamed up with Derby City Council to help people quit smoking.

Smokefree Derby & Derbyshire will build on the work being carried out by our Live Life Better Derbyshire and Derby's Livewell stop smoking services and make it even easier for people to access services and support to help them kick the habit for good.

We offer free support with tailored quit plans with a range of tools available including in-person and telephone support, free nicotine replacement therapies, regular carbon monoxide monitoring as well as free vapes and liquids.

[To get support visit Smoke Free Derbyshire here.](#)

Follow us on [Facebook](#).

Healthy pregnancy campaign



We're developing a healthy pregnancy campaign designed to help support pregnant people and new parents and we'd like to hear from you.

Fill in our survey below and be in with the chance of winning a £50 shopping voucher.

The survey closes on Tuesday April 22nd 2025.

[Take part in the online survey here.](#)

Preconception support for professionals



Online Preconception Health toolkit now live.

We have launched a new online preconception and healthy pregnancy toolkit for anyone working with people of child bearing age.

If you work with people who may be at higher risk of unplanned pregnancy, or want to know more about how to achieve the best health outcomes for mums and babies, then this toolkit is for you.

[You can find the toolkit online.](#)

Healthier Weight

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](#)