

**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.

Take Five to Age Well



Take Five to Age Well: sign up for free to boost your health and wellbeing this May!

From 1st May, The Open University and Age UK are launching a free, UK-wide public health campaign: Take Five to Age Well.

The campaign invites you to join a community of people making small daily changes for better ageing across 5 action categories:

Eat, Drink, Move, Connect, and Engage and Think. You sign up [online](#) and choose an action to try everyday in May.

During the month the team at the Open University sends out emails with fun facts, tips, games and resources to help you keep going.

NHS Health Checks for businesses



Derbyshire businesses - did you know that we offer FREE NHS Health Checks for your workforce?

Heart disease and strokes are some of the UK's biggest killers and cost £14 billion per year in lost productivity.

The NHS Health Check Programme helps people spot early signs of serious health conditions such as heart disease, strokes and other health conditions and can offer them personalised advice on how to keep well.

[Find out more, and book an NHS Health Check, here.](#)

Covid Spring boosters



Covid-19 vaccinations are being offered from April to those most at risk of becoming unwell.

You can get a COVID-19 vaccine if you:

- are aged 75 or over (including those who will be 75 by 17 June 2025)
- are aged 6 months to 74 years and have a weakened immune system because of a health condition or treatment
- live in a care home for older adults

To book, you can visit the NHS App, [the NHS website](#) or call 119 for free.

You may also be able to [visit a walk-in site which does not require a booking.](#)

Stop smoking

At Live Life Better Derbyshire we provide support, help and advice for you to successfully quit smoking for good.

Whether this is your first, or 100th attempt, we are here to support you.

[Find out more here.](#)

Erewash ADHD

There is a new Erewash Adult ADHD & Autism Group. They meet on the last Tuesday of the month at Quarry Farm Coffee between 5.30pm and 7.30pm.

The first session will be April 29th .

Contact them via email: erewashaag@gmail.com

Falls prevention

There are services available in Derbyshire to help protect you from falling, or reduce the chance of falling.

Falls can lead to pain, distress, injury, loss of confidence and even death. But many falls can be prevented.

[Find out more about falls prevention here](#)