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Sight Support

Are you or do you know someone who is visually impaired?



[Sight Support Derbyshire](#) is holding a series of information events where you can find out what support is available and try out a range of equipment including talking books and electronic reading aids.

The events are taking place on:

- Wednesday 3 April, 10.30am until 1pm, Methodist Church, Chapel Street, Buxton, SK17 6HX
- Wednesday 24 April, 10.30am until 1pm, Hill Street Baptist Church, Swadlincote, DE11 8HL
- Wednesday 15 May, 10.30am – 3.30pm, Post Mill Centre, Market Street, South Normanton, DE55 2EJ
- Tuesday 11 June, 10.30am until 1pm, Erewash CVS, Granville Avenue, Long Eaton, Notts, NG10 4HD
- Monday 24 June, 10.30am until 1pm, St Thomas Centre, Chatsworth Road, Chesterfield, S40 3AW
- Monday 8 July, 10.30am until 1pm, St Oswald's Church Hall, School Lane, Ashbourne, DE6 1AN
- Tuesday 30 July, 10.30am until 1pm, Medway Community Centre, New Street, Bakewell, DE45 1DY.

No registration required. For more information, call the Sight Support Derbyshire team on 01332 292 262.

[Find out more](#)

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Bargains that benefit the environment

We've opened a re-use shop at our household waste recycling centre in Bolsover.

The shop will stock good quality items collected at the county's recycling centres and sell them at low cost to give them a new lease of life.

Items like:

- furniture
- crockery, pots, cutlery, kitchen goods
- books, CDs, records, DVDs – all should be originals and not copies
- ornaments
- pictures, picture frames and pieces of art
- garden furniture, garden tools, garden ornaments
- premium clothing and footwear – donated directly to the shop
- toys and board games.



The shop will be open in tandem with the recycling centre and will be run by contractors H W Martin who operate eight household waste recycling centres for us.

Proceeds from sales at the re-use shop will go towards running costs of the shop and any profits will be shared equally between the county council, H W Martin and charitable causes.

Our share of any profits will be put back into our waste management budget which pays for services like running household waste recycling centres.

If the shop proves popular then we will consider opening further stores at other household waste recycling centres across the county.

Purchases can be made using cash or electronically.

Re-use is even better for the environment than recycling as it means items can be put to good use without having to use energy to re-process them and turn them into something new.

[Find out more](#)

Bowel Cancer Awareness Month

April is Bowel Cancer Awareness Month, which is an opportunity to raise awareness of bowel cancer, the fourth most common cancer in the UK.

The earlier bowel cancer is spotted, the more treatable it's likely to be. In fact, more than nine in 10 people survive bowel cancer when it is diagnosed at the earliest stage.

Why not get involved this April and help spread the word?

- take the bowel cancer quiz, and then share it with your friends and family
- attend an online awareness talk given by a volunteer with real life experience of bowel cancer
- follow Bowel Cancer UK on Twitter, Instagram, Facebook and LinkedIn then tag, share and encourage others to get involved

Find out more

Stress Awareness Month

Stress is something that we all experience at some point. Whether it's a work deadline, financial worries or something more serious.

Low-level stress can sometimes be helpful or motivational but equally too much stress can affect our mood, our body and even our relationships.

There's lots you can try to help reduce your stress levels.

- plan ahead for stressful days or events – planning long journeys or making a list of things to remember can really help
- use time-management techniques to help you take control
- Try talking about your feelings to a friend, family member or health professional.

[You can get help and advice around dealing with stress on the NHS website](#)

If you're feeling stressed, worried or anxious then you can call the [Derbyshire Mental Health Helpline](#) for free, any time day or night, on 0800 028 0077.

There's also lots of advice online at the [Derby and Derbyshire Emotional Health and Wellbeing website](#)

Find out more information about Derbyshire by visiting:
derbyshire.gov.uk

