

**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.

Measles is on the rise

A blue graphic with white text and illustrations. It features the NHS logo, a call to action to book an appointment for the MMR vaccine, and illustrations of diverse people receiving a vaccine.

**You can book an appointment
and catch up on the MMR
vaccine at any age**

NHS

Getting the NHS MMR vaccine is free
and usually takes just a few minutes

Measles is on the rise across England so make sure that you and your family are protected.

Measles is an infection that spreads very easily and can cause serious problems in some people including babies and people with weakened immune systems.

Having the [MMR vaccine](#) is the best way to prevent it.

Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth.

[Get more information about measles here.](#)

Worrying about money?



If you live in the High Peak and have concerns around your finances then help is at hand.

The High Peak Financial Inclusion Group together with the Independent Food Aid Network had developed a support tool and leaflet to give advice if you have money worries.

You can fill in the online support tool, and download the leaflet from the website link below.

[Find out more here.](#)

Home Library Service



Derbyshire County Council provides a free home delivery service to Derbyshire residents who need it either on a permanent or temporary basis.

The service is for anyone who finds it difficult to visit a library or mobile library or carry their books home.

This could be due to:

- disability
- limited mobility
- illness
- caring responsibilities

Make an enquiry via email at librarycommunityengagement@derbyshire.gov.uk, or by phoning 01629 533444.

Stress support

Most of us feel stressed sometimes and some people can find stress helpful or even motivating. But if stress is affecting your life, there are things you can try that may help.

[Get support online here.](#)

Falls support

Live Stronger for Longer aim to reduce falls in older people by providing a range of activities, services and information to help people improve their mobility, strength and balance and reduce their risk of falling.

[Find out more here.](#)

Food scanner

Have you heard of the NHS Food Scanner app? Simply scan your family's favourite foods, see how much sugar they contain and learn about healthier swaps to try next time you shop. Best of all, it's completely free!

[Find out more, and download the app, here.](#)

