

Hello all and welcome to the Live Life Better Derbyshire newsletter! Our quarterly newsletter includes service updates and achievements to keep you up to date with all the exciting things that are happening.

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Helping people to live life better

Live Life Better Derbyshire is a free healthy lifestyles service available to all Derbyshire residents (excluding Derby City), Derbyshire County Council employees and anyone registered with a Derbyshire GP.

You can find out more about the services we offer at www.livelifebetterderbyshire.org.uk or call us on 0800 085 2299.

Smoking in pregnancy - Very Brief Advice training for colleagues

Smoking in pregnancy rates in Derbyshire currently stand at 11.9%, remaining higher than the national England average of 9.1%, which makes it important that we continue to focus our efforts on improving the future outcomes of this group of the community.



Some of the risks of smoking in pregnancy are:

- Increased risk of miscarriage and stillbirth
- The baby is at risk of serious harm, including low birth weight, premature birth and childhood illness.
- Thousands of harmful chemicals are introduced into the bloodstream which are also transferred to the baby through the placenta.

So, what have we been doing to tackle these risks in LLBD?

Over the past 12 months, SDO's within the Stop Smoking team have provided several training sessions both face to face and over teams for staff within the DCHS 0-19 Service -made up of Midwives, Health Visitors and Community Nursery Nurses. A total of 200 staff have now been trained.

The aim of the training was to provide an update to colleagues around some of the key messages and Very Brief Advice that is pivotal when working to support this vulnerable client group both in the ante-natal stage and post birth.

An overview of what was covered:

- Why people smoke and the harms.
- A discussion around what chemicals can be found in cigarettes.
- The effects of nicotine and the benefits of giving up to both mother and baby.
- Information about the LLBD program and what we offer in terms of Nicotine replacement therapy (NRT), Vapes and behaviour change support.
- Information about the referral pathway.

We considered some of the myths around smoking in pregnancy and provided some practical advice on dispelling these. We shared information around the impact of smoking in pregnancy antenatally during infancy and through into childhood. Focussing on the many positive health benefits as soon as the individual has quit.

It's never too late to quit!

Stopping smoking - Live Life Better Derbyshire

Clay Cross wellbeing walk in



Last week, Live Life Better Derbyshire provided free health checks, information and resources about living a healthy lifestyle at a Health & Wellbeing Walk in session for local Clay Cross residents.

Kim Locking (Live Life Better Derbyshire's community Health Improvement worker for NED) and Louise Hall (Service Development Officer for NED) recognised an opportunity for joint working in the locality and planned and provided a stallholder event. The focus was to raise awareness of support services available to the local community and address the wider determinants of health using a multiagency stallholder engagement approach.

Working together, Kim and Louise promoted the event locally & across their networks to encourage residents of the community to attend and learn more about the support services available to them. Clay cross residents were invited to attend the free session to access free Body MOTs & blood pressure checks, information about local activities/groups and services – along with a free cuppa!

The session was held at the HubS45, which is a popular community venue in the area, to coincide with their regular 'Wellbeing Wednesday' activities. Our team attended the session alongside numerous external partners, including Derbyshire Carers, Derbyshire Voluntary Action Feeling Connected, TimeSwap & NEDDC Walking into Communities.



Our team spoke to residents who were interested in Live Life Better Derbyshire services and supported some residents to access further support following high blood pressure readings. The feedback shared by members of public who attended on the day has been positive and it provided a great opportunity for professionals who attended to network and learn more about service provision.

Live Life Better Derbyshire are hoping to offer a free regular drop in at the HubS45 to continue building a relationship with the community and improve access to the healthy lifestyle services offer by Live Life Better Derbyshire and other local services.

Thank you to everyone who attended on the day and to the team at HubS45 for hosting us. A special thank you to Louise Hall (Service Development Officer for North East Derbyshire) for her hard work in organising the session, connecting to local partners, promoting the service & supporting Live Life Better Derbyshire to find more creative ways to engage with the Clay cross community.



Picture 1: Heather Aitken (Derbyshire Carers) & Feeling Connected. Picture 2: Louise Hall (Service Development for North East Derbyshire). Picture 3: Lucy Smiley (Live Life Better Derbyshire). Picture 4: Natalie Evans (Timeswap). Picture 5: Hayley Bramwell (NEDDC Walking into Communities).

Hypertension and Health Checks

NHS Health Checks Pilot

Over 2,500 Health Checks have now been delivered by LLBD across the county to support GP's with making health checks more available to the people of Derbyshire.

The next phase of the project will now take a more targeted approach to engage the 50% of people who do not book a health check. This will be delivered by our LLBD Healthy Workplaces team with the main focus being on routine/manual workplaces and some targeted community work. The team have begun this week at Coney

Green in Clay Cross and are also planning work with Cotes Park Industrial estate in Somercotes.

Hypertension – Blood Pressure Case Finding

Over 1,500 BP checks have taken place in community and workplace settings over the past year with 44% of people having high blood pressure (>140/90). These people are then signposted onto Pharmacy or GP as appropriate for further investigation and an opportunity to link into LLBD lifestyle services.

Find a list of our free BP testing events here: [Getting your blood pressure checked is easy, and it could save your life. - Live Life Better Derbyshire](#)



Examples of some of the great work:

Warm Spaces – Greenwich Ripley

The people I spoke to were very positive about the blood pressure testing, saying they felt it was a good idea to have this kind of thing in community. It made them feel more relaxed than they would have been in a clinical setting.



**Ellen Guest (Adult Social Care and Health),
Community Health Improvement Worker for the
South Derbyshire locality at Mercia Marina.**

Ellen has been providing some outreach support with residents of the marina to support them to access Live Life Better Derbyshire services at their floating (literally!) community hub. Transport and access to services can be difficult for the residents and they informed that they have benefitted from learning more about LLBD services and receiving free blood pressure checks.

Overview of key services



FREE Family Services for Healthier Living

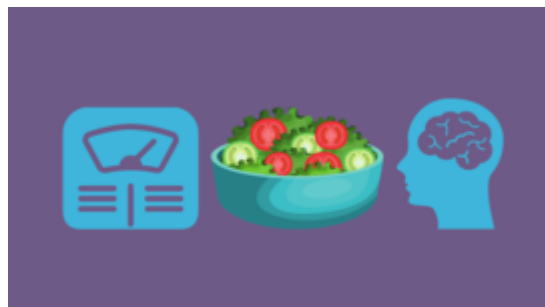
Our Healthier Futures programme offers support and advice for families of children from birth up to age 12.

Children's early years are vitally important in terms of their health, wellbeing, learning and social development.

People can take part in our Healthier Futures programme if they are:

- are the parent or carer of a child aged 0 to 12 years
- have a Derbyshire postcode or are registered with a Derbyshire GP
- are the parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight, for example on or above the 85th BMI centile

Healthier futures



STOP SMOKING SUPPORT

We offer a free, 12-week, stop smoking service for people aged 12 and over.

This includes community/face to face, telephone support, online and digital support, printed materials, free Nicotine Replacement Therapy.

Clients can get access to a health advisor and a supportive Facebook group too.



PHYSICAL ACTIVITY SUPPORT

We offer support to help people get more physically active.

This includes community/face to face support, live exercise sessions with trained instructors and support to find suitable, local activities and venues.

We also offer printed materials and other resources. Plus we've got a supportive Facebook group too.

WEIGHT MANAGEMENT SUPPORT

We offer a free, 12-week, weight management service for people aged 18 and over with a BMI of 25+ or 23+ if you are of Black or Asian ethnicity.

This includes community/face to face, telephone support, access to a health advisor, online and digital support and printed materials. Clients also have the chance to join a supportive Facebook group.



HEALTH AND WELLBEING MOT

We offer a holistic lifestyles service that looks at all aspects of a client's health and wellbeing.

This includes their emotional health and wider determinants of health including employment and finances.

All clients will be asked to complete an online health MOT to help prioritise their health and wellbeing needs.

The LLBD Journey

Step One: Take the first steps to a healthier you by filling in our online MOT or call 0800 085 2299. **Step Two:** We will help identify your health and wellbeing priorities. **Step Three:** Our friendly team will be touch and can book you onto our stop smoking, weight management and physical activity services. They can also signpost you to other useful services. **Step Four: Start your wellbeing journey!**

Find out more at

[Live Life Better Derbyshire](#)

If you are a health and wellbeing professional then you can refer a patient into our service using the

[Live Life Better Derbyshire - Professional referral](#)

People can also self-refer into our service using our

[Online Health and Wellbeing MOT](#)

How long will I have to wait?

After you have completed the online health and wellbeing assessment, one of our friendly Health Improvement Workers will do their best to get you booked on as soon as possible. This could take up to 10 working days. However if you can't complete the online health and wellbeing assessment then please call 0800 085 2299

How are we supporting clients?

59% of clients have stopped smoking at 4 Weeks

52% of clients have lost weight.

41% of participants have improved activity levels at the end of 12 Weeks