



This year's Mental Health Awareness Week (MHAW) theme is "**Movement: Moving more for our mental health**". It will take place between 13th – 19th May. See this link for more details. [Mental Health Awareness Week | Mental Health Foundation](#)

Across Derby and Derbyshire, we are supporting it by launching our **Move More and Connect with Nature campaign**. The main element of this is built upon the Let's Chat Derbyshire Map which now includes;

- Let's Chat Derbyshire Benches
- Outdoor Physical Activity Groups
- Mental Health Outdoor Physical Activity Groups
- Opportunities to Connect with Nature (beauty spots, walks, community gardens, outdoor gyms, parks and more).

Focusing on free and low cost opportunities for individuals, groups and families to take part in physical activity and connect with nature.

How can you help

- Share our resources - we've designed and collated a toolkit of resources which includes social media posts and templates. Download and share these throughout the year.
 - Move More and connect with nature toolkit is found here - <https://bit.ly/DerbyshireMHToolKit>
- View our webpage on Moving More and Connecting with Nature and our Let's Chat Derbyshire Map
 - Webpage and shareable link: <https://bit.ly/Movemorenature>
 - Let's Chat Derbyshire Map: <https://bit.ly/MHPAMap>

- Put up a banner. We have a few outdoor banners available (1500mmX800mm), which can be put up outside, to promote the campaign and raise awareness (Images below).



- For information and to order/ request a banner email luke.oldham@derbyshire.gov.uk

Spending time in nature can help with mental health problems



To find local opportunities to connect
with nature scan the QR Code or
search for **bit.ly/Movemorenature**



- Put up a poster. We have a number of posters available.
 - If you can't print your own, email luke.oldham@derbyshire.gov.uk to get a poster(s) sent out.
- Utilise and promote the map. Let people know it's there to be used, a great way for people to engage in free activities.
 - We have business cards available to order as well as Let's Chat Derbyshire Resources. These business cards have the Derbyshire mental health support line number a QR code that links to the map,

mental health support, training and so much more. It's your one-stop-shop for mental health information in Derbyshire. It can be ordered here: <https://bit.ly/LCDerbyshireresources>

- Share and tag us on social media. If you're holding an event within MHAW or anytime across the year tag us and we will share it on our social media platforms @DCCMHSP. We also love to be sent photos of any of the banners, adverts or Let's Chat bench signs you may see when you're out and about. These can be tagged online or sent to Letschat@derbyshire.gov.uk

As always, you can help us all year round by following us on social media @DCCMHSP, taking part in our training, Listening to our [Let's Chat Derbyshire Podcast](#) and checking our [business card](#) with all up to date links and information in one place.

Business card with links: <https://bit.ly/DCCMHSPTeam>

Please take the time to share across your networks, community, workplace or organisation. This map and local support offers some amazing free activities and places to visit across Derby and Derbyshire. If anything is missing you can request for it to be added on letschat@derbyshire.gov.uk

A big thank you to all our partners who have supported with this so far! Closer to the time we will send out a reminder with some additional information on. 😊

Luke Oldham

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Mental Health and Suicide Prevention Team

Mental Health First Aider Network and Neurodiversity Lead

Derbyshire County Council | Public Health

[Mental Health & Suicide Prevention Information and Links](#)

[Facebook](#), [X](#), [Threads](#), [Instagram](#) - @DCCMHSP

[Let's Chat Derbyshire Podcast](#) - @DCCMHSP on your chosen platform

[Personal LinkedIn](#)