

**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.

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## Mental Health Awareness Week



Mental Health Awareness Week runs from 13 – 19 May

This year's theme is all about moving more for better mental health and there's lots of apps to help to get a bit more active.

These include the NHS Active 10 app and the Coach to 5k app.

[Search for, and download, apps to help you get more active here.](#)

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## National smile month



It's National Smile Month and over the next few weeks we'll be sharing tips and advice about how to keep your child's teeth in top condition.

Even the most dedicated brushers might learn a thing or two by visiting [www.derbyshire.gov.uk/oralhealth](http://www.derbyshire.gov.uk/oralhealth)

Plus you can sign up to receive [email top tips for caring for your teeth here.](#)

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## Exams and wellbeing

# **EXAM STRESS? GET ONLINE SUPPORT.**



If you, or someone you know, are studying for exams right now then it can be a challenging and stressful time.

Kooth offers free, anonymous support and you can download their handy app from our Orcha apps library [here](#).

[Find out more here.](#)

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## **National Walking Month**

Walking is one of the easiest ways to improve our health and stay connected to our community, helping us feel less lonely and isolated.

[Find out more here.](#)

## **Healthier Futures**

If you're a parent or carer of children aged 0 – 12 and would like some help to get you and your family healthier, then find out about our free Healthier Futures service.

[Find out more here.](#)

## **Free IT support**

Long Eaton 50+ Forum offers free IT support Mondays 10am to 12pm at Long Eaton Library.

They also run sessions on Mondays at Community House, Derby Road, Long Eaton 10am to 12pm and 1pm to 3pm.

To find out more call 01629 537384 or email: [longeaton50plus@yahoo.co.uk](mailto:longeaton50plus@yahoo.co.uk)