

**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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## Workplace Health Champions



Does your workplace have a Health Champion? If not now is the ideal time to get the ball rolling by registering for this FREE eLearning course.

Healthy Workplaces Derbyshire have worked together with the Royal Society of Public Health to develop a bespoke eLearning course specifically designed for people who work in Derbyshire.

To find out more [visit the Workplace champions website.](#)

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## Exam stress support



**EXAM SEASON  
GETTING YOU  
STRESSED?**

**CHECK OUT THESE  
HANDY WELLBEING  
APPS TO HELP.**

During exam season pressure and stress can be incredibly high.

If you've got children or other family members studying at the moment then there's support to help their emotional health and wellbeing.

We've put together a range of quality assured health apps to help. Find out more, and [download them on the Orcha site here.](#)

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## Erewash council job



Erewash Borough Council has a new role for a Physical Activity Inclusion Officer.

Around 27,000 adults in Erewash are inactive and almost 10,000 of those people have a limiting illness, long-term condition and/or disability.

There is an opportunity to join the team as a Physical Activity Inclusion Officer to help make physical activity more accessible for people living with a limiting illness, long-term condition and/or disability.

The closing date for applications is Sunday 9<sup>th</sup> June 2024.

[View, and apply for this role on Erewash Borough Council's job website here.](#)

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## Men's health week



Men's Health Week runs from June 10<sup>th</sup> to June 16<sup>th</sup> and aims to raise awareness of preventable health issues.

It also urges men and boys to seek professional advice for health-related problems.

This year focuses on the prostate. Where it is and what it does through to various problems it can cause for men.

Find out more on the [Men's Health Forum](#).

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## **BME Skills event**

We're holding a BME employment and skills event to support inclusive recruitment and bring employers, training providers, partners and BME residents together. The event is on Thurs 11<sup>th</sup> July, 11am - 2pm at Chesterfield College.

[Book your place online](#)

## **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.](#)

## **Employability**

Derbyshire businesses - would you like support to attract a more diverse workforce? Join our free Employability networking event. Wed 19th June, 8.45am to 12pm at County Hall, Matlock.

[Sign up for a FREE place](#)