

**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.

Blood pressure testing



High blood pressure doesn't have any obvious symptoms but it is a major cause of heart attack and stroke, and can also lead to a number of serious long-term health conditions, such as cardiovascular disease and kidney disease.

Our Live Life Better Derbyshire are holding free blood pressure check-ups around the county.

Find out where you can get your [blood pressure checked for free here](#).



Derby City and South Derbyshire Mental Health Carers Forum is a self-help group that supports carers in Derby City, Erewash, Amber Valley, and South Derbyshire who look after loved ones with severe mental health difficulties.

They meet on the third Monday of every month 11.30-2pm at The Oddfellows, Oddfellows Hall, 32 Charnwood Street, Derby DE1 2GU.

Find out more by emailing sandra.austin99@gmail.com

New Mind Walk and Talk Group



Derbyshire Mind's Walk-and-Talk groups are supportive community groups that help residents get together, get some fresh air and meet new people in a friendly and inclusive group.

They also provide a valuable space to talk and be listened to by compassionate Peer Support Volunteers who are trained to listen and empathise, but who do not try to 'fix'.

You can find more information [here](#).

A new walk and talk group runs in Chesterfield fortnightly on Thursdays.

Meet at Queens Park Chesterfield 10.30am at the Band Stand opposite the football courts (S40 2ND).

You can keep up to date with days and times for their walks on the [what's on calendar](#).

Pertussis

Whooping cough (pertussis) is an infection of the lungs and breathing tubes.

It spreads very easily and can be serious. It's important for babies, children and anyone who's pregnant to get vaccinated against it.

Find out more about [Pertussis on the NHS website here](#).

Child's Choice

If you're a parent or carer of children aged 5 – 12 in Bolsover and South Derbyshire then your child could be eligible for free, fun activities to help them get more active.

[Find out more here](#).

DEED

The Disability Employer Engagement Derbyshire Team offer support to businesses and organisations across Derbyshire, supporting them to employ people with disabilities or long-term health conditions.

[Find out more here](#).