

**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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**Stop smoking for good this Stoptober**

**SHOW YOUR  
LUNGS  
SOME LOVE**

**WE OFFER FREE  
STOP SMOKING  
SUPPORT.**



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It's Stoptober – the perfect time to stop smoking for good.

Did you know you are three times more likely to quit smoking with the help of your local stop smoking service?

Live Life Better Derbyshire provides free support and advice to help you make a successful quit attempt.

We know quitting isn't easy but our friendly stop smoking advisors will support you with tips, information and advice on the range of stop smoking medications available to you.

Find out more about the support on offer [www.livelifebetterderbyshire.org.uk/stopsmoking](http://www.livelifebetterderbyshire.org.uk/stopsmoking)

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## Holme Hall wellbeing walk in



The poster features a purple background. In the top right corner, the 'Live Life BETTER DERBYSHIRE' logo is displayed in green and white. The main title, 'Holme Hall Wellbeing Walk In.', is written in large white letters. Below this, a white box contains the address: 'The Edge Centre, Wardgate Way, Holme Hall, Chesterfield S40 4SL'. Another white box below that shows the date and time: 'Tuesday 15th October 1pm - 4pm'. At the bottom left is the 'edge MINISTRIES' logo. On the right side, there is an illustration of a woman and a man talking. The woman is holding a coffee cup, and there are speech bubbles above them containing question marks and an information icon.

**Live Life BETTER  
DERBYSHIRE**

# Holme Hall Wellbeing Walk In.

The Edge Centre, Wardgate Way, Holme Hall, Chesterfield S40 4SL

Tuesday 15th October  
1pm - 4pm

**edge  
MINISTRIES**

Live Life Better Derbyshire will be holding a FREE wellbeing walk in at The Edge Centre, Holme Hall on Tues 15th October between 1pm and 4pm.

Pop along and find out more, get a blood pressure check as well as health and wellbeing advice.

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## Menopause Awareness Month



It's Menopause Awareness Month.

Menopause symptoms can be severe and have a significant impact on everyday activities - but there are ways to alleviate and manage them.

Find out more about symptoms and treatment options for you on the [NHS website here](#).

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### **RSV vaccination**

Pregnant women at 28+ weeks can get the RSV vaccine from September 2024.

[The RSV vaccine](#) will protect your baby from the RSV illness which can be serious in infants.

Speak to your GP or maternity service.

### **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](#).