

Hello all and welcome to the Live Life Better Derbyshire newsletter! Our quarterly newsletter includes service updates and achievements to keep you up to date with all the exciting things that are happening.

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Helping People To Live Life Better

Live Life Better Derbyshire is a free healthy lifestyles service available to all Derbyshire residents (excluding Derby City), Derbyshire County Council employees and anyone registered with a Derbyshire GP.

You can find out more about the services we offer at www.livelifebetterderbyshire.org.uk or call us on 0800 085 2299.

Health & Wellbeing

People with Severe Mental Illness supported to quit smoking as part of national Swap to Stop scheme.

The Health Positive team at Kingsway Hospital in Derby are continuing their work to support people living with a Severe Mental Illness (SMI) to attend their free annual physical health checks (APHC). The twelve month pilot aims to improve the accessibility of health checks for individuals with an SMI who may find it challenging to attend health appointments. Members of the team travel to meet patients at home or in the community to conduct a range of screening tests to identify potential health concerns, as well as make referrals to other services to ensure a range of appropriate support is available to those who need it.

Health Positive have teamed up with the Live Life Better Derbyshire stop smoking service to provide free vape starter kits as part of the Swap to Stop programme. Should patients choose to take up the offer during their APHC, they will receive 12 weeks of vaping supplies, or alternatively can be referred for behavioural support from Live Life Better Derbyshire or Livewell Derby's smoking cessation programme.

Since the project began in November 2024, fourteen people have accepted a free vape as part of the pilot. Four of these individuals have successfully achieved a four week quit, and three have agreed to referrals for further support from their local stop smoking service after giving the vapes a go.

Olivia Allanson, Service Development Officer for Mental Health, LLBD, is pleased at how the project is progressing. *"The Swap to Stop scheme has provided a great opportunity to further develop and enhance the ways we can offer support to people in Derbyshire living with a severe mental illness. We hope that by partnering with the Health Positive team, we can support more people to improve their physical and mental health by becoming smoke free."*

Smokefree Derby and Derbyshire

We're pleased to announce that the new Smokefree campaign has now been launched across Derbyshire and Derby City. This campaign is designed to support the city and the county's aim to achieve Smokefree status by 2030. The partnership

will build on the work being carried out by Derby City Council's Livewell and the county's Live Life Better Derbyshire stop smoking services.

Both services offer residents free support to quit with a range of tools available including in-person and telephone support, free nicotine replacement therapies (NRT), regular carbon monoxide monitoring as well as free vapes and liquids. The advisors provide tailored quit plans and regular check-ins.

By raising awareness of the support available to residents, Smokefree Derby & Derbyshire hopes to create a healthier future for smokers who want to kick the habit.

To get support, please visit [Smoke Free Derbyshire](#).

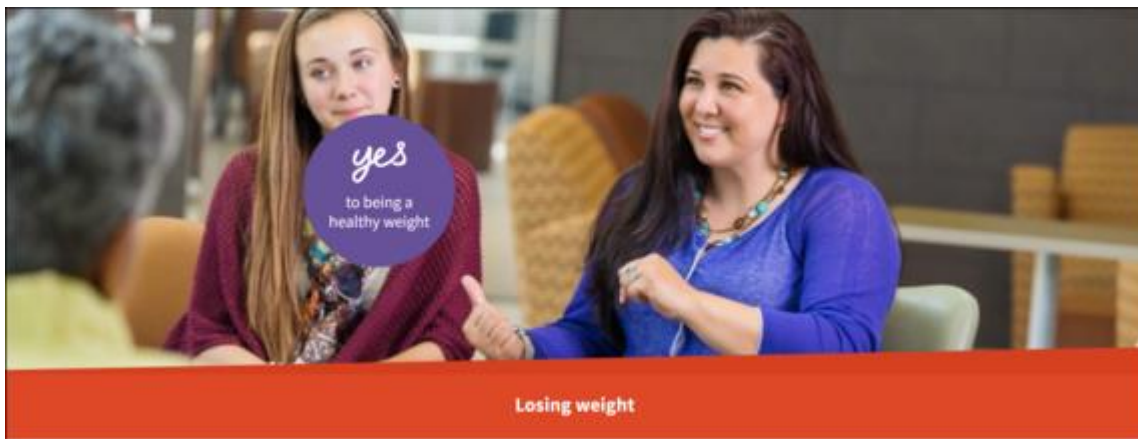
You can also follow Smokefree Derby & Derbyshire on [Facebook](#).



Healthier Futures



Are you a parent or carer of a child or young person aged 0 – 17 years old? Would you like to feel more confident as a parent? Are you keen to get help to give your child a healthy start in life, help them to eat more fruit and vegetables and reduce mealtime stress? If so, then our Healthier Futures programme could be for you. For more information click here: [Healthier Futures - Live Life Better Derbyshire](#)



Aged 18 years or over and above a healthy weight? Deciding to take the first step towards losing weight can feel daunting and even overwhelming, Live Life Better Derbyshire are here to help you every step of the way. We provide support, help and advice for you to successfully lose weight, and keep it off, for good. For more information click here: [Losing weight - Live Life Better Derbyshire](#)

Physical Activity

Get Derbyshire moving with Live Life Better Derbyshire (LLBD) physical activity service. LLBD Physical activity service is a free, inclusive service helping local residents become more active, improve wellbeing and lead healthier lives.

Staying active is key to physical and mental health, yet many people find it difficult to start or maintain regular movement. LLBD offers personalised support to help individuals overcome barriers and build confidence, no matter their fitness level or lifestyle.

Through one-to-one support, tailored activity plans and access to local sessions, LLBD empowers people to make positive, lasting changes. Whether it is walking more, trying new community activities, or building strength and balance, the service meets people where they are.

The service is open to adults aged 18+ who are inactive or managing long term health conditions, including mental health challenges. Our trained advisors offer 12 weeks of guidance and support, all completely free of charge. Let's work together to make Derbyshire a more active, healthier place to live.

To find out more or refer someone to the service,
visit: www.livelifebetterderbyshire.org.uk

Healthy Workplaces Derbyshire



Frank Roberts Bakery was founded in the 1860s by Robert Roberts in Salford when he was only 11 years old. They have three sites, two in Cheshire and one in Ilkeston, Derbyshire. They have more than 750 employees, and produce 2.1 million loaves per week which they supply to supermarkets and convenience stores across the UK. In 2003, Roberts Bakery achieved the title of 'world's largest sandwich' with a massive tuna sandwich made using 260kg slices of bread, baked for 4 hours in a 20-metre oven! The Ilkeston site pride themselves on creating an exciting array of speciality loaves, subs, sandwich thins and paninis.

Frank Roberts Bakery contacted Live Life Better Derbyshire to ask for our help. They were announcing to staff the intention to become a smoke and vape free employer at their Ilkeston site by the end of 2024. Of the approximate forty employees, eighteen were smokers. One of the challenges to engagement was providing an offer that allowed staff on shift patterns to attend a site offer by LLBD and the healthy workplaces team. LLBD, the healthy workplaces and the human resources (HR) team at the bakery worked together to find an effective plan to engage the staff.

Working alongside the healthy workplaces team, two full day events were arranged to allow staff who worked shifts to attend. Ruth, Jason and Emma of the healthy workplace team, Lucy, a Stop Smoking Advisor and Claire, a Project Officer from LLBD were in attendance to support and offer advice on the LLBD stop smoking service.

Over the two days, thirteen health checks were completed. This included height, weight and blood pressure checks, plus a finger prick blood sample to test your cholesterol and glucose levels alongside lifestyle questions to understand the clients' priorities. The checks help to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes and dementia and support ways to lower this risk.



Seven employees who smoked tobacco received very brief advice on stopping smoking including how the service worked and what smoking aids were available, including nicotine replacement therapy (NRT) and other medications. Four of the bakery staff were referred onto the LLBD service and one was keen to share their success in being smoke free for 42 days!

Our second day required a change to plan due to the restrictive snow and ice that had landed overnight but the wonderful human resources team at the bakery had it under control. We saw a total of five employees, two were vaping already and one signed up for the LLBD service.

Over the two days we supported fifteen staff members with health queries and smoking advice and signed five onto the stop smoking service. The engagement was a success and enjoyable for all involved.

Feedback from Frank Roberts.

“LLBD have shown our staff that they are a service who clearly care about people and that are interested in working closely within their locality. Rather than their HR team ‘preaching’, as a separate company, LLBD asked thought provoking questions without getting anyone’s backs up.

We would love you to return and carry out the health checks and discuss the stop smoking offer again”.

To sign up your team/workplace, please complete the request form linked below:

[Healthy Workplaces Derbyshire Register of Interest](#)



Overview Of Key Services



FREE Family Services for Healthier Living

Our Healthier Futures programme offers support and advice for families of children from birth up to age 12.

Children's early years are vitally important in terms of their health, wellbeing, learning and social development.

People can take part in our Healthier Futures programme if they are:

- are the parent or carer of a child aged 0 to 12 years
- have a Derbyshire postcode or are registered with a Derbyshire GP
- are the parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight, for example on or above the 85th BMI centile

Healthier futures

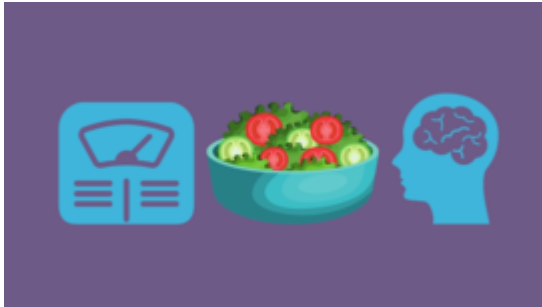


STOP SMOKING SUPPORT

We offer a free, 12-week, stop smoking service for people aged 12 and over.

This includes community/face to face, telephone support, online and digital support, printed materials, free Nicotine Replacement Therapy.

Clients can get access to a health advisor and a supportive Facebook group too.



WEIGHT MANAGEMENT SUPPORT

We offer a free, 12-week, weight management service for people aged 18 and over with a BMI of 25+ or 23+ if you are of Black or Asian ethnicity.

This includes community/face to face, telephone support, access to a health advisor, online and digital support and printed materials. Clients also have the chance to join a supportive Facebook group.



PHYSICAL ACTIVITY SUPPORT

We offer support to help people get more physically active.

This includes community/face to face support, live exercise sessions with trained instructors and support to find suitable, local activities and venues.

We also offer printed materials and other resources. Plus we've got a supportive Facebook group too.



HEALTH AND WELLBEING MOT

We offer a holistic lifestyles service that looks at all aspects of a client's health and wellbeing.

This includes their emotional health and wider determinants of health including employment and finances.

All clients will be asked to complete an online health MOT to help prioritise their health and wellbeing needs.

The LLBD Journey

Step One: Take the first steps to a healthier you by filling in our online MOT or call 0800 085 2299.

Step Two: We will help identify your health and wellbeing priorities.

Step Three: Our friendly team will be touch and can book you onto our stop smoking, weight management and physical activity services. They can also signpost you to other useful services.

Step Four: Start your wellbeing journey!

Find out more at

Live Life Better Derbyshire

If you are a health and wellbeing professional then you can refer a patient into our service using the

Live Life Better Derbyshire - Professional referral

People can also self-refer into our service using our

Online Health and Wellbeing MOT

How long will I have to wait?

After you have completed the online health and wellbeing assessment, one of our friendly Health Improvement Workers will do their best to get you booked on as soon as possible.

This could take up to 10 working days. However if you can't complete the online health and wellbeing assessment then please call 0800 085 2299

How are we supporting clients?

61% of clients have stopped smoking at 4 Weeks

87% of clients have lost weight.

45% of participants have improved activity levels at the end of 12 Weeks.

If you have a story that you would like to feature in this newsletter, please email ian.slack@derbyshire.gov.uk

We send out a fortnightly health and wellbeing newsletter to thousands of Derbyshire residents. If you have events or services that you would like to promote to the Derbyshire public then please email colleen.marples@derbyshire.gov.uk

You can sign up to receive the newsletter here. https://public.govdelivery.com/accounts/UKDCC/subscriber/new?topic_id=UKDCC_3198



