

**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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## **Alcohol awareness week**

**Alcohol  
Awareness  
Week**

 **DERBYSHIRE**  
County Council

**Find local support and  
advice around alcohol.**

**[www.derbyshire.gov.uk/alcoholsupport](http://www.derbyshire.gov.uk/alcoholsupport)**

It's Alcohol Awareness Week from July 1st to July 7th and there's lots of support available across Derbyshire.

Did you know we've got a FREE app to help you reduce the amount of alcohol you drink? Lower My Drinking is a great tool to have in your back pocket if you would like to cut down a little.

[You can download the app here.](#)

Find out more about the [support around alcohol and substance use on our webpage here.](#)

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## East Midlands Gambling Harms Service



"I never really bet big, just a few quid here and there and at one point was probably winning more than I was spending but I ended up focusing on nothing but my phone.

"I was thinking about gambling more than my kids or my family."

Does this sound familiar?

After seeking help from East Midlands Gambling Harms Service, Andrew discovered he was not alone.

Free, non-judgemental help and support is available for anyone struggling with their gambling.

[Find out more here.](#)

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## School crossing patrols needed



Have you got what it takes to help Derbyshire children stay safe as they walk to school?

We're looking for friendly people to join our team of school crossing patrols helping youngsters get across the road safely.

We're keen to hear from people with the skills to deal with children, parents and all road users, who are happy working in all weathers and with an awareness of road safety.

[Read more, and apply online, here.](#)

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## Stop smoking

At Live Life Better Derbyshire we provide support, help and advice for you to successfully quit smoking for good.

Whether this is your first, or 100th attempt, we are here to support you.

[Find out more here.](#)

## Discount travel

Do you work with young people aged 19 to 21? Or know someone who is?

Our B\_Line discount travel scheme is expanding to offer money off bus fares until December 2025.

[Find out more here.](#)

## Falls prevention

There are services available in Derbyshire to help protect you from falling, or reduce the chance of falling.

Falls can lead to pain, distress, injury, loss of confidence and even death. But many falls can be prevented.

[Find out more about falls prevention here](#)