

**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.

NHS App survey



Do you use the NHS App?

Take Healthwatch Derbyshire's short survey and help them understand how you use, or could use, the NHS App.

 smartsurvey.co.uk/s/NHS-app/

Do you use the NHS App? Or heard about it but not sure how to start using it?

Healthwatch Derbyshire are asking local people to share their views in a short survey.

They want to understand:

What people use the NHS App for

Reasons they may not use it

Features they'd find helpful in the future

Their survey is open to anyone aged 13+ registered with a GP in Derbyshire.

Survey closes: 31 October 2025

Take the survey here: www.smartsurvey.co.uk/s/NHS-app/

Young people's sexual health services



Access to Services aims to support **young people aged 16–24** to easily get sexual health services when needed.

Top tips include:

- Free condoms are available to everyone
- Services are free and confidential
- Regular sexual health checks should be a normal part of self-care

Find out more about the free sexual health services available in Derbyshire at www.yoursexualhealthmatters.org.uk

Ready to be Unstoppable Derbyshire?



READY TO HELP YOUNG PEOPLE BECOME UNSTOPPABLE?

Derbyshire County Council is launching a new programme - Unstoppable Derbyshire, aimed at helping young people achieve their full potential.

Unstoppable Derbyshire is for young people living in North East Derbyshire and Chesterfield who are aged 18 – 21 years old and currently not in education, employment or training (NEET)

The programme will support them to identify and achieve their goals - whether that's gaining more confidence, getting into work, back into education or finding training and apprenticeships.

Support includes advice around mental health, finances, health and wellbeing and employment.

To find out more email ASCH.Unstoppable@derbyshire.gov.uk call 01629 537607 or [visit our new Unstoppable Derbyshire website](#)

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.](#)

Exam results

It's an anxious time for many parents and teenagers, with exam results being published.

While some young people may be pleased that exams are finished, others may be disappointed that they did not get the scores they had hoped for, and many may be unsure of what lies ahead.

[Support is on hand to help.](#)

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](#)