

A Happier Healthier Derbyshire

Derbyshire Director of Public Health Annual Report 2015



Positive mental wellbeing is an important cornerstone of good health. There are simple ways that we can all use to make a difference to the way we feel, think and react to life's ups and downs.

Derbyshire has lots of assets and opportunities that can contribute to our feeling of wellbeing: beautiful countryside, friendly people and supportive communities. However there are considerable challenges too – welfare reforms, housing problems, work pressures and family life are just a few examples of day to day problems faced by many.

This report gives some simple, affordable ways that we can all use to make a difference to how we feel.

The **5 Ways to Wellbeing** are tried and tested actions to improve both mental and physical wellbeing. It takes a bit of practice to build them into your life, but they are fun and these small changes can make a real difference.

There are lots of connections between the five areas and I have provided some examples of the great things that Derbyshire people are doing and some examples of what you, your family and friends can do as well. The links will take you to helpful opportunities to make your choices easier.

The **5 Ways to Wellbeing** are to **Connect**, **Be Active**, **Take Notice**, **Keep Learning** and **Give**. Do give them a try!

Elaine Michel

Director of Public Health

Your challenge is to think about what you can do for each of the 5 Ways to Wellbeing and add them in the boxes

Be Active



Looking after your mental health is just as important as your physical health



Exercising makes you feel good. Discover a physical activity that you enjoy

Find a fun activity that gets your body moving – or even better to do this with your family or friends. You can try running, skipping, football, riding a bike, horse riding, swimming, rugby, dancing, karate, going for a walk. There are so many activities to try in your local area – try lots until you find at least one you really love!

Swimming as a family is great; its one of the top activities children like to do together. It's relaxing, fun and as active as you want to make it.

Acting Manager of Wirksworth Swimming Pool Fleur Fern says 'On a Thursday at the open swim, we get older primary school children (10 & 11 yr olds) going for a swim and splash about. They tell us ..."after a day at school, we can go to the pool and relax and just have fun with our friends. We can go without our parents, they know we'll be safe".'

Lots of different activities can be found here – www.derbyshiresport.co.uk/get-active

To Be Active I will

Be a good listener to your friends when they are worried

Give



Being kind and do things for other people

Give a smile, a hug or a friendly word to someone who needs it. You can give your time and helping hands to other people; try doing something nice in your area, help with jobs at home or do something for charity.

Every year pupils at Hallam Fields Junior School with Erewash Borough Council have a litter pick in the area around the school. Two pupils from each class helped clean the local paths running around the back of school and made sure all the school grounds were litter free too. By giving their time the pupils have made the area look much nicer and



everyone can now enjoy the clean paths – lots of the community have given the pupils smiles and thank you's for all their hard work.

To Give I will

If you have any worries, speak to an adult you trust and they can help

Keep Learning



Learn something new – try something different.

Learning doesn't just happen at school. You can try something new - sport, cooking, art, knitting, photography, music or drama. Read for fun. Go outside and learn about nature and the environment. Learn about different countries, space or the area you live in.

Barrow Hill Primary School and the Food for Life Partnership (FFLP) have been working together to encourage everyone in the school and community to learn more about the food they eat.

They have learnt how to grow fruit, vegetables, herbs and plants to attract wildlife. Families have learnt how to grow food in baskets or tubs to show what is possible even without a garden.

Families have been trying different types of bread, planting seeds and making cake recipes with vegetables.

To learn more about FFLP go to www.foodforlife.org.uk.

Museums and libraries are great places to learn. Find out more by looking here:

www.visitderbyshire.co.uk/places_to_visit-2-30-0-1.html
www.derbyshire.gov.uk/leisure/libraries/default.asp



To Keep Learning I will.....



Take Notice



Be aware of the world around you and what you are feeling

Stop and take notice of all the things around you – people, places and your own feelings. Watching clouds float across the sky, the weather, how things are growing or the sounds you can hear. Take notice of your feelings and those of other people.

Families have been taking notice of their surroundings to help them with Xplorer challenges. Over the past four years Derbyshire Village Games and British Orienteering have seen thousands of

people attend the family-friendly events.

Families use a simple map, explore, find markers within the park and complete challenges. Xplorer sessions are designed to get the whole family out and about, enjoying themselves and working together as a team within some of our beautiful countryside and parks.

Look out for Xplorer events throughout the year – more information and a list of the latest events can be found www.xplorer.org.uk

To Take Notice I will.....



Connect



Connect with people around you at home, school or the local community

Spend time with family, friends and people in your community. Talk together or find activities that you all enjoy.

Stonelow Junior School, Derbyshire County Council Library Service and Stonelow Court worked together to connect and learn more about each other. Each week Year 5 children spoke to people at Stonelow Court about a different topic. They were able to share stories about when they were younger and discussed which things were different. Some of the pupils said "I really enjoy going up to Stonelow Court. All the residents are really nice to me and my group, sometimes



they can tell very exciting stories that might surprise you!"

After the project, the children were invited to celebrate a 100th birthday and some of the children and their families arranged to see the residents at weekends. Ways to connect with other people can be found here: www.derbyshire.gov.uk/community/derbyshire_directory/categories/default.asp

To Connect I will.....

If you want to know more about mental health and wellbeing click go to The State of Mental Health in Derbyshire <http://observatory.derbyshire.gov.uk/IAS/Custom/Pages/health/lifestyle/MentalHealth.aspx>

You can find out more about what happened as a result of my last Public Health Annual Report; A Fairer, Healthier Derbyshire 2014 at www.derbyshire.gov.uk/publichealthannualreport