

# 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

Enter a prize draw to win £50 shopping vouchers or a family pass to Gullivers Kingdom. Upload a picture of you meeting one of the 5 ways of wellbeing along with contact details onto

 /derbyshirepublichealth

 @DCCPublicHealth

wellbeing@derbyshire.gov.uk

Closing date

15 December 2015

Click here for  
Ts & Cs.

## Be Active



Exercising makes you feel good. It is really important for your child to be active – from tummy time in young babies to running, jumping and climbing for older children. Discover a physical activity that you enjoy together.

Bolsover District Council launched the Super Tots programme in April 2014. The main aim of the programme was to

create opportunity for pre-school children to participate in physical activity

In the last 12 months, 76 children between the ages of 3-6 years completed a Balanceability course and 112 boys and girls aged from 18+ months participated in at least 1 Mini Dribblers and/or 1 Mini Movers session. One parent told us "The course has had a really positive influence on our child. He is now brimming with confidence"

More activities can be found here:

[www.derbyshiresport.co.uk/get-active](http://www.derbyshiresport.co.uk/get-active)

It has been estimated 993 women in Derbyshire in 2012 needed support with their mental health during pregnancy or the postnatal period

## Keep Learning



Babies and young children are learning new skills all the time – why not learn to do something together? Although lots of time is focussed on your child; also think about what you would like to learn – Try something new or rediscover an old interest.

Baby Babble is 5 week programme which aims to help develop the communication skills of babies aged from 4 – 9 months. The programme runs from libraries across Derbyshire. Parents learn about how best to communicate with their child while babies are encouraged to communicate. The programme includes nursery rhymes, songs, interactive stories with props such as puppets and sensory boxes which ensure that everyone, young and old has fun as well as learning! One mum, Eve, who attended with her twin girls said

"I attended many different classes and I can honestly say that Baby Babble was the very best course I attended with my girls. Over the weeks my girls understanding and

communication improved - helped and supported by the techniques I learned at this class. It has really paid off."

You are never too young (or too old) to join your local library and there are lots of books and activities such as rhyme time for younger children. Find your local library here -

[www.derbyshire.gov.uk/leisure/libraries/find\\_your\\_local\\_library/default.asp](http://www.derbyshire.gov.uk/leisure/libraries/find_your_local_library/default.asp)

Early learning and childcare is great for children – it helps them learn new things, make friends and try new activities. 3,200 of Derbyshire's 2 year olds are eligible for 15 hours of free childcare a week. To check if you qualify or to apply for the funding visit [www.derbyshire.gov.uk/education/early\\_years\\_childcare/early\\_learning\\_free\\_places/free\\_places\\_two/default.asp](http://www.derbyshire.gov.uk/education/early_years_childcare/early_learning_free_places/free_places_two/default.asp) If your child is 3 or 4 they will qualify for the 15 hours funding



## Give



Small acts of kindness to other people can be rewarding as well as larger acts such as volunteering. Giving someone a smile is sometimes enough!

Sarah shared her volunteering story with us “When my daughter was born I took her to some groups at my local Children’s Centre. I talked to the staff and started to volunteer at 1 group a week and progressed from there. I work around my family (I now have 2 children) and being able to take my children with me is perfect. Being passionate about breastfeeding I am now the breastfeeding champion for my 2 local centres. I love volunteering at the Children’s Centre and can’t tell you how amazing the staff are. They have supported me with things I have wanted to do,



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

including training courses, and it has given me lots more confidence.”

As a parent give yourself time to adjust to the changes that having a child brings – physically and emotionally.

If you would like to be a breastfeeding volunteer contact your local children’s centre, other opportunities to give can be found here: [www.derbyshire.gov.uk/community/volunteering/default.asp](http://www.derbyshire.gov.uk/community/volunteering/default.asp)

If you are worried about your child please contact your Health Visitor

## Take Notice



eye contact, smiling or laughing when

Take notice of all the different things around you, including the small things. Responding to your child helps their brains grow and develop – this can be through touch, making

they do, actively playing together and answering questions when they are older

With your child notice the change in seasons, different textures, books and pictures, rhymes and stories, notice how your child has changed in such a short time.

An activity such as Nature Tots run by Derbyshire Wildlife Trust can be great to get outdoors and notice the world around you together. A typical session has outdoor activities, crafts and a story all with the same nature focus. The children all love getting close to wildlife and having the opportunity to explore and discover with each other. Nature tots meets twice monthly. To get involved/book a place on a tots session call Derbyshire Wildlife Trust head office on 01773 881188.

[www.derbyshirewildlifetrust.org.uk](http://www.derbyshirewildlifetrust.org.uk)

The first two years of life see the most rapid period of brain growth

## Connect



**Connect...** with the people around you. It can sometimes be lonely being a parent of a young child – getting out and about with other parents will help socialise you and your child. It is also important to keep in touch with friends you had before you started your family. Helping your child meet other babies and children is really important for their social, emotional and physical development.

Children don’t come with an instruction book and parenting can be hard work at times. It is useful to gain some support. There are lots of free activities and parenting courses in Derbyshire for parents of children at all ages. They offer useful tips, support and help at whatever stage of



development your child is at. Contact your local children’s centre or health visitor for details of your nearest course

There are plenty of activities to choose from. Derbyshire Children’s Centres are a great resource! As well as hosting Child Health Clinics with your local Health Visitor, they offer a range of activities including; stay and play sessions, toy libraries and lots of other sessions for children. Visit:

[www.derbyshire.gov.uk/education/early\\_years\\_childcare/childrens\\_centres/default.asp](http://www.derbyshire.gov.uk/education/early_years_childcare/childrens_centres/default.asp) for details of what’s on in your local centre!

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](http://www.derbyshire.gov.uk/publichealthannualreport)