

A Happier Healthier Derbyshire

Derbyshire Director of Public Health Annual Report 2015



Positive mental wellbeing is an important part of overall 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 things that can contribute to our feeling of wellbeing: beautiful countryside, friendly people and supportive communities.

The **5 Ways to Wellbeing** are tried and tested actions to improve both mental and physical wellbeing. The **5 Ways to Wellbeing** are **Connect**, **Be Active**, **Take Notice**, **Keep Learning** and **Give**. 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. Here are just some examples, but there are plenty of others that may interest you.

For this report I have handed over to Libby Brown, Mitchell Duggins, Thomas Ephgrave, who are part of Derbyshire Youth Council. The whole Youth Council have been working hard to promote positive mental health and to reduce stigma. I hope you enjoy reading what they have produced and will give the **5 Ways to Wellbeing** 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:

 /derbyshirepublichealth
 @DCCPublicHealth
wellbeing@derbyshire.gov.uk

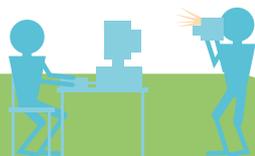
Closing date
15 December 2015

For full Ts & Cs go to: <http://goo.gl/GKb3PC>

Your mental health is just as important as your physical health

You can find more information about mental health here <http://goo.gl/dCJcsp>

Keep Learning



Learn something new – try something different.

Learning doesn't just happen at school. You can try something new – sports, cooking, arts or media. There are lots of clubs in school which offer the chance to try and learn some different skills – photography, tech, even knitting! Derbyshire Sport have lots of ideas and links to new sports to try from archery and aerobics, football, golf and windsurfing. Learning something new gets your brain working harder and you can get a real sense of achievement from being able to do something you couldn't before. Learning with friends is lots of fun and you can support each other. Try something new or pick up a hobby you had forgotten about.

For lots of ideas to join in with sports look here – www.derbyshiresport.co.uk



Give

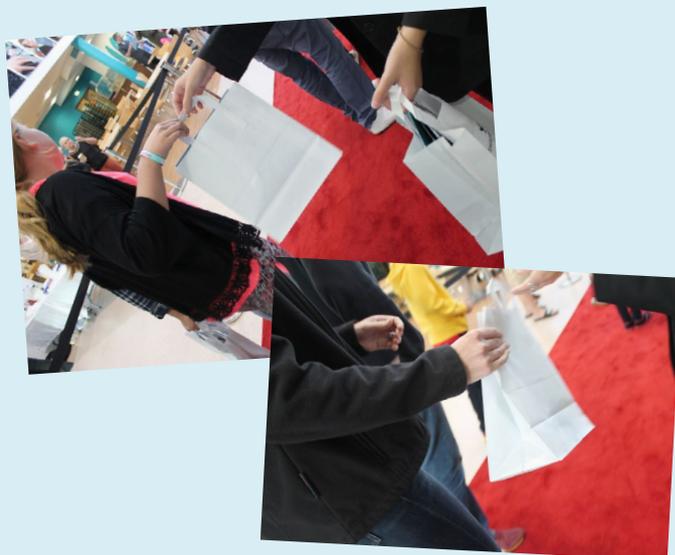


Being kind and do things for other people

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.

Mitchell tells us "On July 31st I got the opportunity to participate in the year 5 & 6 taster days. I was given an amazing year 5 and year 6 group, and I showed them around my school. It was fantastic to take part in this. The aim of my passage is to leave a message to people who like taking part and helping people. GET INVOLVED!

Find out more on volunteering here – www.derbyshireyouthinc.com/something



Be Active



Exercising makes you feel good. Look for an activity that you enjoy

Find a fun activity that gets your body moving – even better do this with your family or friends. You can try lots of activities such as BMX riding, running and dance.



A group of boys from Shirebrook Academy worked with Extreme Wheels to plan and put on a showcase for the rest of the school, of professional BMX and trail riders. They had to plan, organise and deliver the show. The whole school enjoyed the show and the boys were proud of themselves.

Everyone got to see the show and were inspired to start BMX riding and trying new sports and activities.

There are so many activities in your local area – try lots until you find one you really like. If you're struggling for ideas look on www.derbyshiresport.co.uk/get-active or www.derbyshireyouthinc.com/something_to_do/

Extreme Wheels can be found here – <https://www.facebook.com/extremewheelsroadshows/>



Connect

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



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.

Just stop for a second... and take a look around you: You need to appreciate the mist hanging from the trees. Every leaf that falls from a tree is a second that is unnoticed by people who should be aware & care.

Please. Just take a breather and take in the spectacular sunset and the clear night sky which contains beautiful Crystal diamonds in it. Notice when aspects of the summer and winter combine to create a vibrant rainbow which is too good to miss!

If you need help with your feelings you can talk to a trusted adult – a parent, teacher or school nurse.

More help can be found at Childline www.childline.org.uk/Talk/Pages/ContactingChildLine.aspx where you can chat online, send an email, talk on message boards or find information and help. You can also ring free **0800 11 11**



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

Be a good listener to your friends when they are worried

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

Derbyshire Youth Council is made up of elected members aged from 11–19 who are elected through their school in the Big Vote. The Youth Council serve a 2 year term in office with the current council finishing in March 2016.

Over the past 2 years the Youth Council has connected with young people in the Derbyshire communities by being actively involved in the Make Your Mark process and other issues that are relevant to young people in the current climate. We have also got local youth forums in the 8 local areas that work on these issues in their local communities.

To find out more, search for your local forum here – www.derbyshireyouthinc.com/something_to_say/youth_forums/default.asp

If you want to know more about mental health and wellbeing click on [here](#) to go to The State of Mental Health in Derbyshire.

You can find out more about what happened as a result of my last Public Health Annual Report; A Fairer, Healthier Derbyshire 2014 [here](#)