

# Derbyshire Health and Wellbeing Team

Helping you towards your vision of a good life.

The Derbyshire Health and Wellbeing team offers support to a wide range of people including people who have disabilities, poor health including mental ill health, or long-term health conditions.



# What we do.

We want to help people to live well.

We support people to stay safe and feel more connected to their local communities.

We support a wide range of people, including:

- People with disabilities
- People with poor health including mental ill health and/or long-term conditions
- Families and carers



We find out what's important to you by listening to what you have to say.

Our Health and Wellbeing team will start by asking you 'What does a good life look like to you' and 'What do you think will make your life better?'

We will then work with you to help you find your own ways to get the life you want.

We work differently. We will ask you what you want. We will not try and fit you into a service which you might not want.

# Alongside you, we will:

- Take time to get to know you and build a trusting relationship
- Listen and talk to you about what would make your life better and what it would take to get there
- Help you increase your confidence to deal with life's challenges
- Help you to identify your skills, talents and passions
- Help you feel heard. For example, to speak to organisations and professionals
- Support you to meet new people or reconnect with others
- Help you become more involved in your community
- Support you and your family / carers to get the information and advice you need



# Find out more.

If you, or someone you know:

- Is aged 16 and over
- Is a resident of Derbyshire (excluding Derby City)
- Has a disability or poor health including mental ill health and/or long-term conditions
- Is ready and able to make positive changes

Then please get in touch to find out more about how we can help you.

**Email:** [healthandwellbeing@derbyshire.gov.uk](mailto:healthandwellbeing@derbyshire.gov.uk) **Call:** 01629 532049 (Please leave a message)

