



Health campaign calendar

May

Your monthly campaign tool kit to help promote health and wellbeing to your community.



Live Life
BETTER
DERBYSHIRE



May

National Campaigns

Mental Health Awareness May 9th - 15th.

Mental Health Awareness week is hosted by the Mental Health Foundation and this year's theme is loneliness.



National Smile Month. May 19th - June 19th

Good oral health is all about prevention and getting a good regime in place. Get ideas and advice online here.



World No Tobacco Day. May 31st.

Each year on May 31st there is a global push towards reducing the use of tobacco. Encourage your staff to quit smoking with free, local support.



Diabetes prevention week. May 23rd - 29th.

Around 200,000 people are diagnosed with Type 2 diabetes every year, but there are things you can do to reduce your risk.



Useful websites

Live Life Better Derbyshire - local, free, stop smoking support for Derbyshire residents. Click the box for info.



Get Connected. Advice, support and signposting to help people get more connected and feel less isolated



Diabetes UK. Click the box for more information.



May

Social Media posts

Mental Health Awareness week

It's #MentalHealth awareness week and there's lots of support on offer to help you keep your emotional wellbeing in top shape. Visit www.derbyshire.gov.uk/mentalhealth

During #MentalHealth awareness week we're highlighting the support on offer. The Derbyshire Mental Health Support line is open 24/7 on 0800 028 0077.

It's #MentalHealth awareness week & this year it's all about getting connected and combating loneliness. Get advice and tips online at www.derbyshire.gov.uk/GetConnected

This year's #MentalHealth awareness week is about loneliness and what we can all do to help reduce it. Get some ideas here: www.derbyshire.gov.uk/GetConnected

If you're feeling isolated or alone then there are services to help. Visit Mind to get tips and help: <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/>

World No Tobacco Day. May 31st.

It's #WorldNoTobacco Day. If you're ready to #quit for good then check out #LiveLifeBetterDerbyshire a FREE healthy lifestyles service. Find out more here: www.livelifebetterderbyshire.org.uk/stopsmoking

It's #WorldNoTobacco Day. Live Life Better Derbyshire offers FREE support to help you #quit for good. Find out more online here: www.livelifebetterderbyshire.org.uk/stopsmoking

It's #WorldNoTobacco Day. If you'd like a little extra help to quit smoking for good then why not download our My Quit Route app. Stop smoking support direct to your phone. Search for it here: <https://derbyshire.orchac.co.uk/>



May

Social Media posts

Diabetes Prevention Week. May 23rd - 29th

It's #DiabetesPrevention week. Find out your risk of developing type 2 diabetes with @DiabetesUK and their Know Your Risk tool here:

<https://www.diabetes.org.uk/preventing-type-2-diabetes/diabetes-risk-factors>

National Smile month. May 16th - June 16th

It's National #Smile Month and over the next few weeks we'll be sharing tips and advice about how to keep your teeth in top condition. Even the most dedicated brushers might learn a thing or two! #letstalkteeth

www.derbyshire.gov.uk/oralhealth

Newsletter / payslip / intranet copy

Mental Health Awareness week

It's Mental Health awareness week and this year it's all about getting connected and combating loneliness.

Most of us will have experienced times when we feel a little isolated or disconnected from the world around us.

Everyone feels lonely from time to time - loneliness can affect anyone and the recent pandemic has increased a lot of people's feelings of being alone.

But feeling lonely or isolated can have a negative impact on your mental health - especially if these feelings go on for a long time.

Research suggests that loneliness is associated with an increased risk of certain mental health problems, including depression, anxiety, low self-esteem, sleep problems and increased stress.

So it's really important that we all work together to help tackle it. Get advice and tips online at www.derbyshire.gov.uk/GetConnected



Health campaign calendar

We hope this toolkit is useful to you. If you have any suggestions for improvements please email colleen.marples@derbyshire.gov.uk

You can follow us on the following social media accounts:



[@DCCPublicHealth](https://twitter.com/DCCPublicHealth)



www.facebook.com/derbyshirepublichealth



www.instagram.com/livelifebetterderbyshire



www.pinterest.co.uk/livelifebetterderbyshire