



# Health campaign calendar

## July

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



**Live Life**  
**BETTER**  
**DERBYSHIRE**



# July

## National Campaigns

### Talk to Us Month

Talk To Us is the Samaritan's annual awareness-raising campaign. Samaritans are challenging the UK to become better listeners by sharing expert tips on how to become a better listener.



## Local campaigns

### Live Life Better Derbyshire

Did you know that Derbyshire residents can get FREE support to help them stop smoking, lose weight and get more active?

Live Life Better Derbyshire is a healthy lifestyles service for anyone living in Derbyshire. Find out more at [www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)



### Cost of Living

The cost of living is rising and this could have a big impact on all aspects of your finances including energy bills, the cost of your weekly shop and your take home pay.

We've put together lots of information and advice, designed to ensure that you're getting all the help that you are entitled to. Find out more at [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)



# July

## Social Media posts

### Talk to Us month

July is #TalktoUs month - a chance for us all to learn how to be better listeners. Find out more here: <https://www.samaritans.org/support-us/campaign/talk-us/>

July is #TalktoUs month - a reminder that the #samaritans are always on hand for help and support. Find out more here: <https://www.samaritans.org/support-us/campaign/talk-us/>

### Ready to Live Life Better?

Hey Derbyshire. Are you ready to live life better? If so why not make that first step to a healthier you by calling 0800 085 2299 or visiting [lifelifebetterderbyshire.org.uk](http://lifelifebetterderbyshire.org.uk)  
#freesupport #stopsmoking #loseweight #getactive

Are you ready to live life better? Derbyshire residents can get FREE healthy lifestyles support by calling 0800 085 2299 or visiting [lifelifebetterderbyshire.org.uk](http://lifelifebetterderbyshire.org.uk)  
#freesupport #stopsmoking #loseweight #getactive

### Cost of Living

Costs are rising and it can be hard to know where to turn if you're struggling. But @Derbyshirecc has got lots of advice about the support and help available locally. Visit [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)

If you're worried about the cost of living rise, then take a look at the support on offer locally. @Derbyshirecc have pulled together some of the help available to you. Visit [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)

Derbyshire County Council's Welfare Rights team can help you check you're getting all the benefits you're entitled to. Find out more here:

<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/benefits-debt-and-legal-matters/welfare-benefits/welfare-benefits.aspx> #costofliving #welfaresupport #benefitschecker



# July

## Newsletter / payslip / intranet copy

### Cost of Living support

Costs are rising and it can be hard to know where to turn if you're struggling to make ends meet.

Derbyshire County Council has put together advice and help that is available locally. To find out more visit [www.derbyshire.gov.uk/costofliving](http://www.derbyshire.gov.uk/costofliving)

There's lots of advice and support available to you from help managing debt to checking you're getting all the benefits you are entitled to.

There's also information about energy efficiency, cutting down on food waste and details about services you might not know that we offer.

### Talk to Us month

July is the Samaritan's annual Talk To Us month, reminding people that they are there to help.

Every July, Samaritans branches across the UK and Ireland hold local events to talk about the services they offer in their communities.

It's also a good chance to encourage everyone to have a conversation about mental health and wellbeing.

Whether it is picking up the phone, dropping someone an email or having a chat over a cuppa, every conversation can make a difference.

Whatever you're going through, you can call the Samaritans free any time, from any phone, on 116 123.

Other help and advice is also available online at [www.derbyshire.gov.uk/mentalhealth](http://www.derbyshire.gov.uk/mentalhealth)





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We hope this toolkit is useful to you. If you have any suggestions for improvements please email [colleen.marples@derbyshire.gov.uk](mailto:colleen.marples@derbyshire.gov.uk)

You can follow us on the following social media accounts:



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



[www.facebook.com/derbyshirepublichealth](https://www.facebook.com/derbyshirepublichealth)



[www.instagram.com/livelifebetterderbyshire](https://www.instagram.com/livelifebetterderbyshire)



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