

## The Erewash Locality Public Health Newsletter

Please feel free to share and do email Claire with anything you'd like included next time.

### New SDO

Erewash Locality has a new SDO in post. Claire Thornber joined the team at the end of February, bringing with her years of experience in the voluntary and community sector. She has previously managed large scale grant funded programmes; working with BBC's Children in Need, delivering adult learning in the community, the Holiday Activities & Food Programme and Warm Spaces in Derby city and Financial Inclusion initiatives across Derbyshire.

*"I'm really excited to be joining Public Health, particularly being part of the Localities Team. I am looking forward to working with partners across the district to address the priorities identified by our community networks. There's a lot to learn so bear with me!"*

You can contact Claire by email: [claire.thornber@derbyshire.gov.uk](mailto:claire.thornber@derbyshire.gov.uk) or phone her on 07971 727578



### Mental Health Awareness Week 11<sup>th</sup> to 17<sup>th</sup> May 2026

Derbyshire County Council's Public Health team are coordinating a new **"Be Kind"** campaign, which aims to raise awareness of mental wellbeing, encourage kinder conversations, and make support more visible in our communities.

#### How you can help

- Share the campaign information with any contacts who might want to get involved
- Display campaign materials such as banners, posters or digital screens
- Encourage others in your networks to do the same

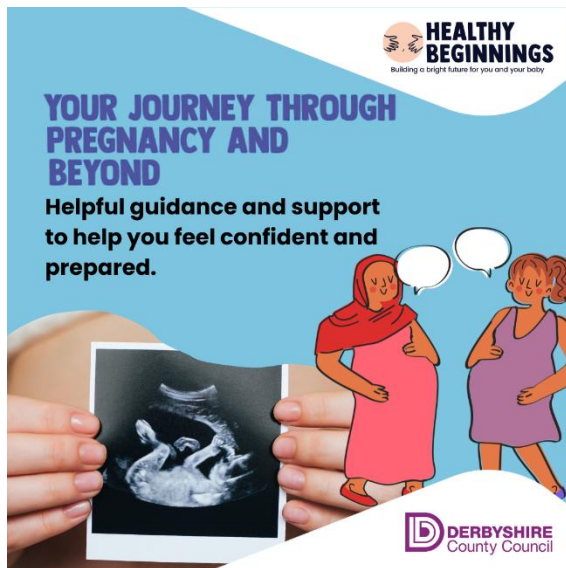
The more places the campaign appears, the bigger the impact. Community venues, shops, cafés, workplaces, clubs, and public spaces are all ideal.

You can view all campaign materials here:

<https://dccbhp.com/MHAW>

If you or your contacts would like physical materials you can request them using this form:

['Be Kind' Mental Health Campaign Derbyshire – Fill in form](#)



### New 'Healthy Beginnings' Campaign Launches to Support Parents-to-Be

A new Derbyshire-wide campaign has launched to help parents-to-be access clear, trusted information about having a healthy pregnancy.

“Healthy Beginnings”, created by Derbyshire County Council in partnership with Derby City Council, Joined Up Care Derbyshire and local health organisations - brings together expert advice, local services and practical guidance for anyone planning a family or already expecting.

The campaign highlights how small steps before and during pregnancy can make a big difference to a baby’s long-term health. This includes support on maintaining a healthy weight, taking folic acid, stopping smoking, reducing alcohol, and managing long-term conditions. It also shares tips on nutrition, exercise and emotional wellbeing.

Parents-to-be can find:

- Advice from NHS and maternity experts
- Tips on staying healthy and active during pregnancy
- Practical guidance on preparing for pregnancy and birth

Learn more at [Preconception and pregnancy » Joined Up Care Derbyshire](#)

### Job Vacancies

Please find below a link to a vacancy in the Public Health Locality team for a Health Improvement Practitioner.

[Health Improvement Practitioner \(Localities Team\)](#)

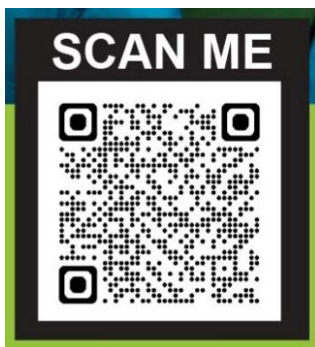
Please note that the closing date for applications is 3<sup>rd</sup> May 2026.



### Family Fun in Ilkeston

'Every One Eats' is organising a Fun Day at the Ilkeston Rugby Club on Saturday 18<sup>th</sup> July. They are currently looking for stall holders, so please help spread the word.

Contact [events@everyoneeats.co.uk](mailto:events@everyoneeats.co.uk) for more information



### Erewash Walking Month

Friday 1st May to Sunday 31st May 2026 is Walking Month! The programme aims to encourage everyone to get outdoors and explore the local area through walking. There are a range of walks on offer over the course of May, whether you are interested in learning about local history, exploring nature, socialising with friends, taking a purposeful walk or simply challenging yourself.

- Most of the walks are free of charge to attend but some do ask for a small donation to cover costs.
- Booking information where relevant is listed against each walk.
- When walking, please ensure that you wear suitable footwear and clothing.
- All children must be accompanied by an adult.
- Please make sure you bring a filled water bottle and snack with you on your walk.

Email: [communityhealthwellbeing@erewash.gov.uk](mailto:communityhealthwellbeing@erewash.gov.uk)

For further information about walking in Erewash please visit the [Walk Erewash web page](#) or scan the QR code



### All Move in Erewash

All Move in Erewash (AMiE) is a partnership between local services, organisations and people with lived experience. The aim is to make everyday movement more accessible and fair for people living with a limiting illness, long-term condition, or disability, and support people to move more in ways that work for them.

A new film has been produced explaining how AMiE has taken a systemic approach by working closely with partners and stakeholders. It shows how AMiE is listening to residents, highlighting the important role that people with lived experience have played in shaping AMiE. Finally, it shows how AMiE is helping to upskill the workforce to influence the wider system. The film shares five recommendations that local decision makers can set in motion to tackle inactivity and support people to move more. Further details will be released in the next few weeks.

To find out more about AMiE go to [www.erewash.gov.uk/amie](http://www.erewash.gov.uk/amie) or contact [sarah.knapp@erewash.gov.uk](mailto:sarah.knapp@erewash.gov.uk) to see how you can get involved.



### FREE: Loan Shark Awareness Sessions

The Illegal Money Lending Team (also known as Stop Loan Sharks) is a national organisation that investigates and prosecutes illegal money lenders and provides specialist support for people affected. The free training takes only an hour and a half and is available for all those working / volunteering with the communities that may be at risk of being manipulated by a loan shark. It will also detail affordable, safe alternatives to illegal and high-cost lending, how to identify victims and signpost them to specialist support. This is especially important as the team have insight that shows Loan Sharks are operating in Ilkeston.

#### To book:

19<sup>th</sup> May 2026 – 10.00am

<https://events.teams.microsoft.com/event/b1cbbf79-f007-4499-84cf-0b46d4191471@429a8eb3-3210-4e1a-aaa2-6ccde0ddabc5>

17<sup>th</sup> September 2026 – 13.30pm

<https://events.teams.microsoft.com/event/59e3fbe1-b85f-4ae1-9b17-ca5746e3bef9@429a8eb3-3210-4e1a-aaa2-6ccde0ddabc5>

24<sup>th</sup> November 2026 – 09.30am

<https://events.teams.microsoft.com/event/bbcb69f0-7b31-447d-8a06-0327c4132477@429a8eb3-3210-4e1a-aaa2-6ccde0ddabc5>

Or for bespoke sessions for your team meetings/staff upskilling sessions, please contact [affordable.credit@derbyshire.gov.uk](mailto:affordable.credit@derbyshire.gov.uk).



### **Volunteer & Organisation of the Year Awards**

Do you know an amazing volunteer or organisation making a real difference in Erewash? Now's your chance to celebrate them! ❤️

The *Volunteer & Organisation of the Year Awards*, organised by **Erewash Voluntary Action**, recognise those who go above and beyond to support their community.

- 👏 Help us shine a spotlight on their impact
- 👏 Celebrate the power of volunteering
- 💡 Inspire others to get involved

[Erewash Voluntary Action – Volunteer & Organisation of the Year Nominations – Fill out form](#)

**Submit your nomination by 5<sup>th</sup> May**



### **Active Environment Network Workshop - Outdoor Play, Movement and the Developing Child**

The Workshop will bring together people and organisations who support the development of children through the provision of safe and inclusive spaces and places where children play and are active. A range of Public Health, Parks and Play professionals will lead discussions and highlight good practice that has been demonstrated locally in the form of Play Strategies and Park developments.

The Workshop will be of interest to professionals, elected members and volunteers who have an interest in children's play, parks and open space provision and management, social housing, nature recovery and climate change, active travel and health.

**Tuesday 05 May 2026 9.30am – 12noon. Online Workshop**

To register [Active Environment Network Workshop - Outdoor Play, Movement and the Developing Child - Making Our Move](#)

## Talking Space - Creating Safe Spaces for the LGBTQ+ Community

We will talk about the need for safe spaces, share local stories where this is happening and work happening in leisure nationally.

**Tuesday 09 June 12.30pm to 1.30pm online**

Register here: [Talking Space - Creating Safe Spaces for the LGBTQ+ Community - Making Our Move](#)



## Peer Support

**Long Eaton 18-30s Group** – a weekly peer support group for 18-30 year olds, to socialise, grow friendships and share experiences in an open & understanding community. Thursdays 11am-1pm at Erewash voluntary Action on Granville Avenue, Long Eaton.

For more information contact [ben.gough@rethink.org](mailto:ben.gough@rethink.org) or EVA on 0115 9466740



## Erewash Community Celebration

To celebrate Volunteer's Week, Erewash Voluntary Action bring us an event to celebrate the community in style!

**Date:** Saturday 6<sup>th</sup> June

**Location:** West Park Rugby Club, West Park, Long Eaton, NG10 4AA

**Time:** 11am – 4pm

If you'd like to hold a stall or volunteer to be part of this exciting community day, please get in touch with [kathryn@erewashcvs.org.uk](mailto:kathryn@erewashcvs.org.uk) or call 0115 9466740