

Welcome to the Derbyshire Dales Community Champion Update

Our next forum is on Friday 15th October at 10.00am and is an opportunity for you to share your thoughts, concerns and observations regarding your local community relating to Covid-19.

Email Rachel@ddcvs.org.uk for the meeting link.

➤ Testing in England

There were **879,330** tests reported on 10 October 2021. This shows a decrease of **-3.5%** compared to the previous 7 days. Between 4 October 2021 and 10 October 2021, there have been **5,833,693** tests.

➤ Cases in Derbyshire Dales

73 new people had a confirmed positive test result reported on 11 October 2021.

Between 5 October 2021 and 11 October 2021, **424** people had a confirmed positive test result. This shows an increase of **7.3%** compared to the previous 7 days.

➤ Vaccinations in Derbyshire Dales

59,151 people had been given a first dose by the end of 10 October 2021.

55,629 people had been given a second dose by the end of 10 October 2021.

➤ Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

5 people with coronavirus went into hospital on 3 October 2021. Between 27 September 2021 and 3 October 2021,

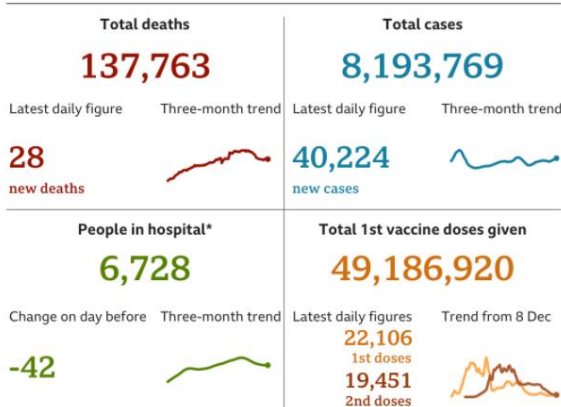
45 went into hospital with coronavirus. This shows an increase of **40.6%** compared to the previous 7 days. There were **45** patients in hospital with coronavirus on 5 October 2021.

➤ Deaths in Derbyshire Dales

There were **0** deaths within 28 days of a positive test for coronavirus reported on 11 October 2021.

Between 5 October 2021 and 11 October 2021, there have been **0** deaths within 28 days of a positive coronavirus test.

Coronavirus in the UK

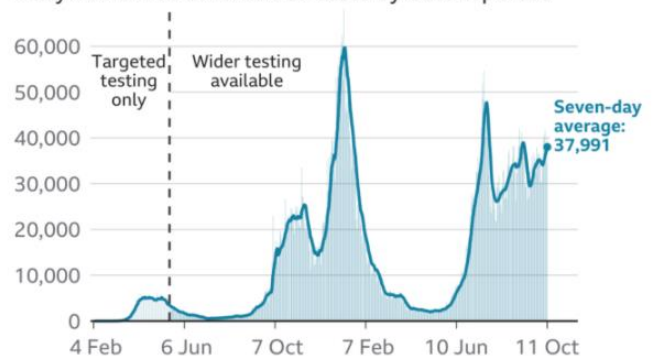


*Publication dates differ by nation, most recent data for all nations to 8 Oct
Source: Gov.uk dashboard

BBC NEWS

Case numbers still high

Daily confirmed coronavirus cases by date reported



Source: Gov.uk dashboard, updated 11 Oct

BBC



How to get the **NHS COVID Pass** and demonstrate your coronavirus (COVID-19) status when travelling abroad and domestically at events and venues in England. Updated content to reflect changes to international travel rules on 4 October [NHS COVID Pass - GOV.UK \(www.gov.uk\)](https://www.gov.uk/nhs-covid-pass)

Vaccination updates:

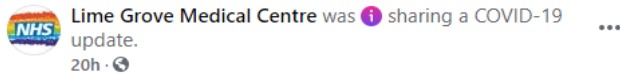
The vaccination programme is operating on several fronts.

These include:

- 'evergreen' offer of a first dose vaccine to anyone aged 16 and over who hasn't yet been vaccinated
- A third dose of the vaccination for those people who are immuno-suppressed
- A booster vaccination for everyone aged 50 and over, to be administered a minimum of six months (182 days) since their second dose
- A vaccination for all children aged 12-15 through their schools

There is a wide range of information on vaccinations and answers to frequently asked questions available on the [Joined Up Care Derbyshire website](https://www.derbyshire.gov.uk/joined-up-care).

Your Health & Wellbeing:



Thank you to all the patients who attended the COVID booster and flu clinic we ran on Saturday, despite the slower pace due to the required waiting time after Pfizer vaccination the clinic flew by and it was lovely to see so many of our patients fully vaccinated for the winter 🙌

We will be running our 2nd flu clinic this coming Sunday (17th October) - if you have received a text or letter from ourselves advising that you are eligible for a flu vaccination and have not yet had it, please contact the surgery from tomorrow (Tuesday 12th October) to book in for this clinic, selecting the flu line option on the telephone system 📞

We will be running further COVID booster clinics in the coming weeks as our vaccine delivery and allowance allows, please continue to use the Football Ground to access your vaccine earlier as you become eligible if you feel able to do so.

This is a community effort to ensure we protect Matlock from further outbreaks and variants so we very much support our patients accessing the vaccine the earliest and most convenient way for them.

As we have been doing in recent weeks, we are continuing to come out to our housebound patients in the interim to administer both the flu and COVID boosters 🏠

Please make sure your contact details are up to date, for your self or any family members you care for so you are able to receive updates as we are able to provide further clinics

As always please feel free to share this information to those who may not be on this social media platform or have access to the internet. 📢

Thank you for your ongoing support

Team LGMC 🌈

Health officials are urging people to get a flu vaccination before winter.

More than 40 million people will be offered the jab, amid fears the months ahead could see a surge in flu alongside a rise in Covid cases.

Who will get a free flu jab?

In England the flu vaccine is being offered free to:

- All children aged two and three
- All primary and secondary school pupils up to and including Year 11
- Those aged six months to under 50 years in clinical risk groups
- Pregnant women
- Those aged 50 years and over
- People in residential care
- Unpaid carers
- Close contacts of people with weakened immune systems
- Health and care staff

For most people the flu vaccine will be offered via GPs, midwives and schools. Eligible patients can also book an appointment at a pharmacy.

Stronger for Longer

This gentle exercise class combines seated and standing exercises to help improve muscle strength and endurance along with balance to help reduce the risk of falls. This class is suitable for those who may lack mobility or confidence.

It is recommended that older adults undertake activity to strengthen the muscles on at least two days of the week.

The benefits of improving muscle strength include;

- Decreased pain and fatigue
- Improved bone strength & reduced risk of hip fractures
- Improved balance, reduced risk of falls and injuries from falls
- Improved confidence & social connections
- Boosts mood & energy levels
- Improves the ability to perform activities of daily living.

It is never too late to start and gain the many health & social benefits of regular physical activity.

Every Wednesday 10.15am-11am, starting Wednesday 13th October

At St Oswald's Church Hall

£3 per session



More people
More active
More often

For more information contact Janet Chadfield on 01629 761387

Email: sportsdevelopment@derbyshiredales.gov.uk

Website: www.derbyshiredales.gov.uk/healthactivities



Keeping in touch: If you have any questions, ideas or concerns please email: Rachel@ddcvs.org.uk

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