

Welcome to the Derbyshire Dales Community Champion Update

➤ Testing in the England

There were **1,139,867** tests reported on 12 December 2021. This shows an increase of **10.5%** compared to the previous 7 days. Between 6 December 2021 and 12 December 2021, there have been **7,459,630** tests.

➤ Cases in Derbyshire Dales

37 new people had a confirmed positive test result reported on 13 December 2021. Between 7 December 2021 and 13 December 2021, **247** people had a confirmed positive test result. This shows a decrease of **-21.1%** compared to the previous 7 days.

➤ Vaccinations in Derbyshire Dales

60,525 people had been given a first dose by the end of 12 December 2021.
56,801 people had been given a second dose by the end of 12 December 2021.

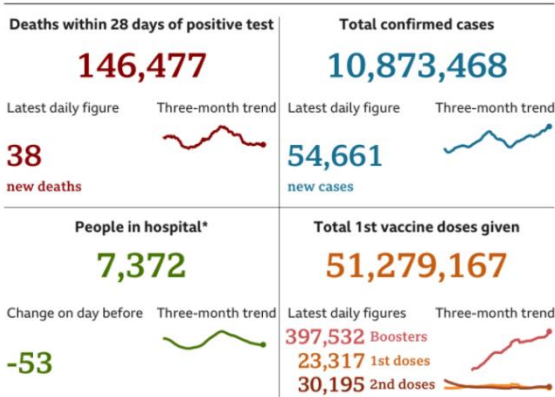
➤ Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

2 people with coronavirus went into hospital on 5 December 2021. Between 29 November 2021 and 5 December 2021, **23** went into hospital with coronavirus. This shows no change compared to the previous 7 days. There were **21** patients in hospital with coronavirus on 7 December 2021.

➤ Deaths in Derbyshire Dales

Between 7 December 2021 and 13 December 2021, there have been **2** deaths within 28 days of a positive coronavirus test. This shows an increase of **100.0%** compared to the previous 7 days.
*Key statistics from the **UK Coronavirus (COVID-19) Dashboard** - last updated on Monday, 13 December 2021.*

Coronavirus in the UK

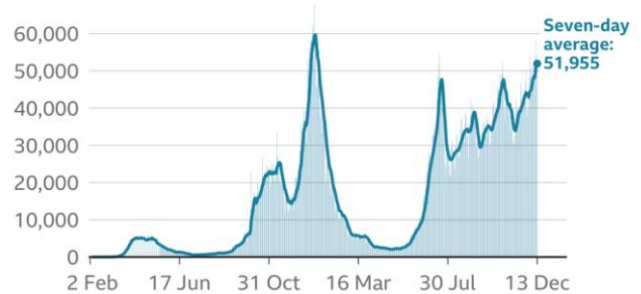


*Publication dates differ by nation, most recent data for all nations to 10 Dec
Source: Gov.uk dashboard

BBC NEWS

Case numbers rising

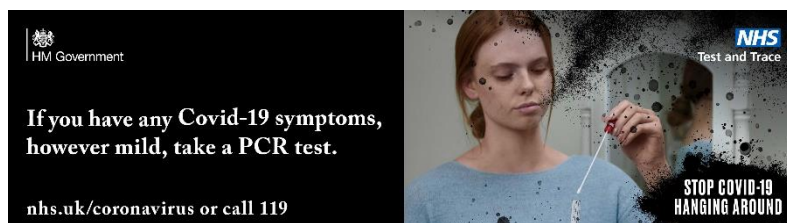
Daily confirmed coronavirus cases by date reported



Note: Testing not readily available in first months of the pandemic. Lateral flow tests became widely used in spring 2021

Source: Gov.uk dashboard, updated 13 Dec

BBC



Moving to Plan B

You must [wear a face covering](#) in most indoor public places, at large venues and events, and on public transport.

From 13 December, you should work from home if you can.

From 15 December you'll need to show your [NHS COVID Pass](#) at nightclubs, some venues and large events to show you're fully vaccinated, have had a negative test result in the last 48 hours, or you have an exemption.

[Find out how to stay safe and help prevent the spread.](#)

Booster vaccines: People aged 40 and over can now pre-book a booster vaccine 2 months after their second dose. [Book your booster vaccination appointment online](#) or [find a walk-in clinic](#). The NHS will contact you when you are eligible to book your booster dose.

New rules on self-isolation: If you're a contact of someone who may have been infected with the Omicron variant, you must self-isolate for 10 days, regardless of your age, vaccination status or any negative test results.

International travel: Anyone aged 12 and over must take a PCR or lateral flow test 2 days before travelling to England, and show a negative result. You must also take a PCR test within 2 days of arriving and self-isolate until you get a negative test result, even if you are fully vaccinated. [Check what you need to do to travel to England from another country.](#)

Your Health & Wellbeing:

Cold weather can cause serious issues for older and more vulnerable people and can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Here's a few top tips to help you, and your family, stay well in winter.

- Check regularly on older neighbours and relatives
- If you're not very mobile, are 65 or over, or have a health condition such as heart or lung disease, heat your home to at least 18C
- If you're eligible then get your free flu jab and Covid-19 booster
- draw curtains at dusk and keep doors closed to block out draughts to keep your home warmer
- Have hot drinks regularly and try to have at least one hot meal a day

If you think you will struggle with heating costs this winter, then help may be available. [Find out more about help with heating your home here](#) Find more information and advice about how to [stay healthy and well in winter online here.](#)



Local man Bryn Apperley, Chair at Matlock Town Football Club, has once again organised a free Christmas day lunch for the elderly or lonely.

There will be a 3-course meal, coffee and mince pies, a raffle, a sing along and all free of charge.

There will be a gift and card for all. There are lots of places available and no-one will be turned down.

The event will be held at Matlock Town Football Club and is being funded by donations from local businesses, there is no cost to guests at all. A number of volunteers have given up their day to help out with the event

If you know of anyone who might benefit please call Bryn on 07795377893 or email bryn.apperley@matlocktownfc.co.uk



Stay Well
This winter

www.derbyshire.gov.uk/staywellthiswinter

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