



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

- **Testing in the Derbyshire Dales**

There were 1,390 tests reported on 30 January 2022. This shows an increase of 1.6% compared to the previous 7 days.

- **Cases in Derbyshire Dales**

581 new people had a confirmed positive test result reported on 31 January 2022. Between 25 January 2022 and 31 January 2022, 1,056 people had a confirmed positive test result. This shows an increase of 129.6% compared to the previous 7 days.

- **Vaccinations in Derbyshire Dales**

61,200 people given a first dose by the end of 30 January 2022.
58,482 people given a second dose by the end of 30 January 2022.
50,702 people given booster/third dose by end of 30 January 2022.

- **Healthcare in Chesterfield Royal Hospital NHS Foundation Trust**

Between 17 January 2022 and 23 January 2022, 47 went into hospital with coronavirus. This shows a decrease of -42.7% compared to the previous 7 days. There were 48 patients in hospital with coronavirus on 25 January 2022.

- **Deaths in Derbyshire Dales**

Between 25 January 2022 and 31 January 2022, there have been 5 deaths within 28 days of a positive coronavirus test. This shows an increase of 66.7% compared to the previous 7 days.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Monday, 31 January 2022.



England has returned to Plan A measures to prevent the spread of COVID19.

To protect yourself and others:

- let fresh air in if you meet indoors
- consider wearing a face covering in crowded, enclosed spaces
- take lateral flow tests regularly
- wash hands throughout the day

Travel from 11 February (ENGLAND) If you're fully vaccinated you will no longer need to take a COVID-19 test either before or after you arrive in the UK. You still need to complete a passenger locator form.

If you are not fully vaccinated you will need to take a pre-departure test. After you arrive, you will need to take a PCR test on or before day 2, but you will only need to quarantine if it's positive. You still need to complete a passenger locator form.

Further details can be read [here](#)

[Grant Funding for Businesses Affected by Omicron](#)



YOUR HEALTH & WELLBEING - INFORMATION



Time to Talk Day is the nation's biggest mental health conversation and it's nearly here! Taking place on Thursday 3 February 2022, it's the day that friends, families, communities, and workplaces come together to talk, listen and change lives.

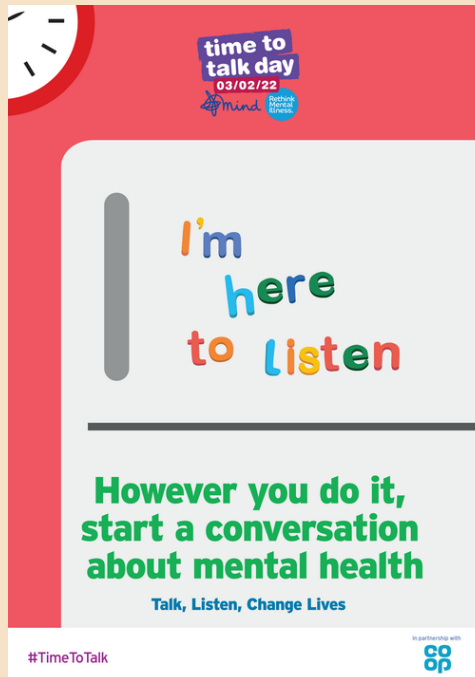
Why talking is important

One in 4 of us will experience a mental health problem in any given year.

We want everyone to feel comfortable talking about mental health – whenever they like. Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.

That's why opening up the conversation about mental health problems is so important – by talking about it we can support ourselves and others.

As a result this year Derbyshire County Council is running a month long Time to Talk Derbyshire campaign from 7 February to 4 March 2022



Losing weight isn't just about the numbers on the scales - it's about how you feel inside. It's about taking a broader approach to weight loss instead of just focusing on dieting or what's on your plate.

It involves thinking about what you're eating, finding your emotional eating triggers and looking for long term solutions by making small changes.

Live Life Better Derbyshire offers free weight management support which will help you to set, and achieve, your long term weight loss goals.

Find out more [here](#)



Derbyshire Recovery & Peer Support Service

Screen-time

How much is too much?
We all love to check our screens! Social media is a great way to keep up with friends and family. Remember to take a break sometimes.

- Put the phone down.
- Switch off the TV.
- Read a book.
- Go outside for a change of scenery
- Get crafting.
- Stretch and breathe.

Find what works for you

➡ [Visit the website for more information](#)

Derbyshire Recovery & Peer Support Service

EMOTIONAL SUPPORT HELPLINE

Monday - Friday
9am - 7pm
Saturday - Sunday
9am - 5pm

Give us a call on 01773 734989
(Option 2), or text 07537 410028
Webchat also available

➡ Their Emotional Support Helpline is open everyday to support you, offer advice and someone to talk to. If you are struggling or need someone to talk to why not give them a call.

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

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