



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

Between 14 March 2022 and 20 March 2022, there have been 7,553 tests. This shows an increase of 24.5% compared to the previous 7 days.

• Cases in Derbyshire Dales

Between 15 March 2022 and 21 March 2022, 719 people had a confirmed positive test result. This shows an increase of 41.8% compared to the previous 7 days.

• Vaccinations in Derbyshire Dales

61,284 given a first dose by the end of 20 March 2022.

59,256 given a second dose by the end of 20 March 2022.

51,491 given a booster/third dose by the end of 20 March 2022.

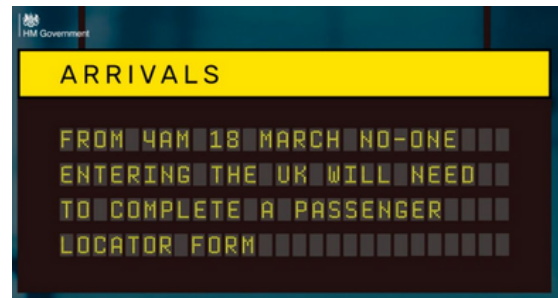
• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

Between 7 March 2022 and 13 March 2022, 34 went into hospital with coronavirus. This shows an increase of 61.9% compared to the previous 7 days. There were 26 patients in hospital with coronavirus on 15 March 2022.

• Deaths in Derbyshire Dales

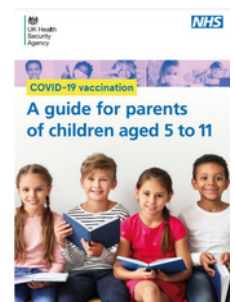
Between 15 March 2022 and 21 March 2022, there have been 0 deaths within 28 days of a positive coronavirus test.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Monday, 21 March 2022.



- From 4am on Friday 18 March **no-one** entering the UK will need to take tests or complete a passenger locator form.
- NHS booster bookings have opened for most vulnerable 12 to 15 year olds. The national booking service has been updated so that the most vulnerable in this cohort can quickly and easily book in a booster jab when they become eligible.
- Vaccines and boosters are also available for people with a severely weakened immune system
- While COVID-19 is typically mild or asymptomatic in most young people it can be very unpleasant for some. A course of vaccine will provide good protection against severe illness and hospitalisation.
- Advice on vaccinating children from the age of 5 has been updated by JCVI.

Vaccinating those aged 12 to 15 should also help to reduce the need for young people to have time off school and reduce the risk of spread of COVID-19 within schools. Boosters are now available to book for those vulnerable in this age group.



YOUR HEALTH & WELLBEING - INFORMATION

GP practice health and care staff

Your local GP practice has a wide array of health professionals who can help you in different ways, without seeing a doctor first, so you can get the right help and advice more quickly.

From physiotherapists and dieticians to pharmacists and nurses, these highly trained experts can help you to help yourself.

Next time you have a health concern, consider whether one of these staff could help you or ask for the advice of the reception staff, who are trained to help get you the best care as quickly as possible. Find out more [here](#)

Advanced Clinical Practitioners are highly trained, skilled clinicians who can help you with many different health problems

Your health matters. Help us help you.

Care Co-ordinators help people to manage their needs through answering queries, making and managing appointments, and ensuring people have good quality information to help them make choices about their care

Your health matters. Help us help you.

Clinical Pharmacists are experts in making sure your medicines work for you

Your health matters. Help us help you.

I'm a General Practice Nurse, and I can help you with most health issues

Your health matters. Help us help you.

Health Care Assistants play a key role in vaccinations and help to free up nurses' time

Your health matters. Help us help you.

Social Prescribing Link Workers connect people to community groups and statutory services for practical and emotional support

Your health matters. Help us help you.



With both the astronomical and meteorological first days of spring behind us the weather is certainly letting us know spring is here!

Take notice of all things spring...

Notice something that is going well, even if today feels difficult

ACTION FOR HAPPINESS

WINNING WAYS TO WELLBEING

- CONNECT: TAKE & LISTEN, FEEL HEARD, FEEL CONNECTED
- GIVE: Your time, your energy, your presence
- TAKE NOTICE: STOP FOR A MOMENT, TAKE A DEEP BREATH, GIVE THE GO
- KEEP LEARNING: FIND NEW OPPORTUNITIES TO LEARN, EXPLORE NEW SKILLS, TAKE COURSES
- BE ACTIVE: Be active for 10 minutes, 3 times a week. You don't need a gym, you just need to move.

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



Derbyshire Carers Association provides a host of services to support unpaid Carers across the county of Derbyshire. If you or someone you know is an unpaid Carer follow the link to their website [here](#), where you will find lots of information.

Online Creative Writing Workshop

Thursdays @ 1-2pm

"Join us for our online expressive writing workshop, Next dates 7th & 21st April.

Sophie will guide you through different writing exercises to help you experience the benefits of expressive writing"

For more info contact Katie on email katie.matkin@derbyshirecarers.co.uk

First Aid Training

Thurs 7th April @ 11am

"This informative, online First Aid training session will allow you to ask a range of questions and receive medical advice from an NHS paramedic, all from the comfort of your own home. "

For more info contact Katie on email Katie.Matkin@derbyshirecarers.co.uk

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

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