



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## LATEST COVID-19 UPDATES:

### • Testing in the Derbyshire Dales

Between 21 March 2022 and 27 March 2022, there have been 7,077 tests. This shows a decrease of -6.3% compared to the previous 7 days.

### • Cases in Derbyshire Dales

Between 22 March 2022 and 28 March 2022, 716 people had a confirmed positive test result. This shows a decrease of -0.4% compared to the previous 7 days.

### • Vaccinations in Derbyshire Dales

61,285 given a first dose by the end of 27 March 2022.  
59,366 given a second dose by the end of 27 March 2022.  
51,615 given a booster/third dose by the end of 27 March 2022.

### • Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

Between 14 March 2022 and 20 March 2022, 85 went into hospital with coronavirus. This shows an increase of 150.0% compared to the previous 7 days.  
There were 59 patients in hospital with coronavirus on 22 March 2022.

### • Deaths in Derbyshire Dales

Between 22 March 2022 and 28 March 2022, 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, 28 March 2022.

UK Health Security Agency

### COVID-19 cases and deaths reported on 28 March across the UK

**587,721** reported cases in the last 7 days

**998** deaths within 28 days of a positive test reported in the last 7 days

A total of **52,783,242** people have now received the first dose of a vaccine

**49,393,056** people have now received the second dose of a vaccine

**38,761,519** people have now received a booster vaccine

Coronavirus (COVID-19)

More info: [coronavirus.data.gov.uk](https://coronavirus.data.gov.uk)

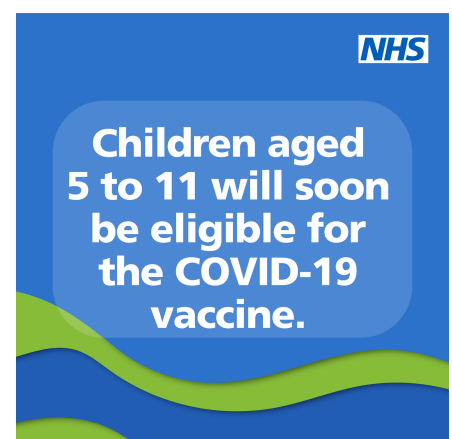


### • Spring COVID-19 booster (ENGLAND)

Care home residents, people aged 75 and over and those with a weakened immune system aged 12 and over will be invited to get a spring COVID-19 booster. The NHS will contact you and invite you to book your spring booster when it's due. Click [here](#) for more information

### • The Test and Trace Support Payment scheme in England has now closed.

If you were told to self-isolate before 24 February you can still make a claim within 42 days of the first day of self-isolation and no later than **6 April**. Further information can be found [here](#)



Watch video: [Vaccinating 5 - 11 year olds](#)

# YOUR HEALTH & WELLBEING - INFORMATION

**What is long Covid?** Long Covid is a term to describe the effects of Covid-19 that continue for weeks or months beyond the initial illness. The health watchdog the National Institute for Health and Care Excellence (NICE) defines long Covid as lasting for more than 12 weeks, although some people consider symptoms that last more than eight weeks to be long Covid. The World Health Organization (WHO) defines long Covid as "usually 3 months from the onset of Covid-19 with symptoms that last for at least 2 months and cannot be explained by an alternative diagnosis."

**How likely am I to get long Covid?** The Office for National Statistics (ONS) estimates that between 3 and 12 per cent of people who catch Covid will still have symptoms 12 weeks after their initial infection. This is based on data provided by 20,000 people in the [Coronavirus Infection Survey](#) (CIS) between 26 April and 1 August 2021.

**Symptoms of long COVID** - There are lots of symptoms you can have after a COVID-19 infection.

- Common long COVID symptoms include:
- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ("brain fog")
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

### Contact a GP if:

- you're worried about symptoms 4 weeks or more after having COVID-19



As spring arrives, our gardens begin to transform. With earlier sunrises and warmer temperatures, birds suddenly seem louder and livelier - you may even spot a few new faces. Find out about [common garden bird species](#) you're likely to spot this spring and summer and what they may be up to - connecting with nature

Choose a different route today and see what you notice



ACTION FOR HAPPINESS

### WINNING WAYS TO WELLBEING

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

## DARLEY DALE GARDENING GROUP

We are currently developing a brand new gardening group based in Darley Dale for those who suffer with their mental health and find a relief in gardening.

We are looking for a volunteer to take on the role as a Facilitator to run this group!

If you are interested in facilitating this group, are green fingered and have a passion for helping others, please get in touch with April on [april.parker@rethink.org](mailto:april.parker@rethink.org)

Derbyshire Recovery & Peer Support Service

## Derbyshire Recovery & Peer Support Service

### Matlock Drop-in

The drop-in is open to everyone who would like advice and support about their mental health.

- Mental Health
- Advice
- Signposting
- Support
- Wellbeing

**When: Tuesday**  
**Time: 10.00 -11.00pm**  
**Where:** The Hub  
 Unit 7 Lime Tree Business Park  
 Lime Tree Road  
 Matlock  
 DE4 3EJ

01773 734 989  
[f Derbyshirerecoveryandpeersupport](https://www.facebook.com/derbyshirerecoveryandpeersupport)  
[DerbyshireRecoveryPeerSupportService@rethink.org](mailto:DerbyshireRecoveryPeerSupportService@rethink.org)

## Derbyshire Recovery & Peer Support Service

### OUR SERVICE:

Rethink carries out the contract for the **Derbyshire Recovery and Peer Support Service**, in partnership with **People, Potential, Possibilities (P3)** and **Derbyshire Federation for Mental Health (DFMH)**.

The service helps people improve and maintain their mental health and wellbeing and reconnect with their local community by offering access to targeted one-to-one staff support, telephone support and community groups, and is open to anyone over the age of 18 living in Derbyshire who is experiencing mental ill health.

**We can support you to take control of your mental health!**

Derbyshire Recovery & Peer Support Service 01773 734989

**Keeping in touch:** If you have any questions, ideas or concerns please email: [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk)

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