



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## LATEST COVID-19 UPDATES:

### • Testing in the Derbyshire Dales

Between 16 May 2022 and 22 May 2022, there have been 2,010 tests. This shows a decrease of -1.7% compared to the previous 7 days.

### • Cases in Derbyshire Dales

Between 12 May 2022 and 18 May 2022, 0 - 2 people had a confirmed positive test result. This shows a decrease of N/A% compared to the previous 7 days.

### • Vaccinations in Derbyshire Dales

**61,574** given a first dose by the end of 22 May 2022.  
**59,854** given a second dose by the end of 22 May 2022.  
**52,260** given a booster or third dose by the end of 22 May 2022.



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

Between 9 May 2022 and 15 May 2022, 19 went into hospital with coronavirus. This shows a decrease of -45.7% compared to the previous 7 days.

There were 16 patients in hospital with coronavirus on 17 May 2022.

### • Deaths in Derbyshire Dales

Between 12 May 2022 and 18 May 2022, there have been 1 deaths within 28 days of a positive coronavirus test. This shows a decrease of -50.0% compared to the previous 7 days.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Monday, 23 May 2022.

**AUTUMN BOOSTER**  
interim JCVI advice

- ▶ Older adult care home residents and workers
- ▶ People 65 and older
- ▶ Frontline health and social care workers
- ▶ People aged 16 to 64 years in a clinical risk group

## Monkeypox cases confirmed in England – latest updates

Thirty-six more cases of monkeypox identified by UKHSA - The UK Health Security Agency (UKHSA) has detected 36 additional cases of monkeypox in England. The latest cases bring the total number of monkeypox cases confirmed in England since 7 May to 56.

The virus does not usually spread easily between people, but it can be passed on through close person-to-person contact or contact with items used by a person who has monkeypox, such as clothes, bedding or utensils. Monkeypox is usually a self-limiting illness and most people recover within a few weeks.

While the current outbreak is significant and concerning, the risk to the UK population remains low. Read more [here](#).

**Symptoms**

- Unusual rashes or lesions on the body, such as the face or genital area
- Fever
- Muscle aches
- Chills & exhaustion
- Headaches
- Swollen lymph nodes

## YOUR HEALTH & WELLBEING - INFORMATION



"I use the NHS App to book my GP surgery appointments and order repeat prescriptions to help manage my kidney condition."

Lauren, midwife

Your NHS, your way  
Download the NHS App



 

Did you know you can use the NHS app to order your repeat prescriptions?

Don't be caught short for the Jubilee Bank Holiday

Plan ahead and check to see if your local pharmacy is open over the bank holiday weekend



### Dehydration

#### Fluid requirements for adults

UK Government advice on fluids is to consume 6-8 glasses per day (around 1.2 litres in total, which equates to 6 x 200ml glasses or 8 x 150ml glasses).

*Check if you're dehydrated*  
*Symptoms of dehydration in adults and children include:*

- feeling thirsty
- dark yellow and strong-smelling pee
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and eyes
- peeing little, and fewer than 4 times a day

*Dehydration can happen more easily if you have:*

- diabetes
- vomiting or diarrhoea
- been in the sun too long (heatstroke)
- drunk too much alcohol
- sweated too much after exercising
- a high temperature of 38C or more
- been taking medicines that make you pee more (diuretics)

[NHS Video - How to prevent Dehydration](#)



**TYPE 2 DIABETES**  
**KNOW YOUR RISK**  
TYPE 2 DIABETES PREVENTION WEEK

**Type 2 Diabetes Prevention Week** is taking place from Monday 23rd May to Sunday 29th May this year.

There are 13.6 million people in the UK at increased risk of developing type 2 diabetes. But for many people there are steps you can take to reduce your risk.

Find out your risk of Type 2 diabetes. Finding out your risk of Type 2 diabetes only takes a few minutes. It could be the most important thing you do today....By completing this tool, in England you may be eligible for the Healthier You NHS Diabetes Prevention Programme. To calculate your risk we will ask you for some special category data. Special category data in this context relates to your health and ethnicity. This information will be stored in such a way that it cannot identify you. All information provided will only be used for the reasons we have described. Before you start, grab a tape measure and scales...

Find out your risk [here](#).



**First Aid Training**  
Monday 18<sup>th</sup> July 2-3pm via Zoom

This informative, online **First Aid** training 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



**Music Taster Workshop**  
Friday 27<sup>th</sup> May 2pm - 3:15pm

**Music Taster Workshop** - If you love music or have a passion for singing / movement to music, join us in a new zoom music session!

For more info contact Katie Matkin on 07773 173 416 or email [Katie.Matkin@derbyshirecarers.co.uk](mailto:Katie.Matkin@derbyshirecarers.co.uk)

**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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