



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

Between 29 June 2022 and 5 July 2022, there have been 1,837 tests. This shows a decrease of -3.5% compared to the previous 7 days

• Cases in Derbyshire Dales

Between 25 June 2022 and 1 July 2022, 16 people had a confirmed positive test result. This shows an increase of 6.7% compared to the previous 7 days.

• Vaccinations in Derbyshire Dales

61,600 given a first dose by the end of 5 July 2022.
60,000 given a second dose by the end of 5 July 2022.
52,435 given a booster or third dose by the end of 5 July 2022.

• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

Between 27 June 2022 and 3 July 2022, 40 went into hospital with coronavirus. This shows an increase of 185.7% compared to the previous 7 days. There were 26 patients in hospital with coronavirus on 5 July 2022.

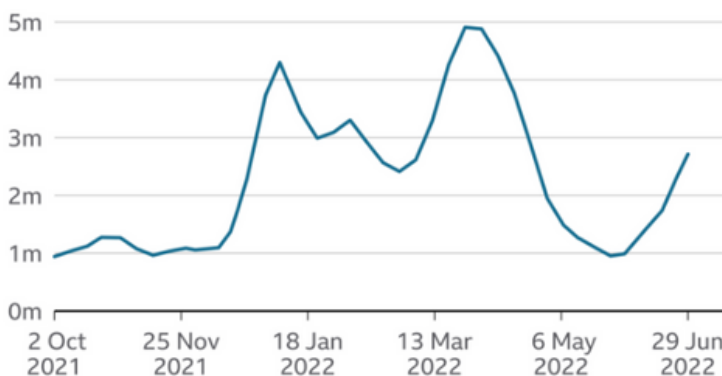
• Deaths in Derbyshire Dales

Between 25 June 2022 and 1 July 2022, there have been 3 deaths within 28 days of a positive coronavirus test.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Wednesday 6 July 2022.

UK infections up 18% week-on-week

Estimated people testing positive for coronavirus



Source: Office for National Statistics, 8 Jul



Report a COVID-19 rapid lateral flow test result

Use this service to report your result to the NHS after using a rapid lateral flow test kit to check if you're infectious with coronavirus (COVID-19).



Latest R and growth rate for England

These estimates represent the transmission of COVID-19 2 to 3 weeks ago due to the time delay between someone being infected, developing symptoms, and needing healthcare.

There is increased uncertainty in both national and regional estimates at present, due to changes in testing policy, which make trends in data streams less clear.

Latest R range for England

1.1 to 1.3

Latest growth rate range for England

+2% to +5%

per day

An R value between 1.1 and 1.3 means that, on average, every 10 people infected will infect between 11 and 13 other people.

A growth rate of between +2% and +5% means that the number of new infections is growing by between 2% and 5% every day.

Beware of COVID-19 payment scams



Close contact of someone with COVID-19?

The NHS will never ask you to call a premium-rate number, make a payment or give your card details.

Received something suspicious?

Report emails at report@phishing.gov.uk or forward texts for **free to 7726**



Still have questions about the vaccine?

- That's ok!
Find out more about:
- What happens at your appointment
 - Side effects and safety
 - Vaccination for children
 - Pregnancy, breastfeeding and fertility
 - Health conditions and the vaccine

YOUR HEALTH & WELLBEING - INFORMATION



Let's Chat.

Have you spotted our 'Let's Chat' bench signs yet?

There's over 700 Let's Chat benches appearing across Derbyshire in parks, town centres and community venues.

Loneliness and isolation is a growing issue and our benches aim to help people reconnect, strike up a conversation and feel part of a community.

They're a safe space to meet, connect and chat.

Each bench has a QR code with mental health support information as well as ideas about how to start a conversation around mental wellbeing,



Scan the QR code to find your nearest Let's Chat bench.

Why not find your nearest bench and strike up a conversation? Share a pic using #LetsChatDerbyshire

Join our Mental Health Campaign Ally group:
Email luke.oldham@derbyshire.gov.uk for info



“Let's Chat Derbyshire” bench signs campaign. These signs are to encourage conversations, encourage people to get out and about visiting new locations, as well as providing information around Mental Health Support and isolation.

Derbyshire County Council have been working in partnership with local councils, communities and partners including Chatsworth right across Derbyshire to get the signs up and map them across the County. There is an [interactive map](#) where anyone can locate benches to visit.

Heat exhaustion and heatstroke

Heat exhaustion is not usually serious if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

Spot the signs:

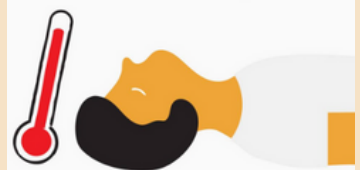
Heat exhaustion:

- May be dizzy or confused
- Complaining of a headache or cramps
- Sweating, cool skin and paler than usual
- Feel sick
- Experience fast breathing and heart rate



Heatstroke:

- May have hot, flushed and dry skin
- May have a headache, feel dizzy or be confused and/or restless
- Have a body temperature of over 40°C
- May get worse quickly and become unresponsive



NHS - Heat exhaustion & Heatstroke

Postnatal Wellbeing Group

To sign up or for more information:
Call 0300 123 0542
or
Google Search 'Talking Mental Health Derbyshire'
For our website/referral form

"I cannot cope and feel so alone"

A 7 SESSION ONLINE COURSE DELIVERED BY THERAPISTS, TO SUPPORT WOMEN WITH A CHILD UNDER ONE, WHO MAY BE STRUGGLING WITH ANXIETY/DEPRESSION.



Sessions will explore:
- anxiety and stress
- depression and low mood
- self care and compassion
- challenging negative thoughts
- managing worry/uncertainty
- staying well for the future
...all in a safe and supportive space.
Tuesdays 10am-12pm

Talking Mental Health Derbyshire are running a postnatal wellbeing group on Tuesdays.

For more information have a look at their website - [Talking Mental Health Derbyshire](#).

Postnatal depression and perinatal mental health - Mind

The symptoms of postnatal depression are similar to the symptoms of **depression**. They include:

- feeling sad or low
- being unable to enjoy things that normally bring you pleasure
- tiredness or loss in energy
- poor concentration or attention span
- low self-esteem and self-confidence
- disturbed sleep, even when your baby is asleep
- changes in appetite



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

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