



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

Between 27 July 2022 and 2 August 2022, there have been 1,489 tests. This shows a decrease of -1.7% compared to the previous 7 days.

• Cases in Derbyshire Dales

Between 23 July 2022 and 29 July 2022, 9 people had a confirmed positive test result.

• Vaccinations in Derbyshire Dales

61,661 given a first dose by the end of 2 August 2022.
60,147 given a second dose by the end of 2 August 2022.
52,591 given booster or third dose by the end of 2 August 2022.

• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

Between 25 July 2022 and 31 July 2022, 32 went into hospital with coronavirus. This shows a decrease of -3.0% compared to the previous 7 days. There were 15 patients in hospital with coronavirus on 2 August 2022.

• Deaths in Derbyshire Dales

Between 23 July 2022 and 29 July 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 Wednesday 03 August 2022.



• The pandemic taught us that good ventilation is vital

The challenge is to balance improvements in the health of our indoor environments with our net-zero ambitions. Article by Sir Patrick Vallance and Professor Peter Guthrie.

Published 15 June 2022

• National flu and COVID-19 surveillance reports published

Weekly national influenza and coronavirus (COVID-19) report, COVID-19 activity, seasonal flu and other seasonal respiratory illnesses.

• Finding and choosing a private coronavirus (COVID-19) test provider

If you need to purchase a coronavirus (COVID-19) test from a private provider, the following are private test providers.



Covid additional relief fund

Covid Additional Relief Fund (CARF)

The Government has recently given the council funding to allow it to award a reduction in the business rates payable for 2021/22 for certain businesses.

To qualify for this relief a business must:

- have (or have had) an amount of business rates to pay in respect of a property for 2021/22
- not be entitled to the extended retail discount, or nursery discount, from rates (this is properties used for retail, hospitality, or leisure purposes)
- be in actual occupation of the property during 2021/22
- have been adversely affected by covid

If you think that this might apply to you then please complete the following [online application form](#).

Please note: qualification for this relief is by application only and the application process will close on **31st August** i.e. if you have not applied by that date you will not get any relief even if you would otherwise have qualified for it.

If you have any queries regarding this relief, or your application, please email revenues@derbyshiredales.gov.uk



YOUR HEALTH & WELLBEING - INFORMATION

**Call the Derbyshire
Mental Health Helpline,
we're open 24 hours
a day, seven days
a week.**



NHS
Derbyshire Healthcare
NHS Foundation Trust

Struggling to cope?
Talk to us - anytime.
Call 0800 028 0077.
The helpline is here
for Derbyshire people
of all ages. Since April
2020 the helpline
team has spoken to
over 1,500 people a
month.

The Derbyshire Mental Health Helpline is a 24/7 freephone support service for people living in Derby and Derbyshire of all ages. It supports anyone who may be feeling that they need support or advice about their mental health and is run in partnership between Derbyshire Healthcare Foundation Trust (DHcFT), P3 and Derbyshire Federation for Mental Health.

- [Derby and Derbyshire emotional health and wellbeing website](#) - bringing together information from across different health and care providers in the city of Derby and the county of Derbyshire
- [Derbyshire County Council website](#) - this site has lots of information about mental health and wellbeing
- The IAPT talking therapies services - which are listed on the [Joined Up Care Derbyshire website](#)
- [Staying safe website](#) - if you are experiencing suicidal thoughts, this site has lots of information to help you get through
- [Waiting well](#) - advice for those waiting for an appointment

[Watch a video on mental wellbeing and support](#)

**Live Life
BETTER
DERBYSHIRE**

MEN - we want to hear from you! We're asking Derbyshire men to give us their thoughts about how they feel about health and wellbeing. Please spare us a few minutes to fill in our survey - you could be in with a chance to win a prize too! Complete the survey [here](#).



Exercise doesn't have to be a hassle. It can be as simple as a brisk walk around town. Doing little things every day to be more active can really lift your mood and put a smile on your face.

Find ways to get active [here](#).

Did you know Derbyshire Live Life Better offer a FREE physical activity service for Derbyshire residents? Visit their page [here](#).



Women's Health



6 things to know about the menopause

The menopause is a natural part of ageing, and occurs when a woman stops having periods and is no longer able to have children. It's a gradual process which happens over months or years.

6 quick facts about the menopause

- 1 The menopause is caused by changes in hormone levels which take place as a woman gets older.
- 2 Menopausal symptoms include hot flushes, mood changes, memory problems and changes in sex drive.
- 3 The length of time that symptoms last for varies between individuals, but averages about 4 years.
- 4 Treatment is available to help with symptoms if you want it.
- 5 A healthy diet and regular exercise, alongside simple behavioural changes, can improve some symptoms.
- 6 Talking helps – friends, family and professionals can give support and guidance.

[Things you can do](#)
[-Menopause](#)

[Treatment](#)
[-Menopause](#)

[Help and support](#)
[-Menopause](#)

Common symptoms of menopause and perimenopause

Symptoms can have a big impact on your daily life, including relationships, social life, family life and work.

It can feel different for everyone. You may have a number of symptoms or none.

Symptoms usually start months or years before your periods stop. This is called the perimenopause.

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

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