



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## LATEST COVID-19 UPDATES:

- **Testing in the Derbyshire Dales**

Between 17 August 2022 and 23 August 2022, there have been 767 tests. This shows a decrease of -31.5% compared to the previous 7 days.

- **Cases in Derbyshire Dales**

Between 13 August 2022 and 19 August 2022, 0 - 2 people had a confirmed positive test result.

- **Vaccinations in Derbyshire Dales**

- 61,669 people had been given a first dose by the end of 23 August 2022.
- 60,180 people had been given a second dose by the end of 23 August 2022.
- 52,618 people had been given a booster or third dose by the end of 23 August 2022.

- **Healthcare in Chesterfield Royal Hospital NHS Foundation Trust**

Between 15 August 2022 and 21 August 2022, 13 went into hospital with coronavirus. This shows an increase of 8.3% compared to the previous 7 days. There were 8 patients in hospital with coronavirus on 23 August 2022.

- **Deaths in Derbyshire Dales**

Between 6 August 2022 and 12 August 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 24 August 2022.



From 31 August, regular asymptomatic testing will be paused across certain settings including in hospitals and care homes. The vaccine booster programme will protect those at risk from severe Covid. [Regular asymptomatic testing](#)



COVID HASN'T GONE AWAY SO IT'S IMPORTANT TO GET EVERY VACCINATION YOU'RE ELIGIBLE FOR, INCLUDING BOOSTERS

A BOOSTER DOSE INCREASES YOUR PROTECTION AGAINST SERIOUS ILLNESS.

[BOOK NOW ► NHS.UK/COVIDVACCINE](https://www.nhs.uk/COVIDVACCINE)



- **Novavax COVID-19 vaccine approved for 12 to 17s by MHRA**

The Medicines and Healthcare products Regulatory Agency has concluded that Nuvaxovid is safe and effective in this age group

- **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.

## YOUR HEALTH & WELLBEING - INFORMATION



The rules around blood donation changed last year to become more inclusive, meaning more people than ever can make the life-saving decision to #GiveBlood safely  
 Who can give blood - NHS Blood Donation  
 Our donor centres and local venues - 25 permanent blood donation venues and thousands of local venues situated in towns and cities across England,

## Wellbeing Wednesday's

Derbyshire Federation for Mental Health are running free workshops and short courses as part of their Wellbeing Wednesday Programmes at The Greenaway Project, Matlock. Programmes include one off workshops & short courses. Book [here](#).

**FREE**  
**MENTAL HEALTH AWARENESS**  
**WORKSHOP**  
**Wednesday 14<sup>th</sup> September**  
**9.30-12.00pm**

This workshop provides knowledge and understanding of common and mild mental health issues. It aims to increase insight into our own and others mental health, understand the impact of mental health and gain sight into developing communication and support.

To find out more and book a place  
<https://www.eventbrite.co.uk/e/mental-health-awareness-workshop-free-tickets-392498973997>  
 Contact Sarah at [sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk) for further information

The Greenaway Project at:  
 Greenaway Workshop  
 Old School Close  
 Matlock  
 DE4 2PT

The Derbyshire Federation for Mental Health  
 Company No 529433  
 Charity No 112741

**STRICTLY NO FALLING PRESENT:**  
**AN AFTERNOON OF STAYING STEADY**  
**THURSDAY 20<sup>th</sup> OCTOBER 2022**  
**1PM - 3.30PM**

@ The Whitworth Centre, Darley Dale

Talks, demonstrations and advice  
**FREE REFRESHMENTS**  
 Come along to find out how YOU can **LIVE STRONGER FOR LONGER**

Derby & Derbyshire **ageUK**  
**STRICTLY No Falls**  
 Darley Dale Town Council  
 Serving the people of Darley Dale  
**DERBYSHIRE** County Council  
 Improving life for local people

### STRICTLY NO FALLING CLASSES FALLS PREVENTION CLASSES AROUND DERBYSHIRE

National recommendations from the Department of Health state that, as we get older, in order to get the health benefits of being active we should do the following:

- Aim to be active daily and try to do at least 2.5 hours of moderate intensity activity a week
- Do exercises to improve the strength of our muscles and bones.
- Do exercises to help improve our balance and coordination.

Strength and balance is considered to be one of the biggest interventions in reducing the risk of falls.

All of the Strictly No Falling classes will include exercises to help you achieve these objectives.

**FREE INTRODUCTION TO MINDFULNESS**  
**Wednesday 14<sup>th</sup> September**  
**1.30 - 3.00pm**

This workshop is for those wishing to come and gain insight into the nature of mindfulness. It provides opportunity for anyone who would like to understand mindfulness, how it can help their lives and how to begin practice.

Mindfulness is a science based skill that anyone can learn and benefit from in their daily lives.

To find out more and book a place  
<https://www.eventbrite.co.uk/e/free-introduction-to-mindfulness-tickets-391070270707>  
 Contact Sarah at [sarahlowe@dfmh.co.uk](mailto:sarahlowe@dfmh.co.uk) for further information

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 Charity No 112741



**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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