



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## LATEST COVID-19 UPDATES:

### • Testing in the Derbyshire Dales

Between 24 August 2022 and 30 August 2022, there have been 939 tests. This shows an increase of 22.4% compared to the previous 7 days.

### • Cases in Derbyshire Dales

Between 20 August 2022 and 26 August 2022, 3 people had a confirmed positive test result. This shows an increase of 50.0% compared to the previous 7 days.

### • Vaccinations in Derbyshire Dales

- 61,663 people had been given a first dose by the end of 30 August 2022.
- 60,182 people had been given a second dose by the end of 30 August 2022.
- 52,628 people had been given a booster or third dose by the end of 30 August 2022.

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

Between 22 August 2022 and 28 August 2022, 9 went into hospital with coronavirus. This shows a decrease of -30.8% compared to the previous 7 days. There were 4 patients in hospital with coronavirus on 30 August 2022.

### • Deaths in Derbyshire Dales

Between 20 August 2022 and 26 August 2022, there has been 1 death within 28 days of a positive coronavirus test.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Wednesday 31 August 2022.



**NHS**

**People aged 75 and over, frontline health and care staff and those with a weakened immune system will be able to book from Wednesday.**

Online booking for autumn Covid boosters opens on Wednesday for people who are:

- aged 75 and over
- immunosuppressed
- health & social care workers

Other eligible groups should wait to be contacted by the NHS. More info: <https://www.england.nhs.uk/.../vaccine-bookings-to-open.../>



### 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

**0.8 to 1.0**

Latest growth rate range for England

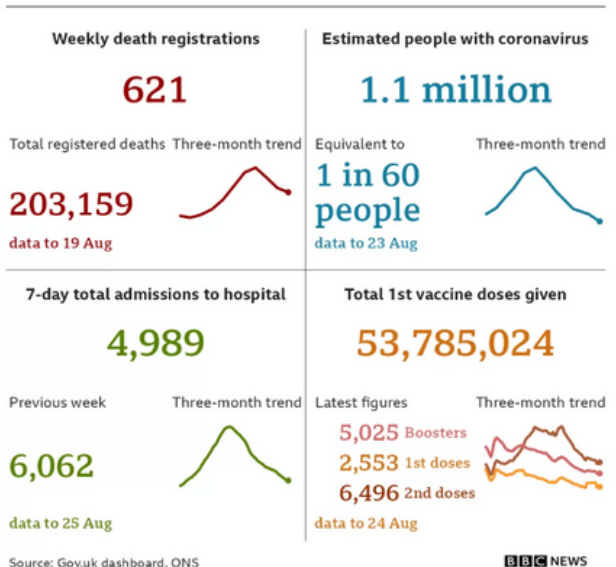
**-4% to -2%**

per day

An R value between 0.8 and 1.0 means that, on average, every 10 people infected will infect between 8 and 10 other people.

A growth rate of between -4% and -2% means that the number of new infections is shrinking by between 2% and 4% every day.

### Coronavirus in the UK



# YOUR HEALTH & WELLBEING - INFORMATION

SEPTEMBER 10TH IS WORLD SUICIDE PREVENTION DAY.



**DERBYSHIRE**  
County Council

**Zero Suicide Alliance**

**Suicide Prevention is everyone's business.**

There's lots that we can all do to help prevent suicide including taking part in free suicide awareness training. Find out more here: [suicide-awareness-training](#)

The latest suicides statistics showed that in 2018, in the UK and Republic of Ireland, more than 6,800 people died by suicide. Every life lost to suicide is a tragedy.

**SAMARITANS**

**Call 116 123**

[jo@samaritans.org](mailto:jo@samaritans.org)  
Response time: 24 hours

**Myths about suicide** [Understanding the facts can help you to help someone struggling to cope.](#)

### How to start a conversation with someone:

Just being there to listen and showing you care can help. Here are some tips on how to open up a conversation with someone you're worried about:

- Choose a good time, and somewhere without distractions
- Use open questions that need more than a yes/no answer 'How are things, I've noticed you don't seem quite yourself?'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do

Where to get help for someone - [Professional help](#)

## KNOW YOUR NUMBERS WEEK 5TH - 11TH

### SEPTEMBER

It's Know your Numbers week - encouraging adults to know their blood pressure numbers and to take action to reach a healthy blood pressure. Find out more: [Blood Pressure UK](#)

**120/80**

An ideal blood pressure is under 120/80mmHg. Do you Know Your Numbers?

Here are just some of the reasons why everyone should Know Their Numbers.

- 1 in 2 strokes and heart attacks are the result of high blood pressure.
- 1 in 3 adults in the UK have high blood pressure.
- 1 in 2 adults with high blood pressure don't know they have it or aren't receiving treatment.
- 6 million people in the UK alone have high blood pressure and don't know it.
- £2.1 billion – that's how much high blood pressure costs the NHS every year.

[NHS - Blood Pressure](#)



**Blood Pressure UK**  
Helping you to lower your blood pressure



Self-care isn't selfish, it's essential. No-one's perfect. But so often we compare our insides to other people's outsides. This month you are encouraged to be kinder to yourself (as well as others), especially when things go wrong. Self-care increases our resilience and helps us get more out of life.

**Focus on the basics:  
eat well, exercise and  
go to bed on time**



ACTION FOR HAPPINESS

**Give yourself permission to say 'no'**



ACTION FOR HAPPINESS

**Be willing to share how you feel and ask for help when needed**



ACTION FOR HAPPINESS

**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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