



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## LATEST COVID-19 UPDATES:

### • Testing in the Derbyshire Dales

Between 20 October 2022 and 26 October 2022, there have been 948 tests. This shows an increase of 28.8% compared to the previous 7 days.

### • Cases in Derbyshire Dales

Between 16 October 2022 and 22 October 2022, 9 people had a confirmed positive test result. This shows a decrease of -25.0% compared to the previous 7 days.

### • Vaccinations in Derbyshire Dales

**61,489** people had been given a first dose by the end of 26 October 2022.

**60,040** people had been given a second dose by the end of 26 October 2022.

**52,689** people had been given a booster or third dose by the end of 26 October 2022.

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

Between 18 October 2022 and 24 October 2022, 34 went into hospital with coronavirus. This shows a decrease of -12.8% compared to the previous 7 days.

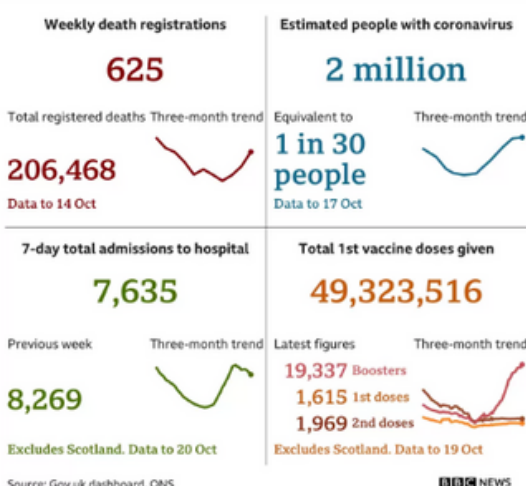
There were 23 patients in hospital with coronavirus on 26 October 2022.

### • Deaths in Derbyshire Dales

Between 16 October 2022 and 22 October 2022, there have been 1 death within 28 days of a positive coronavirus test. This shows a decrease of -66.7% compared to the previous 7 days.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Thursday 27 October 2022.

### Coronavirus in the UK



It may not feel like winter yet, but flu is in season.

Flu is not simply a bad cold; it can increase your risk of more serious illness. The vaccine is available for all aged 50+ and it will help protect you this winter when you are most vulnerable.

What are the symptoms of the flu?

Symptoms of the flu can include:

- a fever
- a dry cough
- sore throat
- headache
- muscle aches
- feeling sick and being sick
- diarrhoea
- feeling very tired.

### Who can get a free flu jab?

You can get a free flu jab from your GP or pharmacist if:

- you're aged 65 or over
- you're aged 50 and over, starting from mid-October (including if you'll be 50 years old by 31st March 2023).
- you live in residential care or another long-stay care facility
- you provide care for an older or disabled person
- you live in the same household as someone who is on the Shielded Patient List or is immunocompromised
- you have certain health conditions - a full list can be found on the NHS website.
- you're pregnant.

If you're a frontline worker in the NHS, the NHS will pay for your vaccination.

• HEALTH

• WELLBEING

• COST OF LIVING

**Heard of RSV?** It's a common winter virus and the most common cause of bronchiolitis in children under 2. Most cases are mild but in some children it can be more serious. Learn more about bronchiolitis → <https://www.nhs.uk/conditions/bronchiolitis/>



UK Health Security Agency

**RSV**

**RSV is a common seasonal winter virus. It causes coughs and colds and is the most common cause of bronchiolitis in children under 2**

Most cases are not serious and clear up in 2-3 weeks.

It can be more severe in premature babies, those under 2 months and those with underlying health conditions.

**Seasonal affective disorder (SAD)**

Seasonal affective disorder (SAD) is a type of depression that occurs during particular seasons. It's more common in winter, as we adjust to the change in seasons and feel lower in mood and energy.

What are the symptoms of SAD? Typical symptoms of seasonal affective disorder include:

- low mood
- lacking energy
- sleeping for longer and struggling to get up in the morning
- overeating
- not enjoying things you usually do
- difficulty with concentration and memory.

The severity of symptoms varies from one person to another. Some people might just find it harder to get out of bed on dark, chilly mornings whilst others find that their symptoms have a big impact on their daily life.

Symptoms - Seasonal affective disorder (SAD) - NHS ([www.nhs.uk](http://www.nhs.uk))

**Keep well this winter**

**Keep well this winter**

As we get older, it can be harder to stay healthy in winter. Let's look at why that is, and what we can do to keep well - from beating the winter blues to making...

When you get your flu jab, check if you're also eligible for the pneumo vaccine, which helps protect you from pneumonia, and the Shingles vaccine.



**WARM WEDNESDAYS AT THE WHITWORTH**

NOVEMBER-FEBRUARY  
EVERY WEDNESDAY 9.30AM-4.30PM

The Whitworth Wellbeing

COME AND RELAX IN THE WARM WITH BOOKS, GAMES, & MAGAZINES, ALL IN COMFY ARMCHAIRS, KINDLY DONATED BY DFS

[www.thewhitworth.org](http://www.thewhitworth.org) Tel: 01629 733678

The Whitworth is delighted to announce their new initiative, 'Warm Wednesday at The Whitworth.' With the support of Derbyshire County Council, Darley Dale Town Council, DFS and Age UK Derby and Derbyshire, they will be providing a warm and welcoming environment in the beautiful setting of The Old Library. Free of charge, you are encouraged to go along, play a game, read a magazine and make friends.

This week is **Pension Awareness Week**. Follow the link below to find out more and join some informative digital events

Everyone deserves to be able to retire right. But how can we when we're battling with the cost of living? Tune in for free to the 9th consecutive Pension Awareness to discover what you can do now to protect your money and future.

Live Shows - Pension Awareness Day

**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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