



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

Between 3 November 2022 and 9 November 2022, there have been 544 tests. This shows an increase of 218.1% compared to the previous 7 days.

• Cases in Derbyshire Dales

Between 30 October 2022 and 5 November 2022, 0 - 2 people had a confirmed positive test result.

• Vaccinations in Derbyshire Dales

61,460 people had been given a first dose by the end of 9 November 2022.

60,012 people had been given a second dose by the end of 9 November 2022.

52,734 people had been given a booster or third dose by the end of 9 November 2022.

• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

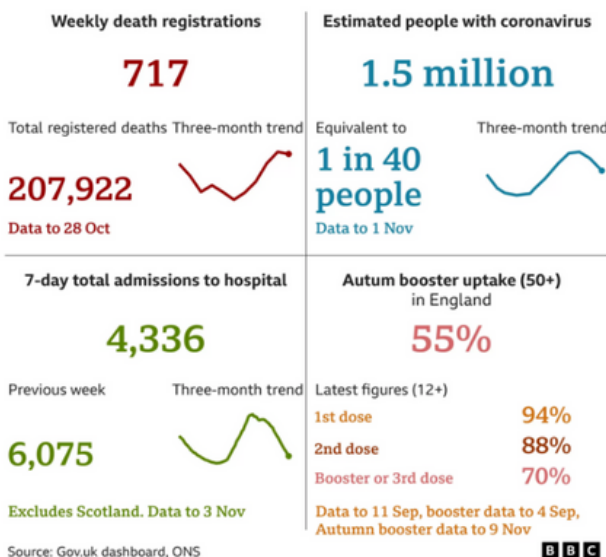
Between 1 November 2022 and 7 November 2022, 13 went into hospital with coronavirus. There were 6 patients in hospital with coronavirus on 9 November 2022.

• Deaths in Derbyshire Dales

Between 30 October 2022 and 5 November 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 Thursday 10 November 2022.

Coronavirus in the UK



The mobile Covid-19 vaccination service is back



No appointment needed. No need to be registered with a GP.

The Covid-19 mobile vaccination service is back! Still need your 1st or 2nd dose? Overdue your next one? Find out where the van is visiting so you can pop along and get vaccinated:

<https://bit.ly/3bUnJQE>



You can call **119** to book a COVID-19 vaccination appointment, including booster vaccination appointments.

Calls to **119** are free from mobiles and landlines. Lines are open every day from 7am to 11pm. **119** provides support in 200 languages.

If you need help from a British Sign Language (BSL) interpreter, use the free online **119** BSL interpreter service from SignVideo.



You can call 119 if you have questions, for help with booking a vaccine, testing, NHS Covid Pass, and more.

SELF CARE WEEK

Remember Your Time Matters! Why not visit your local pharmacy for health and medication advice. It is quicker, easier, simpler!



Feeling unwell? Visit your local pharmacy, they are professionally trained to help you with minor illnesses and can ensure you get the right help from a doctor if needed.

Do you have a long term condition?

You might need your blood pressure checked - your pharmacy team can help.

#SelfCareWeek



world diabetes day
14 November

Being diagnosed early is so important for all types of diabetes. It can save lives, prevent a medical emergency, and reduce the risk of life-changing complications later.

Know the symptoms of type 1 diabetes – the 4Ts. If you spot any of these signs, see a doctor for a test immediately.

What are the symptoms of type 1 diabetes?

- Toilet** – going for a wee more often, especially at night.
- Thirsty** – being constantly thirsty & not being able to quench it.
- Tired** – being incredibly tired & having no energy.
- Thinner** – losing weight without trying to or looking thinner than usual.

DO YOU THINK YOU MAY HAVE A LEAKY LOO, SHOWER OR TAP?

This can waste up to **£300 a year**. If you would like one of our technicians to see if they can help fix your leaky loo, shower or tap, please scan this QR code and someone will be in touch*.

TOP MONEY SAVING TIPS FOR YOUR HOME

- STOP THE DRIP**
Even a small dripping tap (two drips a second) can cost around **£15 a year**. This can quickly escalate with a constant stream of drips wasting **£90 a year on water**.
- INSTALL A METER FOR FREE**
To feel the full benefit of these cost savings, you could have a meter fitted. To find out more visit: stwater.co.uk
- TURN OFF THE TAP** ✓ **£100**
A family of four turning off the tap when they clean their teeth, could save **£100 a year on water**.
- LOW FLOW SHOWER HEAD** ✓ **£100**
A family of four changing to a low flow shower head, could save **£100 a year on water and energy**.
*Not suitable for electric showers.
- CUT DISHWASHER RUNS** ✓ **£75**
Cutting two dishwasher runs per week by using full loads, could save **£75 a year on water and energy**.
- CUT WASHING MACHINE LOADS** ✓ **£50**
Cutting two washing machine loads per week by using full loads, could save **£50 a year on water and energy**.

You can order more of our water saving devices by visiting Get Water Fit: stwater.co.uk/order-devices or scan the QR code.

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

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