



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

- **Testing in the Derbyshire Dales**

Between 8 December 2022 and 14 December 2022, there have been -2,202 tests. This shows an increase of 209.8% compared to the previous 7 days.

- **Cases in Derbyshire Dales**

Between 4 December 2022 and 10 December 2022, 5 people had a confirmed positive test result. This shows an increase of 150.0% compared to the previous 7 days.

- **Vaccinations in Derbyshire Dales**

61,564 people had been given a first dose by the end of 14 December 2022.

60,094 people had been given a second dose by the end of 14 December 2022.

52,878 people had been given a booster or third dose by the end of 14 December 2022.

- **Healthcare in Chesterfield Royal Hospital NHS**

Between 6 December 2022 and 12 December 2022, 12 went into hospital with coronavirus. This shows a decrease of -33.3% compared to the previous 7 days.

There were 12 patients in hospital with coronavirus on 14 December 2022.

- **Deaths in Derbyshire Dales**

Between 4 December 2022 and 10 December 2022, there have been 2 deaths within 28 days of a positive coronavirus test. This shows an increase of 100.0% compared to the previous 7 days.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Thursday 15 December 2022.



The Cold Weather Plan for England

Protecting health and reducing harm from cold weather

The Cold Weather Plan (CWP) for England is a framework intended to protect the population from harm to health from cold weather.

It aims to prevent the major avoidable effects on health during periods of cold weather in England by alerting people to the negative health effects of cold weather, and enabling them to prepare and respond appropriately.

DDCVS's bulletin is compiled by the staff of DDCVS from a wide range of information. While every effort is made to check the accuracy of the material, no liability can be accepted for any error or omission. Inclusion of an item in the bulletin does not mean approval or recommendation by DDCVS.

UK Health Security Agency

Cold weather

Look out for others as the temperature drops.

Cold weather can have serious consequences for health, and older people and those with heart or lung conditions can be particularly at risk.

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More info → <https://www.nhs.uk/.../seasonal-health/keep-warm-keep-well/>

UK Health Security Agency

NHS

SPREAD THE LOVE THIS FESTIVE SEASON... NOT THE FLU

If you have symptoms of flu or COVID-19, try to stay at home and avoid close contact with others to protect friends and loved ones.

Warm Rooms

DERBYSHIRE DALES



- A warm place, Methodist Church, Bakewell on Thursdays from 1.30pm to 4.30pm
- Warm Wednesdays, The Whitworth, Darley Dale on Wednesdays from 9.30am to 4.30pm
- Heritage centre, Wirksworth on Wednesdays from 10am to 4pm
- Feather Star, Wirksworth on Mondays from 9.30am to 3.30pm
- Waltham House, Wirksworth on Mondays from 11am to midday
- Glenorchy Centre, Wirksworth on Mondays from 7pm to 9pm
- Hurst Farm Social Club, Matlock on Mondays, Wednesdays and Fridays from 10am to 2pm
- United Reform Church, Wirksworth on Fridays from 9.30am to 11am
- Crich Glebe Field Centre, Crich, Monday to Thursday, 9.30 to 4.30pm

See the full details, including open times, of warm spaces in Derbyshire Dales [here](#).



Five things you can do to help you and your family stay well this Christmas

Get your repeat prescriptions: Order and collect any repeat prescriptions you need before 21 December to ensure you have what you need over the Christmas period. It can take a few days to process your repeat prescription request, so get your request in as early as you can. It is also important to remind any elderly relatives who may be coming to visit.

Stock up the medicine cabinet: Prevent Christmas misery by checking your medicine cabinet and keeping it stocked with over-the-counter medicines, especially cough, cold and flu remedies. This will help you to manage common winter illnesses and minor injuries at home, particularly as GP surgeries will close over the holiday. Click here for advice on what to keep in your medicine cabinet.

Don't put off the dentist if you have toothache: Nobody wants to make a trip to the dentist around Christmas, but you don't want to be lumbered with toothache on Christmas Day. What may seem like a relatively small issue can develop quickly into something more serious, resulting in even more pain and discomfort. So listen to your mouth and visit a dentist for advice as soon as possible if you have any signs of toothache or discomfort.

Don't wait to get advice – 111.nhs.uk is here for you: If you do feel unwell or need advice on a health concern, get help early before your condition worsens by contacting your local pharmacist or visiting NHS 111 online. NHS 111 online is a great resource for you to use over the winter period, it's quick, easy and available 24/7.

Through 111.nhs.uk, you can:

- find out how and where to get the right healthcare in your area, whether it's through your GP, urgent care or pharmacist
- get advice on self-care
- get a call back from a nurse, doctor or other trained health professional if required

People should still call 999 or go to A&E in an emergency – when someone is seriously ill or injured and their life is at risk.

Get your vaccines: The last thing you can do to prepare for the winter period is to get your flu and covid jab booked in. It can take 2-3 weeks for the flu and Covid-19 vaccine to kick in and offer protection, so get booked in as soon as you can, if you are eligible, to reduce the risk of falling poorly over Christmas. Book online or call 119. Visit 111.nhs.uk for healthcare advice. Find a pharmacist here or find a dentist here, and to book your vaccine, go online or call 119;

Keeping safe in the cold weather



Keep your home warm

- Heat your home to at least 18°C.
- Draw your curtains at dusk to help keep the heat generated inside your room.
- Insulate and draft proof your home.
- Check if there are any grants or benefits available to you to help with bills and/or energy efficiency.

Be prepared!

- If you are not on mains gas or electricity, make sure you have a good supply of heating oil or LPG or solid fuels, so you don't run out of fuel over winter.
- Ensure all heating and cooking appliances are checked by a Gas Safe registered engineer.
- Stock up on tinned and frozen food to avoid going out when it's cold or icy.
- Contact your water and power suppliers to see if you are eligible to be on the Priority Services Register. Please search online: [Get help from your supplier - Priority Services Register | Ofgem](#) or contact your energy supplier.
- The Derbyshire County Council website has lots of [information on welfare rights and benefits](#).

Keep yourself warm

Make sure you are layered up with lots of thin layers of clothing made from wool, cotton, or fleecy material. Always wear socks and good-fitting slippers with good grip inside and shoes with good grip outside to prevent trips, slips and falls. If you use an electric blanket- use as instructed. Get it tested for safety every 3 years. Don't use it with a hot water bottle. Have plenty of hot food and drinks.

Medications

Take up any winter vaccines you are offered if you are able to have them to help you stay well this winter. Make sure you have plenty of medication in case you are unable to go out. If you want advice about protecting your health from the cold visit the winter health pages online at: [How to stay well in winter - NHS \(www.nhs.uk\)](#)

Weather Alerts

Think about signing up to the Met office alerts and watch the weather forecast and prepare for the colder weather. [Sign up to Met Office Alerts](#)

Keep moving!

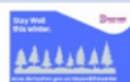
Exercising can help you keep warm – if possible, move around at least once an hour. If you have a health concern, speak to your GP before starting any exercise plans.

Look out for others by checking in on older neighbours or relatives, especially those who live alone or who have serious illness to make sure they are safe, warm, and well.

For more information visit:

www.derbyshire.gov.uk/staywellthiswinter

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

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