



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



Derby and Derbyshire



Coughs & Colds

Speak to your local community pharmacist in confidence, without an appointment, about minor conditions, such as coughs and colds. Many pharmacies have late and weekend opening hours and you don't need an appointment!



Going Dry this January?



Double your chances of a successful Dry January®. Find out how: dryjanuary.org.uk

Dry January means going alcohol-free for the whole month it can bring huge, obvious benefits - but the really good stuff is under the surface...

A month alcohol-free has a lot of benefits: **research published in 2018**, conducted by the Royal Free Hospital and published in the British Medical Journal, found that a month off:

- Lowers blood pressure
- Reduces diabetes risk
- Lowers cholesterol
- Reduces levels of cancer-related proteins in the blood.

Live Life
BETTER
DERBYSHIRE

Alcohol awareness

Follow the link to their [self assessment tool](#). This will help you understand how your drinking may be affecting your health.



[ALCOHOL SUPPORT](#)

HAVE YOU SET ANY NEW YEARS RESOLUTIONS? IF YOU WANT TO:

- 🏋️ LOSE WEIGHT
- 🚭 STOP SMOKING
- 📉 DRINK LESS ALCOHOL
- 🏃 START RUNNING
- 📈 INCREASE YOUR ACTIVITY LEVELS

Then there's an app for that - Search for the free NHS apps on your chosen app store!

- [Download the NHS Couch 5k app from App Store](#)
- [Download the NHS Couch to 5k app from Google Play](#)

- [Download the NHS Weight Loss app from the App Store](#)
- [Download the NHS Weight Loss app from Google Play](#)

- [Download the NHS Active 10 app from the App Store](#)
- [Download the NHS Active 10 app from Google Play](#)

- [Download the NHS Drink Free Days app from the App Store](#)
- [Download the NHS Drink Free Days app from Google Play](#)



- [Download the NHS Quit Smoking app from the App Store](#)
- [Download the NHS Quit Smoking app from Google Play](#)

JOIN THE 2024 3KM CHALLENGE

FRIENDLY, FUN AND ACCESSIBLE WALK, JOG, WHEEL & RUN 3KM CHALLENGE WITH THE CHANCE TO GRAB YOURSELF A FINISHER'S MEDAL.

WIRKSWORTH - SUNDAY 14TH JANUARY

MATLOCK - SATURDAY 3RD FEBRUARY

10AM START TIME

WALK JOG WHEEL RUN

ACTIVE DALES
Derbyshire Dales District Council

Derbyshire DALES District Council

<https://www.derbyshiredales.gov.uk/funrun>

Have YOU signed up yet?

New Year 3K 'Fun Run Walk Wheel' events start on Sunday 14th January on the beautiful High Peak Trail, followed by a second event in Matlock on Saturday 3rd February. The weather is looking good, with a nice dry week ahead, which will allow the Wirksworth course to dry out 🙌

Ticket prices are the same as last year - £3 per adult/child and £10 for a family of 4. Every participant will receive a new Eco Friendly medal!

SO SIGN UP NOW 📌

[Wirksworth 3K Fun Run Challenge](#) [Matlock 3K Fun Run Challenge](#)

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

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.

Warm Spaces

VENUES ACROSS ASHBOURNE ARE OPENING A SPACE TO STAY WARM THIS AUTUMN & WINTER. ALL WARM SPACES WILL PROVIDE FREE HOT DRINKS AND ARE OPEN TO ALL AGES.

MONDAY 4-7PM
ASHBOURNE ELIM CHURCH
DE6 1DG
GAMES, CONSOLES & CRAFTS
WARM MEAL SERVED 5-5:30PM

TUESDAY 11AM-6PM
ST OSWALD'S CHURCH
CHURCH HALL - DE6 1AN
3 COURSE HOT MEAL
SERVED 4:30-5PM


TUESDAY 1PM-4PM
ASHBOURNE METHODIST CHURCH
WATERSIDE HALL - DE6 1AE
BOOKS, GAMES & MAGAZINES
SOUP & ROLL SERVED

WEDNESDAY 10AM-2PM
ASHBOURNE ELIM CHURCH
DE6 1DG
SOUP & ROLL SERVED
FROM 12-12:30PM

THURSDAY 11AM-2PM
ST JOHN'S CHURCH HALL DE6 1GQ
NEED TRANSPORT? CALL
07904750703
LUNCHTIME SOUP AVAILABLE

FRIDAY 9AM-1PM
ASHBOURNE PAVILION DE6 1EJ
FOR PARENTS, CARERS
GRANDPARENTS & TODDLERS

GO TO ASHBOURNE LIBRARY OR ASHCT.UK/WARM FOR MORE INFORMATION



JANUARY 2024


SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

FEBRUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						




WILDLIFE & WELLBEING

Would you benefit from.....

Some time to yourself Spending time with others

Joining a friendly, supportive group Learning new skills

A free fortnightly session
funded by Derbyshire Council Council

Join us up at Mount Cook, where we'll be making spaces and improvements for nature and wildlife .

For the first 3 months of the year we'll be creating a bird hide, tree planting, and learning woodcraft skills including carving and weaving amongst other things.

No experience necessary and come dressed for the weather as most of our work will be outdoors.

Everyone Welcome!

Meet at 10.30am at Mount Cook Gates DE4 4LS
Finish at 2.30pm
There'll be plenty of tea, coffee and biscuits.
Please bring your own lunch.

For More Information

www.wildrootscreative.org
Phone Claire: 07725993708



Funded by UK Government




Brightside Creativity and nature

Ashbourne ACE, Cokayne Avenue DE6 1ER
Tuesday 9 January, 10am to 12:30pm, for 5 weeks

For information and booking contact 01629 537384 and quote code C23DA0017 or scan the QR code below




SKILLS FOR LIFE

Open Doors Eyam Church Centre

The space is open to all every Friday starting 11am with coffee, 12.30 lunch and afternoon tea and cakes. There is knitting group, craft and games including indoor bowls.

Every first Tuesday in the month with Holiday@Home which follows various themes with food, crafts, games, hand massage, in door bowls etc.

Opening Times

Monday	Closed
Tuesday	11:00 - 15:00 Monthly
Wednesday	Closed
Thursday	Closed
Friday	11:00 - 17:00
Saturday	Closed
Sunday	Closed

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