

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

REMEMBER TO LOOK AFTER YOURSELF AND OTHERS THIS WINTER.

#ThinkWhichService is right for your needs. To find out more and for self-care tips visit [➔ Joined Up Care Derbyshire - stay well this winter](#)



NHS Derby and Derbyshire

SELF-CARE 111.NHS.UK PHARMACY

GP URGENT TREATMENT CENTRES 999 A&E

Find out which local service can best help you

In this cold weather, don't forget to look out for anyone close to you who might struggle with the drop in temperature.

[top-tips-for-keeping-warm-and-well...](#)



UK Health Security Agency COLD WEATHER

Look out for others as temperature drops

Cold weather can have serious consequences for health. Older people, young children and those with certain long-term health conditions may be particularly at risk.



Better Health Let's do this NHS

STOP SMOKING AND GOOD THINGS HAPPEN

You'll have more money for other things

Make 2024 the year you quit

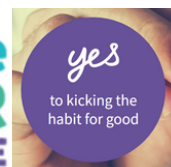


Better Health Let's do this NHS

Top 3 Quit Smoking Tips

1. Pick a quit date and add it to your calendar
2. List your reasons to quit
3. Use stop smoking aids to help manage cravings

Live Life BETTER DERBYSHIRE



TEA, TALK + TECH

GET ONLINE WITH US

1:1 support - mobile phones, texting, online shopping and more!

- ENJOY A CUPPA!
- RELAX AND CHAT
- LEARN ABOUT TECH

GET IN TOUCH



Digital Cafés

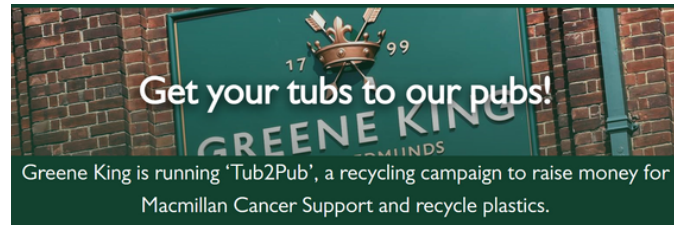
Victoria Court
Wednesday: 10:00 - 11:30

The Pavilion, Ashbourne
Thursday: 11:00 - 13:00

The Dining Room, Wirksworth
Friday: 10:00 - 11:30

The Library, Ashbourne
Friday: 13:00 - 14:00

Free tea, coffee, biscuits and 1:1 support.



Greene King is running 'Tub2Pub', a recycling campaign to raise money for Macmillan Cancer Support and recycle plastics.

Do your bit for the environment while doing your bit for charity...

Make sure your tubs don't go to waste and take your clean, empty plastic confectionery and cracker tubs to any Greene King managed site from 1 January - 11 February 2024 to be recycled.

Simply leave your tubs with a Greene King staff member at the bar or welcome station within one of their locations.

To find your local Greene King establishment taking part, use the pub finder [here](#).



🎲 ✨ Every second Sunday - Games Night at Chakra Lounge Bakewell! 🎲

From 5-7 pm, indulge in laughter, friendly competition, and delicious treats. 🍷 🍪

Beat the January blues, make new friends, and turn Sundays into your favourite game day! 🎮



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.



Project collaboration between The Connection Space CIC, Meadow View Day Centre and funded via Comic Relief as part of the Connecting Communities Project

Meadow View Garden Space Community Garden Project
300 Bakewell Road
Darley Dale
Matlock
DE4 2JF

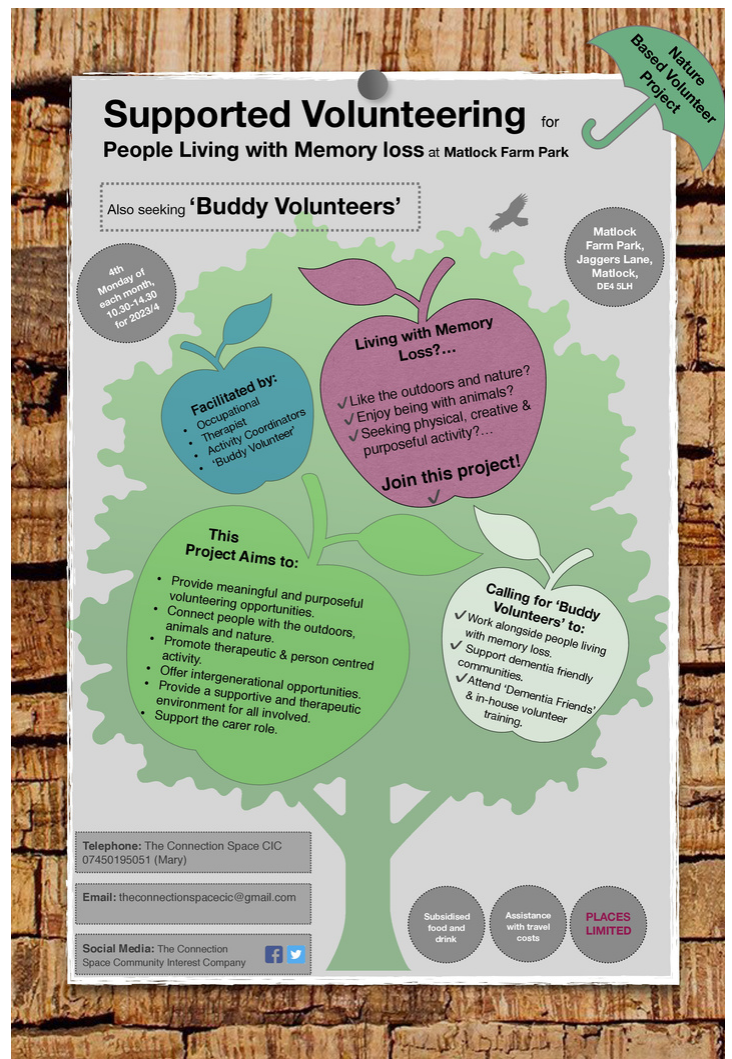
Also seeking Buddy Volunteers

Supported Volunteering opportunities available at...

Meadow View Day Centre Garden Space
Monthly Meets, 10.30am-12.30pm, 2nd Monday of each month from 11th September 2023

Welcoming sessions for those living with memory difficulties or any person who would benefit from connecting with others through activity in an attractive garden space

Contact: The Connection Space CIC on 07450 195051, theconnectionspacecic@gmail.com, www.theconnectionspacecic.org Facebook/Twitter



Supported Volunteering for People Living with Memory loss at Matlock Farm Park

Also seeking 'Buddy Volunteers'

4th Monday of each month 10.30-12.30 for 2023/4

Matlock Farm Park, Jagers Lane, Matlock, DE4 5LH

Facilitated by:

- Occupational Therapist
- Activity Coordinators
- 'Buddy Volunteer'

Living with Memory Loss?...

- ✓ Like the outdoors and nature?
- ✓ Enjoy being with animals?
- ✓ Seeking physical, creative & purposeful activity?...

Join this project!

This Project Aims to:

- Provide meaningful and purposeful volunteering opportunities.
- Connect people with the outdoors, animals and nature.
- Promote therapeutic & person centred activity.
- Offer intergenerational opportunities.
- Provide a supportive and therapeutic environment for all involved.
- Support the carer role.

Calling for 'Buddy Volunteers' to:

- ✓ Work alongside people living with memory loss.
- ✓ Support dementia friendly communities.
- ✓ Attend 'Dementia Friends' & in-house volunteer training.

Subsidised food and drink Assistance with travel costs PLACES LIMITED

Telephones: The Connection Space CIC 07450 195051 (Mary)
Email: theconnectionspacecic@gmail.com
Social Media: The Connection Space Community Interest Company

LIVE STRONGER FOR LONGER



HAVE FUN, SOCIALISE, AND MAINTAIN YOUR INDEPENDENCE!

Strictly No Falling

Join a class to improve your strength, balance and coordination:
CHAIR BASED EXERCISE

DARLEY DALE
St Helens Church
Church Road, DE4 2GG
Every Tuesdays 10.00am – 11.00am
Contact: DI Cliff 07919 116585

Working in partnership with Derbyshire Community Health Services NHS Foundation Trust


Derby & Derbyshire **ageUK** **STRICTLY No FALLING** **DERBYSHIRE County Council** **ack** **2025**
Improving life for local people

NHS
Derbyshire Healthcare
NHS Foundation Trust

Questions about dementia?


You are invited to attend a **Virtual** informal question and answer session.

A group of health professionals (including Doctors, Nurses, Pharmacists, Occupational Therapists and Physiotherapists) trained in dementia care will be available to answer the many questions you may have about this commonly misunderstood illness.



Next date:
Wednesday 17th January 2024
6pm - 8pm

To attend please email us at
dhcft.specialistdayservices@nhs.net
or alternatively telephone 01332 866980 opt 1



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