

# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



Don't ignore your  
cervical screening invite

Screening  
saves  
lives  
Help us  
help you

Cervical screening is one of the best ways to protect yourself from cervical cancer. It's not a test for cancer, it's a test to help prevent cancer.

Protect yourself — attend your cervical screening when invited. <http://nhs.uk/cervicalscreening>



## SHOULD WE BE WORRIED ABOUT THE NEW COVID-19 VARIANT?

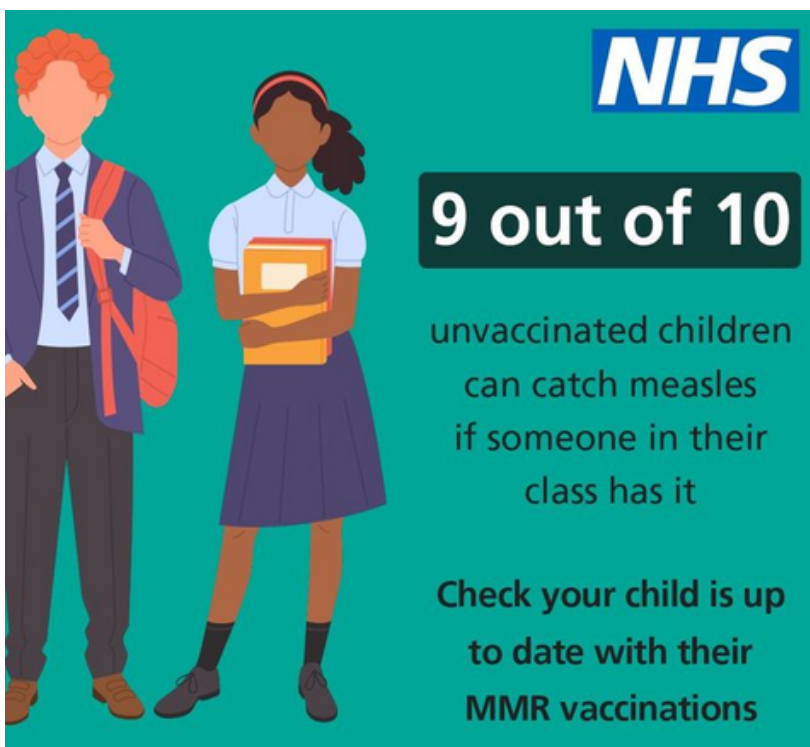
UKHSA is continuing to monitor data relating to variants both in the UK and internationally, including close monitoring of the JN.1 variant, and assessment of severity and vaccine effectiveness. There is no change to the wider public health advice at this time.

There are no reports of people becoming more ill with this COVID-19 variant than with previous ones.

Vaccines remain the best defence against severe disease and hospitalisation from flu and COVID-19.

The last date that the seasonal COVID-19 vaccination will be available is 31 January 2024.

### How to get a seasonal COVID-19 vaccine



## Measles cases are rising in England.

Measles is highly infectious and can be passed on even before a rash appears. Make sure your child is protected from becoming seriously unwell from measles by making sure they are up to date with their MMR vaccinations.

More info → [NHS-measles, mumps & rubella](#)

### NHS vaccinations and when to have them

It's important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

### NHS VACCINATION SCHEDULE



**Live Well with Pain**  
Join our supportive sessions at

<p><b>Ashbourne Elim Church</b></p> <p>2024</p> <p>March 21st - April 18th - May 16th</p> <p>June 20th - July 18th - August 15th</p> <p>September 19th - October 17th</p> <p>November 21st - December 19th</p> <p>2025</p> <p>January 16th- February 20th</p>	<p><b>The Eco Centre, Wirksworth</b></p> <p>2024</p> <p>March 7th - April 4th - May 2nd</p> <p>June 6th- July 4th- August 1st</p> <p>September 5th - October 3rd</p> <p>November 7th- December 5th</p> <p>2025</p> <p>January 9th- February 6th</p>
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These sessions are free, held each month on Thursday mornings and led by our Social Prescribing Development Worker, Harriet Brown.

Harriet has recently completed the 10 Footsteps to Pain Management Practitioners training.

These informal and friendly sessions will look at the self-management of pain conditions using the 10 Footsteps – these are things like thinking about sleep, stress, exercise, mindfulness & relaxation.

For more information please contact Harriet by telephone 01629 812154 ext.2 or email enquiries@ddcvs.org.uk and one of the team will respond.

- Are you concerned about your quality of life?
- Are you concerned about your community?
- Would you like to influence what is going on around you?
- Do you find it difficult getting the information and services you need?
- Do you have ideas that you would like to be heard?

**Your local 50+ Forum could be the answer...**

**50+ Forums are about:**

- creating a powerful voice for people aged 50 and over
- being involved
- taking action
- influencing services
- enhancing your life and the lives of others

There are a number of forums across Derbyshire with more than 3,000 members.

Your local forum is independently run by local people for local people. They meet regularly to discuss important issues, work with organisations to make improvements to services and facilities and have lots of fun too.



DERBYSHIRE County Council

"Speak up, speak out, influence, take action, have fun..."

50+ Forum

Giving Derbyshire's 50+ community a powerful voice to achieve change and enhance lives

50+ limits  
Derbyshire's 50+ Forum Network

For more information please contact the community support and resilience team:

- Email: fiftyplusforums@derbyshire.gov.uk
- Tel: 01629 539623 leave a message - they'll call you back.

**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.*

# Discover our top 5 tips for staying warm and saving money this winter



#EnergySaversWeek



**1. Turn down your thermostat by 1°C and save around £105 a year on energy bills**

But to keep comfortable and stay safe we recommend staying above 18°C



**2. Switch your heating off when leaving the house for a few hours**

It's cheaper to reheat your home than keep your heating on low when you're out. Remember to keep some ventilation in your home to avoid condensation and mould.



**3. Fit draught-proofing strips to your windows and doors and save around £45 a year.**

This can be a quick DIY job. Keeping extra heat in your home will leave you feeling warmer and more comfortable.



**4. Get a hot water cylinder jacket and save roughly £50 a year on energy bills**

Jackets are easy to fit, typically cost under £30, and you'll also spend less on a hot shower or bath in the future.



**5. Keep furniture away from radiators and heaters to feel warmer at home**

Don't overwork your system by blocking your source of heat and remember to remove radiator covers to get more value for money.



**Action Fraud**

@actionfrauduk



If you or someone who know receives an unexpected call by someone claiming to be from your bank or a police officer, verify who you are speaking to. Hang up, wait five minutes and call back on a number you know is genuine



Not sure if a message you've received is real or fake?

✔ Contact the organisation directly using contact info on their official website

✘ Do NOT use the number or link in the message

## The Farmers' Larder at Hurst Farm



**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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