

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

Measles cases are rising in England. You can still ask your GP practice for the MMR vaccine if your child has missed either of these 2 doses.



On the 1st February 2024, Time To Change will be hosting their time to talk day.

This year's theme is about breaking the silence around mental health. It provides a platform for people to share their experiences, provide support, and raise awareness about mental health challenges.

TOGETHER, LET'S BREAK THE SILENCE



Primary Eyecare

DO YOU KNOW ABOUT THE MINOR EYE CONDITIONS SERVICE?

The Minor Eye Conditions Service (MECS) provides assessment and treatment for people with recently occurring minor eye problems. It is an NHS service provided by accredited optometrists (also commonly called opticians).

What Conditions Can Be Treated by the Service?

If you are experiencing:

- Red eye or eyelids
- Dry, gritty or uncomfortable eyes
- Eye irritation and inflammation
- A lot of recent discharge from the eye or watery eye
- Recently occurring flashes or floaters
- Painful eye
- Ingrowing lashes
- Recent and sudden loss of vision
- Foreign body in the eye

Who Is The Service For?

The service is for people of all ages. Children under 16 years must be accompanied at their appointment by an adult. You do not need a GP referral to use this service.

[Download the Minor Eye Problems leaflet](#) to find out more.

Find a Practice: Search below to find your nearest optometry practice providing the Minor and Urgent Eye Care services.

[Find a Practice](#)


Eligibility is based on the GP you are registered with – and this will be checked by the optometry practice when you contact them.

PLEASE CALL FIRST! Do not attend the practice without calling first, they will be able to confirm eligibility, and carry out some screening questions.

• HEALTH

• WELLBEING

• COST OF LIVING



Want to pay less on energy?
We can improve home energy efficiency for free!

Until 31 March 2024, Connex Community Support can help people living in fuel poverty* to save money on energy bills and have a warmer home**.

We will install LED light bulbs, draught excluders, radiator reflector foil or other simple products **for free** and advise on further options to save energy.

To book a home visit, call **01298 23970** or email upkeep@connex.org.uk









*Fuel poverty can mean different things, e.g.
 - using 10% of income to keep the home warm
 - a fuel poverty energy efficiency rating of band D or below
 - income remaining after heating costs is below official poverty line

Connex Community Support is registered charity no. 1067193
 **The "Warmer Homes" scheme is funded by the National Grid Community Fund.

THESE ARE THE SIGNS AND SYMPTOMS OF CERVICAL CANCER.

Vaginal bleeding that's unusual for you – including:

 Bleeding during or after sex	 Bleeding between your periods or after the menopause	 Heavier periods than usual
 Changes to your vaginal discharge	 Pain in your lower back, between your hip bones (pelvis), or in your lower tummy	 Pain during sex

! These symptoms are very common and can be caused by many different conditions but it's important to get them checked by a GP.



It's important to know that these symptoms can be caused by other conditions, but if you experience any, you should get them checked.

Every day in the UK, 2 women lose their lives to cervical cancer and 9 more receive a life-changing diagnosis.

CERVICAL CANCER SYMPTOMS AWARENESS VIDEO



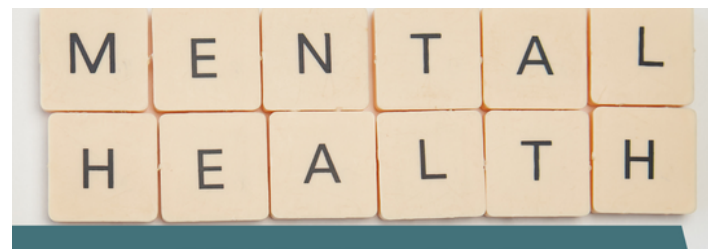
healthier futures
 FREE Family Services for Healthier Living

Would you like to feel more confident as a parent? Are you keen to get help to give your child a healthy start in life, help them to eat more fruit and vegetables and reduce mealtime stress? If so, this 'Free' programme could be for you, offering a range of support for parents and carers of children aged 0 to 12 years old, with some online and face to face sessions.

You can take part in our Healthier Futures programme if you:

- are the parent or carer of a child aged 0 to 12 years
- have a Derbyshire postcode or are registered with a Derbyshire GP
- are the parent or carer of a child who is aged between 5 and 12 years and is over a healthy weight or is at risk of becoming an unhealthy weight, for example on or above the 85th BMI centile

If you are a parent or carer, if eligible you can **self refer using our online form.**



DELIGHTFUL DALES MEET THE GROUPS EVENT

Wednesday February 7th 2024 10am-12noon

Conference Room – Agricultural Business Centre, Agricultural Way, Bakewell, DE45 1AH

Let's work together!
 Join us to discover what's happening to support Derbyshire Dales Mental Wellness.




For information contact: mandy@highpeakcvcs.org.uk

Living Well Derbyshire is focused on helping local people recover from mental health illness within the community and aims to offer more accessible support for people's mental health and wellbeing. For more information on the new way in which we are delivering services to local communities, and for information on how to get involved in shaping the way in which we do this please visit www.livingwellderbyshire.org.uk.

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

WELL BEING FESTIVAL



Feeling good inside and out



ASHBOURNE LEISURE CENTRE

1ST FEBRUARY 2024

THURSDAY

11.30AM - 1.30PM

The event will promote both physical and mental health and well being with information stalls and activities for all. There will be free refreshments, fun activities, taster sessions and much more at this event.

For more info please contact Katie Burns.
Email: katie.burns@derbyshiredales.gov.uk
Funded by Derbyshire County Council Public Health Funding



Feeling good inside and out

11.45am - 12.30pm
Taster session -
Fitness Activity
TBC by Freedom
Leisure



12.45pm - 1.30pm
Taster session -
Stronger for Longer
by Active Dales



Places are limited at each taster session - please book by emailing sportsdevelopment@derbyshiredales.gov.uk



If you are a service provider and would like to have a stall at our event please contact katie.burns@derbyshiredales.gov.uk

Joined Up Care Derbyshire

About Derbyshire Dialogue

The 'Derbyshire Dialogue' project was set up to start a conversation with our population and those delivering and commissioning services. It was launched in September 2020 to update people on our response to the Covid-19 pandemic. Our local residents can tell us about their experience of services, what's been helpful, what else they may have found useful, any particular highlights or problems and what matters most to them about health and care services. We feed all this information back to our commissioners and providers to build on strengths and work on any areas that require further development.

February's session of Derbyshire Dialogue is about the Derbyshire Community Diagnostic Centres, and will take place on Microsoft Teams on Wednesday 21 February, 1-2pm. Please click here or scan the QR code to book your place.

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

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This session will focus on Community Diagnostic Centres, which are being developed at Community hospital sites across Derbyshire to bring additional diagnostic test (X-Ray, CT, MRI, Ultrasound, Phlebotomy, Echocardiography and more) capacity to the local population. This extra capacity will mean that patients will be able to get their tests quicker and in a range of locations nearer to home.