



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

Did you know?

If a GP needs to refer you for a physical or mental health condition, in most cases you have the legal right to choose the hospital or service you'd like to go to.

The NHS is offering more and more options to enable you to make choices that best suit your circumstances

Why Patient Choice?
If your GP suggests seeing a specialist, you can choose where to go based on what matters most to you.

- Getting seen sooner
- Shorter travel times
- Being close to friends and family

Millions of people are using the NHS App to manage their health the easy way. Find out how you can securely view your health records in the NHS App nhs.uk/nhs-services/gps/view-your-gp-health-record

HM Government NHS

People have securely viewed their health records **244 million times**

NHS App

NHS

You can book an appointment and catch up on the MMR vaccine at any age

Getting the NHS MMR vaccine is free and usually takes just a few minutes

Throughout the West Midlands there has been an increase in measles cases. Most of these cases are young children who



have not had their measles mumps and rubella (MMR) vaccination. As the West Midlands is close to Derbyshire, the UK Health Security Agency is urging people who have not already done so, to get their MMR vaccine as soon as possible to avoid measles spreading.

What to do if anyone in your family is not up to date with their MMR vaccinations - If anyone in your family is not up to date with their MMR, contact your GP surgery to arrange vaccination as soon as possible.

You can make an appointment with your GP to get up to date with MMR vaccines. This is especially important when measles is spreading in the community – as it is now.

<https://www.nhs.uk/conditions/measles/>

<https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/>

share your care
and together
we can improve
social care in
Derbyshire



healthwatch
Derbyshire

Healthwatch believe that everyone's experiences with social care services are important. From the care received in care homes, activities provided by day centres, to support from social workers - every experience matters. Your feedback is important to help improve care for our communities.

Who do they want to hear from?

Healthwatch want to hear from anyone who has had experience with social care in Derbyshire. This can be on behalf of a friend, neighbour, relative, or your own experiences.

How to get involved

Sharing your experiences of care is easy! Your feedback, whether it's positive, negative, or ways things could be improved, is a step towards improving services for everyone in Derbyshire.

Here's how you can get started:

- Complete the quick and easy [feedback form here](#)
- Call: 01773 880786
- Email: enquiries@healthwatchderbyshire.co.uk



Derbyshire Dales
Council for Voluntary Service

Spotlight

What is Spotlight?

- Spotlight is monthly Zoom meeting focusing on an organisation or group working in the Derbyshire Dales.
- It is a chance to network and meet people from other organisations.
- Each month one group gives a presentation on their project.
- After the presentation there is a chance to ask questions and share information.
- The meeting lasts about 30 minutes and starts at 10am.
- We welcome all - members of the community and professionals.
- Invites are sent a week in advance, no need to RSVP just hop on the call if you can make it.
- If you'd like to be kept up to date with Spotlight please email enquiries@ddcvs.org.uk to be added to the mailing list.



**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@highpeakcvs.org.uk

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.

• HEALTH

• WELLBEING

• COST OF LIVING

new CONNECTIONS

Want to meet other carers for information or a chat?

Are you looking after someone with a long-term illness or disability?

Carers Cafe

10:30-12:30 NOON ON THE 4TH THURSDAY OF EVERY MONTH

LE MISTRAL CAFE WIRKSWORTH

First meeting 29th February

Call Grace 01629 812154 ext 2



DERBYSHIRE CARERS ASSOCIATION

Flower Arranging

This flower arranging workshop has been arranged for carers living in Matlock and the surrounding areas (check on booking)

Thur 22nd Feb 2pm – 4pm
 South Darley Village Hall, Cross Green, Darley Bridge, Matlock, DE4 2JT
 To book a place contact Katie Matkin on 07773 173 416

Spotted a suspicious email?

If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS):

report@phishing.gov.uk

ActionFraud
 www.actionfraud.police.uk

Have you received a suspicious email asking to verify your account?

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

Do NOT ever use the number or link in the message.



Phishing attacks
 Dealing with suspicious emails

Phishing emails try to convince users to click on links to dodgy websites or attachments, or to give sensitive information away (such as bank details). This advice includes tips about how to spot the most obvious signs of phishing, and what to do if you think you've clicked a bad link. For more information, please visit www.ncsc.gov.uk/phishing.

What is phishing?

Phishing is when criminals attempt to trick people into doing 'the wrong thing', such as clicking a link to a dodgy website. Phishing can be conducted via a text message, social media, or by phone, but the term 'phishing' is mainly used to describe attacks that arrive by email. Criminals send phishing emails to **millions of people**, asking for sensitive information (like bank details), or containing links to bad websites. Some phishing emails may contain viruses disguised as harmless attachments, which are activated when opened.

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Make yourself a harder target

Information from your website or social media accounts leaves a 'digital footprint' that can be exploited by criminals. You can make yourself less likely to be phished by doing the following:

- Criminals use publicly available information about you to make their phishing emails appear convincing. **Review your privacy settings**, and think about what you post.
- Be aware what your friends, family and colleagues say about you online, as this can also reveal information that can be used to target you.
- If you have received an email which you're not quite sure about, **forward it to the NCSC's suspicious Email Reporting Service (SERS): report@phishing.gov.uk**

What to do if you've already clicked?

- The most important thing to do is not to panic. There are a number of practical steps you can take:
- Open your antivirus (AV) software, and **run a full scan**. Follow any instructions given.
- If you've been tricked into providing your password, you should **change your passwords on all your other accounts**.
- If you have lost money, you need to report it as a crime to Action Fraud. You can do this by visiting www.actionfraud.police.uk.

Tell tale signs of phishing

Spotting a phishing email is becoming increasingly difficult, and even the most careful user can be tricked. Here are some tell tale signs that could indicate a phishing attempt.

- Is the email addressed to you by name, or does it refer to 'valued customer', or 'friend' or 'colleague'? This can be a sign that the sender does not actually know you, and that it is part of a phishing scam.
- Others will try and create official-looking emails by including logos and graphics. Is the design (and quality) what you'd expect?
- Does the email contain a veiled threat that asks you to act urgently? Be suspicious of words like 'send these details within 24 hours' or 'you have been a victim of crime, click here immediately'.
- Look at the sender's name and email address. Does it sound legitimate, or is it trying to mimic someone you know?
- Your bank (or any other official source) should never ask you to supply personal information in an email. **If you need to check, call them directly.**
- If it sounds too good to be true, it probably is. It's most unlikely that someone will offer you designer trainers for £10, or codes to access films for free.

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

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