

# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

## Tinnitus Week 2024

Tinnitus impacts 1 in 7 adults in the UK.

It severely diminishes the quality of life for 1 in 6 of those individuals. Tinnitus is also linked to social isolation, impacting relationships and daily life, with two-thirds of respondents avoiding contact with friends, minimising social activities, or facing difficulties at work.

Tinnitus is the name for hearing noises that do not come from an outside source.

**Tinnitus**  [Find out more here](#)



If you think you or your child is showing signs of Scarlet Fever it's important to contact your local GP practice or [NHS111](#). Stay away from nursery, school or work for 24 hours after taking the 1st dose of antibiotics to protect others.

[NHS - conditions - scarlet fever](#)



UK Health Security Agency **Scarlet Fever**

**Scarlet fever is a contagious infection that mostly affects young children, and is easily treated with antibiotics.**

**Call your GP practice if you or your child has the following symptoms:**

- A bumpy rash with a sandpaper-like feel on the chest or stomach
- Fever
- Sore throat
- 'Strawberry' tongue (red, swollen, covered in bumps)
- Swollen tonsils



## Breast screening saves lives

The test only takes a few minutes and can help detect breast cancer at an earlier stage



18,942 women had cancers detected through breast screening last year. Regular breast screening can find breast cancer before you notice any symptoms.

If you have been invited but missed or did not book your appointment, arrange one on the NHS website - search '[NHS breast screening services](#)'

### BREAST AWARENESS FIVE-POINT CODE

1. Know what is normal for you.
2. Look and feel.
3. Know what changes to look for.
4. Report any changes immediately.
5. Go for breast screening if you are aged 50 or over.

### **OVER 70? - YOU ARE STILL ENTITLED TO BREAST SCREENING**

The NHS Breast Screening Programme is available free for all women aged 50 or over. Women aged between 50 and 70 are invited for screening every three years. If you are aged over 70, you will not automatically be invited for breast screening. However, you do have the right to be screened every three years if you ask.

# Hubs Mobility Advice Service

If you have restricted mobility, are considering retirement from driving, or have a disability, the Hubs Mobility Advice Service (HMAS) aims to provide all the answers you need for stress-free travel without a car.

HMAS is a **FREE** information and guidance service on the best accessible travel options for you. It is provided through our [website](#) and via 15 of the 20+ Driving Mobility centres nationwide.

Who can use our services? The answer is anyone!

For tailored travel advice or for more information, contact your local Hubs service by emailing [Maxine.bass@nhs.net](mailto:Maxine.bass@nhs.net)



FREE - FAMILY LEARNING –  
HAVE FUN LEARNING IN  
THE HOLIDAYS

## Making Feeding and Nesting Boxes

At Derbyshire Eco Centre, Porter Lane, Middleton-by-Wirksworth DE4 4LS.

### Tuesday 20 February

Two sessions – either 10.00 -12.00 or 13.00 – 15.00

Families with children aged 6 to 16. (Children must be accompanied by an adult.)

For families who enjoy outdoors, nature, making and getting creative. *'We provide the materials; you provide the creativity!'*

This course is FREE and there are no other costs. [Book here.](#)

## Warm and Welcoming Spaces



[www.derbyshire.gov.uk/warmspaces](http://www.derbyshire.gov.uk/warmspaces)

There's a warm welcome at lots of venues across Derbyshire. If you're able to, why not drop in to a Warm & Welcoming Space where you'll find company, seating and a cuppa – and it's completely FREE.

Find one near you:

<https://ow.ly/7ein50Qx9Rb>



## Understanding dementia better

Free training for friends and family

### When

Monday 25th  
March 2024

1.30pm - 3.30pm

Via Zoom

### More & Book

Scan code to book your free ticket



[dementiaadventure.org](http://dementiaadventure.org)

**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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all free - no need to book



# Tread Softly

A 'walk on the mild side' - a gentle walk in and around Great Longstone

Meets 10am every Wednesday at St Giles church

for more information contact Helen on 01629 761194 or [helen.milton@derbyshiredales.gov.uk](mailto:helen.milton@derbyshiredales.gov.uk)






# RUSTY RACKETS TENNIS



Hall Leys Park  
Matlock  
Tuesdays  
10:00 - 11:00

Ashbourne  
Recreation Ground  
Thursdays  
10:00 - 11:00

For more information email:  
[ross.jillings@derbyshiredales.gov.uk](mailto:ross.jillings@derbyshiredales.gov.uk)

All sessions £4



Are you still looking to try something new this year? Why not join the weekly Rusty Rackets sessions in Matlock Hall Leys Park and Ashbourne Recreation Ground. Sessions are weather dependent so please get in touch before attending.

# MARCH into better health

Join us for some fun filled walks  
1.5 hour walk with rest stop, easy terrain.

8th march  
15th March  
22th march  
29th march

Please dress weather appropriate

PROVIDED BY FULLY TRAINED MENTAL HEALTH SUPPORT WORKERS & TRAINED WALK LEADER

MEET AT HALL LEYS PARK OUTSIDE THE CAFE 10AM-12PM

BOOKING REQUIRED BY MONDAY'S CALL 01629 733945 FREE TO ATTEND BUT DONATIONS WELCOME




**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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