




COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update


Each year, World Cancer Research Fund holds **Cancer Prevention Action Week**, which focuses on supporting and empowering the public to make changes to their daily habits, and that of their families, to reduce their risk of preventable cancers.

About 1,100 people are diagnosed with cancer every day in the UK, but 40% of all cancer cases could be prevented.



World Cancer Research Fund

Preventing cancer. Saving lives

DID YOU KNOW? 


40% OF CANCER CASES COULD BE PREVENTED

CANCER PREVENTION ACTION WEEK
19-25 FEBRUARY 2024 #MakeYourMove


MOVE MORE

To help prevent cancer, be physically active as part of everyday life – walk more and sit less.

The HPV vaccine helps protect against human papillomavirus (HPV). It's recommended for children aged 12 to 13 years old and people at higher risk from HPV.



One dose of the HPV vaccine has been shown to be just as effective as two doses in under 25s



The #HPV vaccine helps to prevent HPV-related cancers from developing in boys and girls, with millions of doses given as part of the NHS vaccination schedule since 2008. For more information follow the link: <https://www.nhs.uk/.../hpv-human-papillomavirus-vaccine/>

Most types of HPV are harmless. But some types are linked to an increased risk of certain types of cancer, including:

- cervical cancer
- mouth cancer
- anal cancer
- penile cancer
- vulval cancer
- vaginal cancer



Regular colonoscopies for bowel cancer offered to thousands of people with a genetic condition that increases their chance of developing certain cancers.

A world-first, NHS England is offering this service as part of its bowel screening programme for those with Lynch syndrome. This will help to reduce cases and identify bowel cancers at a time when successful treatment and cure is more likely.

Lynch syndrome is an inherited condition that increases the risk of certain cancers, including bowel, ovarian and pancreatic, out of 100 people with Lynch syndrome, regular colonoscopy and treatment prevents between 40 and 60 people from getting bowel cancer. Read more [here](#)

Martha's Rule will be rolled out to at least 100 NHS sites from April. This will give patients and their families access to a rapid review from an independent critical care team if they're worried their or a loved one's condition is deteriorating.



More details: england.nhs.uk/2024/02/nhs-to-roll-out-marthas-rule/



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.



**Ashbourne and District
50+ Forum**

Friday 15th March 2024 - 10.00am – 12:30pm
Ashbourne Elim Church
Waterside Rd, Ashbourne DE6 1DG

'St Oswalds Hospital – Present and Future'

**Presentation by
Ashbourne & District
50+ Management
Committee**
Followed by
**Representative
of Derbyshire
Community Health
Services**



Sarah Smith

Falls Prevention Service
Advisor – Derbyshire Dales,
High Peak and Glossop
Age UK Derby & Derbyshire

Kirsty Westran

Over 65's Outreach Adviser –
Derbyshire Dales - Citizens
Advice Derbyshire Districts

Free transport available within the Derbyshire border if you cannot get to the meeting by yourself.

Please book yourself a reputable local taxi and obtain a receipt - you will be refunded by the forum at the meeting. Please remember to book your return journey.
For more information contact: Jo Marples, Prevention Team, DCC
Tel: 07970-316320 or E-mail: Jo.Marples@derbyshire.gov.uk

Got a DBS query that's bothering you?
Not sure if your Volunteer Role needs a
DBS check?

Why not come along to our online session with the regional advisor for all things DBS - Lizzie Whittington. The session is open to Derbyshire Dales voluntary and community organisations, and places will be allocated on a first come first served basis.

If you have a role description for your Volunteers that you would like to share before hand – please do!

We will meet on Zoom at 11.00 on Tuesday 5th March, and the session will close at 12.30.

If you cannot make this date/time, and you have a DBS question for Lizzie, please let us know as if we have enough interest, we will arrange a second session.

Please contact Sarah Paisley or Amanda Dolan to book your place.

Email enquiries@ddcvs.org.uk

Tel 01629 812154 press 1



**NHS APP
PRESENTATION**



**IN ASSOCIATION WITH
TEA. TALK & TECH**

Join us to learn how to use the NHS app in a friendly environment whilst enjoying tea & cake!

- Install the app
- Book appointments
- Order Prescriptions
- Get medical advice

- 🕒 10.00am
- 📅 Friday 15th March '24
- 📍 The Dining Room, Waltham House, Wirksworth DE4 4DT

- 🌐 Website connex.org.uk
- ✉ Email teatalktech@connex.org
- ☎ Phone 01335 348600 or 07707 203302



Join "Tea, Talk & Tech" sessions every Friday at Waltham House.

There will be a presentation on the NHS APP on 15th March during the digital session in The Dining Room. The app is so helpful for ordering prescriptions, booking appts, checking results, so if you know anyone who might appreciate some support with their tech - let them know about these sessions!



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• HEALTH

• WELLBEING

• COST OF LIVING



New Connections is the Social Prescribing service in the Derbyshire Dales, based at Derbyshire Dales CVS.

Social Prescribing can help you to find ways to improve your health and how you feel in a way that suits you.

We do this by connecting you to local support, groups and activities in your community where you can:



- Make positive changes to your life and health.
- Become more physically active.
- Meet local people in your community.
- Get support with housing, benefits, money or employment.

There are lots of options and opportunities. It could be that you want someone to talk to on a regular basis, to get some advice or to get involved with a local group. You might even want to set up your own group or help others by volunteering.

What can I expect from Social Prescribing?

It starts with a friendly, confidential conversation about **the things that are important to you**. The first conversation usually lasts about 1 hour.

We can help you make a plan for changes you want to make and look at what your options are.

How you work with us is up to you. You might just need pointing in the right direction, or you may feel you want to keep in touch with us over a number of sessions.

We can introduce you to things locally, listen to and address any worries you have.

Getting in touch

Once you've been referred to New Connections, we will contact you to arrange the best time to speak to you.

You can call our office on **(01629) 812154** and press 2 for **Social Prescribing** or visit: <https://ddcvs.org.uk/social-prescribing>



Many things affect our health and wellbeing sometimes leaving us feel lonely or stressed.
That's where Social Prescribing comes in.



"Social Prescribing can help us with things that can't be fixed by doctors and medicine alone."
NHS England



Derbyshire Dialogue | Social Prescribing | 20 March 2024 1pm – 2pm

March's session of Derbyshire Dialogue is about Social Prescribing, and will take place on Microsoft Teams on 20 March 2024, 1pm – 2pm. Please click here or scan the QR code to book your place.

This session will focus on Social Prescribing, which is an approach that connects people to activities, groups, and services in their community and is being delivered across Derbyshire. The aim of the session is to tell you more about Social Prescribing, what it is, where it came from and how it operates in Derbyshire.



Funded by UK Government

Brightside
creativity and nature

Tuesday 27 February, 10am to 12:30pm, for 5 weeks
Ashbourne ACE, Cokayne Avenue DE6 1ER

For information and booking contact 01629 537384 or scan the QR code below

Brightside courses are free.
Brightside courses are for anyone experiencing mental health difficulties.
Brightside courses might help you gain confidence and improve your self-esteem.

SKILLS FOR LIFE

Find out more about Brightside
If you are interested in the Brightside programme for yourself, a friend or someone you work with, you can:
View the available [Brightside courses](#) and book your place
email
brightside.mailbox@derbyshire.gov.uk
tel: 01629 532447

Free 4 Week Course

Click here to REGISTER

Mental Health Through the Seasons

Supporting ways to manage and maintain wellbeing in each season and across a year

Tuesdays 5th, 12th, 19th, 26th March
1.00pm – 3.00pm
The Town Hall, The Square, Bakewell, DE45 1BT

For more information contact sarahlowe@dfmh.co.uk

Company No 5758432
Charity No 1117141

Derbyshire County Council
Public Health Funding

DERBYSHIRE
County Council

DFMH

01629 733915

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