

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



NHS

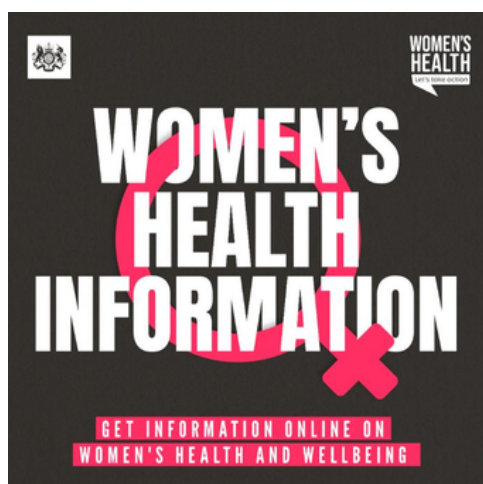
Measles is not just
a childhood disease –
it can make adults
seriously unwell too

Make sure you
are up to date
with your MMR
vaccinations



Measles – are you protected?

For lifelong protection, you need 2 doses of the MMR vaccine. If not, you could be at risk – if you need to catch up, contact your GP practice. [NHS - MMR](#)



WOMEN'S HEALTH INFORMATION

GET INFORMATION ONLINE ON
WOMEN'S HEALTH AND WELLBEING

Helping women
and girls make
informed
decisions about
their health.



Get the most up-to-date information on Women's Health including; painful periods, adenomyosis, menopause symptoms, breast health and cancer screening on the [NHS website](#)

Flu Vaccine Survey **healthwatch** Derbyshire

Healthwatch Derbyshire are wanting to hear from parents and guardians, about what they think about flu vaccines for 1-3 year olds.

They're want to know more about what might influence your decisions to give your children the flu vaccine, and if there's any barriers which might stop you vaccinating your little ones. They're running a quick five-minute survey and are wanting to speak to a few parents 1-1 over the phone.

Contact Healthwatch Derbyshire for a quick chat on: 01773 880786 or email:

enquiries@healthwatchderbyshire.co.uk

Take their survey [here](#).



Are you a parent or guardian of a 1, 2 or 3 year old?

Share your thoughts on child flu vaccines

Derbyshire County Council are wanting to know what local people think about proposed changes to the early help services in the county. Early help services provide a range of different support options for children and their families. Check out the suggested changes and give your views here:

[Early help & children's centres review](#)

Endometriosis is the name given to the condition where cells similar to the ones in the lining of the womb (uterus) are found elsewhere in the body.

Endometriosis Myths Busted

- Special diets, herbal remedies or exercise **WILL NOT** cure endometriosis
- Endometriosis **CAN'T BE** prevented
- Endometriosis is quite common, **NOT** rare
- Endometriosis is **NOT** caused by an STI
- Endometriosis does **NOT** always lead to infertility
- Endometriosis **CAN** cause pain at any time in your cycle

In the UK, around 1.5 million women and those assigned female at birth are currently living with the condition, regardless of race or ethnicity. Endometriosis can affect you from puberty to menopause, although the impact may be felt for life.

The classic endometriosis symptoms include:

- Painful periods
- Pain during or after sex
- Infertility
- Painful bowel movements
- Fatigue



LIVE STRONGER FOR LONGER

Vacancies for independent strength and balance instructors available within Age UK Derby and Derbyshire.

Do you -

- Enjoy helping others?
- Understand the importance of exercise?
- Care about falls prevention, particularly within the elderly population?
- Want to make a difference to the quality of lives and keeping people independent and socially active?
- Have the time and commitment to dedicate a couple of hours each week to the sessions?

If so, we would love to hear from you.
Training available for Chair Based Exercise and Otago.

Please contact Age UK Derby & Derbyshire for more information on [01773 766922](tel:01773766922)

Citizens Advice Derbyshire Districts

citizens advice

Save on travel costs if you're disabled

Did you know you can get help with travel costs if you are disabled?

You can apply for a disabled person's bus pass or railcard if you have a condition that makes it hard to get around.

Find out more ↪
<https://bitly.ws/XfJC>

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.

It's **National No Smoking Day** on 13th March.

If you're ready to quit then why not give your local, **FREE**, Live Life Better Derbyshire service a call? 0800 085 2299 or visit www.livelifebetterderbyshire.org.uk



Benefits of quitting smoking

The earlier you quit smoking, the more you're likely to benefit.

But it's never too late – because quitting will improve your health whatever your age and no matter how long you have smoked.

The day you stop, your body starts clearing itself of all those nasty toxins and the repair process begins.

You'll notice some benefits within days or weeks:

- your senses of taste and smell improve
- you start to breathe more easily
- you have more energy

Other benefits will follow, including:

- better blood circulation to your heart and muscles, which will make physical activity easier
- improved lung function, leading to reductions in any cough, wheezing or other breathing problems



Sight Support Information Days 2024-25

Our information days are designed to showcase local agencies offering advice, equipment and support to people with a visual impairment. The events are particularly useful if you are newly registered, but are open to everybody.

We always have a variety of equipment for demonstration and for sale. You can talk to our staff and people from other agencies to find out what is available to help you. We are sure you will discover something new and useful, whether it's about talking books, electronic reading aids, or social activities happening near you.

Events will usually be open from 10.30am until 1pm

If you need help getting around the exhibition, feel free to bring a friend along. Tel 01332 292262 to register your interest or just drop-in on the day.

The list of exhibitors attending varies and may include:

- Macular Society Electronic Magnifiers Welfare Benefits
Community Transport Deaf and Hearing Support
Text to Speech Readers Technology Advice
Talking Newspapers**

Information Days Calendar 2024/25

Events are 10.30am until 1pm (except where marked *)

Methodist Church, Chapel Street, Buxton, SK17 6HX	Wed 3 rd April
Hill Street Baptist Church, Swadlincote, DE11 8HL	Wed 24 th April
SENSE-TECH EXHIBITION. Post Mill Centre, Market Street, South Normanton, DE55 2EJ	Wed 15 th May 10.30am – 3.30pm*
Erewash CVS, Granville Avenue, Long Eaton, Notts, NG10 4HD	Tues 11 th June
St Thomas Centre, Chatsworth Road, Chesterfield, S40 3AW	Mon 24 th June
St Oswald's Church Hall, School Lane, Ashbourne, DE6 1AN	Mon 8 th July
Medway Community Centre, New Street, Bakewell, DE45 1DY	Tues 30 th July
Broadway Baptist Church, 166 Broadway, Darley Abbey, Derby, DE22 1BP	Wed 4 th September
Somercotes Village Hall, Nottingham Road, Somercotes, DE55 4LY	Mon 16 th September
Imperial Rooms (Derwent Hall), 4 Imperial Road, Matlock, DE4 3NL	Tues 15 th October
Assembly Rooms, Hill Top, Bolsover, S44 6NG	Thurs 14 th November
St Joseph's Church Hall, Butterley Hill, Ripley, DE5 3LW	Wed 12 th Feb 2025
Dronfield Contact Club, 30 Snape Hill, Snape Hill Lane, S18 2GJ	Thurs 27 th March 2025

Any changes to dates will be updated on our website at www.sightsupportderbyshire.org.uk

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

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