

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

With the double bank holiday coming up next week, make sure to **order your prescriptions** in good time to avoid running out.



Need urgent medical treatment? Our Urgent Treatment Centres can be accessed by a bookable appointment by calling NHS 111 and can treat a wide range of conditions such as; sprains, fractures, minor burns, minor head injuries, bites and stings, infections and more.



 UK Health Security Agency

Norovirus

How to protect yourself and others

After using the toilet and before preparing food, **wash your hands regularly with soap and warm water.**



Alcohol gels won't kill norovirus

Protect others from norovirus – wash your hands regularly with soap and warm water

- 🚽 After going to the toilet
- 🥗 Before you prepare any food

Norovirus, also called the "winter vomiting bug", is a stomach bug that causes vomiting and diarrhoea. It can be very unpleasant, but usually goes away in about 2 days.

Alcohol gels won't kill norovirus, so keep washing your hands!

More info

▶ <https://www.nhs.uk/conditions/norovirus/>

GOOD ORAL HEALTH

is essential in our daily lives, from



It contributes to our
OVERALL HEALTH AND WELL-BEING
and gives us confidence in
interacting with others



The 20th March was:

World Oral Health Day

We should be looking after our teeth everyday!

Healthy teeth & gums benefit our physical health, comfort with socialising & general well-being. Yet oral health care is often expensive, putting a large financial strain on families. That's why it's important to make it a key part of primary health care.



Hay fever is a common allergic condition. It affects up to 1 in 5 people at some point in their life. You'll experience hay fever symptoms if you have an allergic reaction to pollen.

Pollen is a fine powder released by plants as part of their reproductive cycle. It contains proteins that can cause the nose, eyes, throat and sinuses to become swollen, irritated and inflamed.

You can have an allergy to:

- tree pollen, released during spring
- grass pollen, released during the end of spring and beginning of summer
- weed pollen, released late autumn

Did you know prolonged screen or reading times can lead to eye strain, dry eyes, and headaches?

DO take breaks! Use the 20 - 20 - 20 rule to help your eyes:

After using a screen for 20 minutes

Look at an object 20 feet away

For 20 seconds

Avoid eye strain and headaches Follow the 20-20-20 rule

After 20 minutes spent using a screen

Look at an object 20 feet (6m) away

For at least 20 seconds



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.

**Joined Up Care
Derbyshire**



Diabetes in Derbyshire

10
Apr '24

This event will give you the opportunity to meet the different organisations delivering care to people in Derbyshire living with and at risk of diabetes. If you are living with Diabetes there will be lots of options on offer to help you get your diabetes under control and reduce your risk of complications in the future.

Wednesday 10 April
from 1pm to 2pm via
Microsoft Teams.

[Please click here to book your place.](#)

This event will give you the opportunity to meet the different organisations delivering care to people in Derbyshire living with and at risk of diabetes. If you are living with Diabetes there will be lots of options on offer to help you get your diabetes under control and reduce your risk of complications in the future.

Ambassador of Hope

Ambassador of Hope is an award-winning mental health training programme created and delivered by national mental health charity Chasing the Stigma. Written from a lived experience point of view, the training aims to normalise and humanise conversations around mental health.

The training is not intended to make someone an expert in mental health but instead offers the essential information and a toolkit that can be used to feel more confident about the topic and, most importantly, to make the routes to help and support as clear as possible using Chasing the Stigma's Hub of Hope.

Everyone should be aware of how to manage their own mental health and how to access support if ever it is needed.

Training dates:

- Wednesday 10th April 2024, 10:00-11:00
- Tuesday 4th June 2024, 12:30-13:30

To register your interest, book via the link: https://dacs.google.com/forms/d/1Wze3LGo09ASch4m16N_UbZ2Fdk58QmiwB8JUVJfj6w/closedform

All sessions will run via Zoom and are free to attend.

Please email Ellie on: ellie@chasingthestigma.co.uk if you have any questions.

Ambassador of Hope focuses on four key areas:

- What is mental health
- Having a conversation about mental health
- Finding the experts
- What to do in an emergency

By wrapping all the essential information into one 45-minute session, the training is able to equip participants with the basic skills to engage in conversations and effectively and confidently find mental health support.

CHASING THE STIGMA
Charity Number: 110257

Wellbeing
Joined Up Care Derbyshire

@ChasingStigma
chasingthestigma.co.uk
info@chasingthestigma.co.uk

We need
Repair Cafe
Volunteers!

SUNDAY 28th APRIL 10AM - 1PM
in The Whitworth Brunel Room, Station Road, Darley Dale

WE ARE LOOKING FOR PEOPLE LOCALLY WHO CAN HELP WITH ASSESSMENTS AND REPAIRS SUCH AS...

- Furniture repairs/woodwork/leather
- Upholstry, sewing & alterations
- Garden tools
- PAT testing
- Fixing small electrical items
- Watches & jewellery
- Minor bike repairs
- or anything else that can be repaired!

Please get in touch with the Town Clerk by emailing townclerk@darleydale.gov.uk or call us on 01629 735 248

The Whitworth
Darley Dale
Town Council

Neurodiversity Week: Neurodivergent people tend to find some things very easy and other things incredibly hard. This usually leads to an inconsistent performance at school or work. Find out more about neurodiversity and different neurotypes.

<https://geniuswithin.org/what-is-neurodiversity/>



Derbyshire Dales
Council for Voluntary Service



‘Dementia Awareness Training’

Date: Friday 17th May

Time: 10.00am-12.45pm

Venue: Hathersage - Methodist Church Hall

Following on from the session we organised in October last year, we are pleased to run the session again, this time in Hathersage!



Joining us as joint trainers are two highly experienced professionals in the field of dementia awareness as well as working with people with dementia and their carers.

A member of the Derbyshire Alzheimer’s Society staff team will be leading the Dementia Friends session which aims to raise awareness and understanding.

Mary Derrick, a Director of the Connection Space Community Interest Company, and an Occupational Therapist, will be delivering the second half of the session, focusing on how community groups can enhance their inclusivity of people living with memory loss and/or dementia, within their organisation.

The training is aimed at volunteers running a small group, such as a luncheon club, social club, or activity-based group.

We have 25 places available on the training, and thanks to funding from Derbyshire County Council Public Health - Localities Fund, we are very pleased to be able to offer this training session free of charge to DDCVS Member organisations.

For more information or to book a place, please contact Sarah on 01629 812154 press 1 or email: enquiries@ddcvs.org.uk

NB - DDCVS Member groups in the South Dales - please note that we are planning to organise a similar session in October in Ashbourne/Wirksworth! If you would like to put your name down for this, please email as above.

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