



# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

Eligible people can now book their **Spring COVID19** vaccine online or via the NHSapp 

Appointments start from MONDAY 22 APRIL 

Find out more and book now - [covid-19-vaccination](#)



UK Health Security Agency | **NHS**

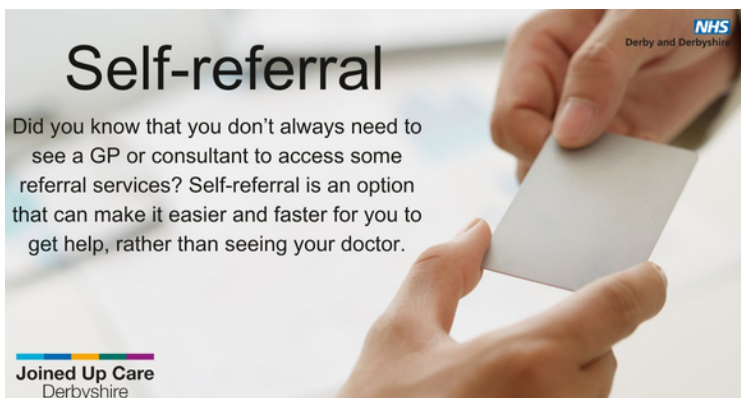
## Top up your protection this spring

If you're in one of the following groups, you can take up the **COVID-19 spring vaccine offer**

Adults <b>75 years and over</b>	People aged 6 months - 74 years <b>with a weakened immune system</b>	residents <b>in a care home for older adults</b>
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Book online at [nhs.uk/get-vaccine](https://nhs.uk/get-vaccine)


**Self-referral services online** - find the help you need easily. Follow the link below and click on the service you're interested in.



## Self-referral

Did you know that you don't always need to see a GP or consultant to access some referral services? Self-referral is an option that can make it easier and faster for you to get help, rather than seeing your doctor.

 **NHS**  
Derby and Derbyshire

 **Joined Up Care**  
Derbyshire

**Post covid service to continue in 2024/25**

 **Joined Up Care**  
Derbyshire

The post covid, or long covid, service for Derby and Derbyshire is to continue to be provided during 2024/25.

The local NHS carried out "engagement" over potential changes with service users and service providers during the autumn last year. Those views have helped to inform the decision over the way the service will be provided in 2024/25. The decision is to continue to provide the service from sites in the north and south of the county with staffing and facilities that are appropriate for the current level of demand. Current patients will continue to receive the service.

# LIVE STRONGER FOR LONGER

**The falls prevention service for Derbyshire**

 **01773 766922**

 [www.ageuk.org.uk/derbyandderbyshire](https://www.ageuk.org.uk/derbyandderbyshire)

Funded by Derbyshire County Council, delivered by Age UK Derby and Derbyshire

 **DERBYSHIRE**  
County Council

Registered charity number 1068550

 **ageUK**  
Derby & Derbyshire

Live Stronger for Longer, the falls prevention service for Derbyshire. Find a class near you: <https://www.ageuk.org.uk/derbyandderbyshire/lsfl/>

## • HEALTH

### Events and activities for unpaid carers

If you're an unpaid carer, did you know there are lots of activities, training and events which are free for you to take part in this month?

From soap making and guided walks to reading groups and a session on understanding dementia, there's lots on offer hosted by Derbyshire Carers Association (DCA).



St Oswald's Church Hall, School Lane, Ashbourne DE6 1AN

Between 10am and 12 noon on the First Wednesday of the month

## • WELLBEING

### Sight Support information events in the Derbyshire Dales



- Monday 8 July, 10.30am until 1pm, St Oswald's Church Hall, School Lane, Ashbourne, DE6 1AN
- Tuesday 30 July, 10.30am until 1pm, Medway Community Centre, New Street, Bakewell, DE45 1DY.

The events usually run from 10.30 until 1pm unless otherwise stated. Telephone 01332 292262 to register your interest or just drop in on the day. You are welcome to bring a friend or family member with you.

We usually have around 10 exhibitors which may include: Electronic Magnifiers; Welfare Benefits; Community Transport; Deaf and Hearing Support; Talking Newspapers etc. 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.

**April is Bowel Cancer Awareness Month** - an annual opportunity to raise awareness of bowel cancer, the fourth most common cancer in the UK. The earlier bowel cancer is spotted, the more treatable it's likely to be. In fact, more than 9 in 10 people survive bowel cancer when it is diagnosed at the earliest stage.



Clinical Oncologist Katherine Aitkens explains bowel cancer, giving an overview of bowel cancer symptoms, diagnosis, and treatment. Watch the video here.



### Who can have bowel cancer screening?

If you are registered with a GP, you will be offered your first home screening bowel test when you are aged between 50 and 60.

You can read more about: [bowel cancer screening in England and Wales](#)

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

### Know the symptoms of bowel cancer



- Bleeding from your bottom
- Blood in your poo
- A change in how often you poo, or regularly having diarrhoea or constipation
- Losing weight but you're not sure why
- Feeling very tired all the time but you're not sure why
- A pain or lump in your tummy

If you have any of these symptoms, it's important to ask your GP for an at-home test as soon as you can.



# Nature Natters

A short, very easy stroll enjoying the wellbeing benefits of nature

From April 2024 at 11.00am with the Peak District National Park

- BAKEWELL Park toilets on 1st Thursday of the month
- MATLOCK Hall Leys Park bandstand on the 3rd Thursday of the month

Ending at a cafe

Part of New Connections Social Prescribing 'Nature Prescriptions' project. For more information contact 01629 812154 ext. 2




# MENTAL HEALTH

## DELIGHTFUL DALES MEET THE GROUPS EVENT

Wednesday May 29th 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.

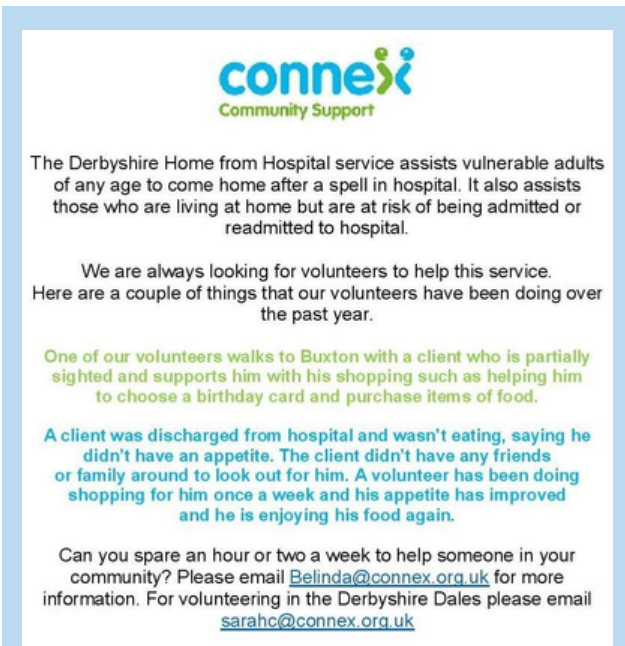



For information contact: [mandy@highpeakcvs.org.uk](mailto:mandy@highpeakcvs.org.uk)

This event is open to the public, to anyone with Mental Wellness experience, Health Care providers from all sectors, the VCSE and Commissioners and Councillors. A great way to make new connections and improve your knowledge of other service sand support, in your area.

If you would like to host a table to promote your service, group or activity – it is FREE!

Email: [mandy@highpeakcvs.org.uk](mailto:mandy@highpeakcvs.org.uk) with; your name, organisation/group and a contact telephone number.

The Derbyshire Home from Hospital service assists vulnerable adults of any age to come home after a spell in hospital. It also assists those who are living at home but are at risk of being admitted or readmitted to hospital.

We are always looking for volunteers to help this service. Here are a couple of things that our volunteers have been doing over the past year.

One of our volunteers walks to Buxton with a client who is partially sighted and supports him with his shopping such as helping him to choose a birthday card and purchase items of food.

A client was discharged from hospital and wasn't eating, saying he didn't have an appetite. The client didn't have any friends or family around to look out for him. A volunteer has been doing shopping for him once a week and his appetite has improved and he is enjoying his food again.

Can you spare an hour or two a week to help someone in your community? Please email [Belinda@connex.org.uk](mailto:Belinda@connex.org.uk) for more information. For volunteering in the Derbyshire Dales please email [sarahc@connex.org.uk](mailto:sarahc@connex.org.uk)

The Home from Hospital service serves the High Peak & Derbyshire Dales. Supported by two coordinators and volunteers, they help clients in their homes after a stay in hospital or to prevent them going into hospital.

Could you help volunteer for this service?



Love their eyes, boost their confidence.

Take your child for a free NHS sight test when they start school.

[www.derbyshirefamilyhealthservice.nhs.uk/vision](http://www.derbyshirefamilyhealthservice.nhs.uk/vision)

Take your child for a free NHS sight test when they start school. NHS sight tests are free for children under 16 years old, and can help pick up any vision and sight problems early.

**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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## ONLINE ARTHRITIS ACTION GROUPS

JOIN US ON ZOOM TO MEET  
OTHERS, SHARE HINTS AND  
TIPS, AND LEARN ABOUT  
SELF-MANAGEMENT  
TECHNIQUES

REGISTER BY EMAILING  
[EVENTS@ARTHRITISACTION.ORG.UK](mailto:EVENTS@ARTHRITISACTION.ORG.UK)



Arthritis Action aims to help people manage the pain and associated symptoms with confidence. We have a wealth of free resources available on our web site and also additional services such as one to one diet and exercise support for those who wish to become a Member.

For those who would like to meet others living with arthritis we hold online peer support groups via Zoom. These are free of charge and a great opportunity to share hints, tips and experiences.

**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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