



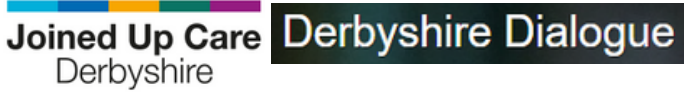
COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



It's **Maternal Mental Health Week** and Derbyshire's perinatal service is offering a range of support to local people with

mental health concerns before, during or after pregnancy. Find out more: <https://ow.ly/bMIL50RsFAK>



The next session is Wednesday 15 May from 1pm to 2pm via Microsoft Teams. [Please click here to book your place.](#)

At this meeting Angela Wright, Dr Ian Lawrence and Kate Brown will be presenting Place. 'Place' involves commissioners, community services providers, local authorities, primary care, the voluntary and community sector, and the public working together to meet the needs of local people. There will be an opportunity to ask questions and give comments.



New Hearing Help Peer Support Group starting in Matlock. This will be held at Costa Coffee. The first meeting will be on Tuesday 28th May 2024 between 10.00am and 11.00am, these will be monthly. For more information please contact:

Rachael.Bunting@hearinghelpuk.uk



Become a Trust Member and help shape the future of your hospital and services.

- ✓ Receive a monthly update on the latest Trust news and how you can get involved.
- ✓ Vote in elections for your representative Governor.

Sign up here: secure.membra.co.uk/Join/Chesterfi...

Help shape the priorities in the Dementia Strategy



The Joined Up Care Derbyshire Dementia & Delirium Partnership want to hear your thoughts on a survey. This is part of work they're doing, looking into the Dementia Strategy for 2025-2030.

They're wanting to hear from as many people as possible including people who are living with dementia, their carers, and people who work in dementia health and care services Derbyshire.

Take the survey

• **HEALTH**

• **WELLBEING**

• **COST OF LIVING**



Dementia Awareness Training

**Hathersage
Methodist Church Hall**

Friday 17th May 10.00-12.45

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

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 the DDCVS Team on 01629 812154 ext. 1 or email enquiries@ddcvs.org.uk

Calling all Derbyshire parents and carers – have you heard about Healthier Futures? It’s a free family support service to help you and your loved ones on the path to a healthier future. Find out more here: <https://www.livelifebetterderbyshire.org.uk/services/family->

healthier futures
FREE Family Services for Healthier Living

A free service that offers support and advice on how to keep your whole family happy, healthy, and well.

www.livelifebetterderbyshire.org.uk/healthierfutures

From **Live Life BETTER DERBYSHIRE**

Live Well with Pain

Do you live with a health condition that causes long-term pain? Would you like meet others for peer support, and help to live well with pain?

Join our supportive “Live Well with Pain” sessions in **Wirksworth** at **The Eco Centre**, Porter Ln DE4 4LS

We meet on the first Thursday of the month at 10am. Please contact ddcvs.referrals@nhs.net or phone 01629 812 154 and press 2 for Social Prescribing. Anyone with long-term health conditions that cause them pain can join the group.

Time is spent looking at the 10 Footsteps to Pain management but also supporting one another with common themes which come up for people living with pain - it could be isolation, sleep, mental health, motivation etc.

Live Well with Pain is a free, supportive group running monthly during 2024 at the Derbyshire Eco Centre, near Wirksworth.

2024

March 7th - April 4th - May 2nd
June 6th- July 4th- August 1st
September 5th - October 3rd
November 7th- December 5th

<https://livewellwithpain.co.uk/ten-footsteps-programme/>

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.



Wednesday 15th May 2024

10.30am to 3.30pm



Venue: The Post Mill Centre,
Off Market Street, South Normanton,
Alfreton
DE55 2EJ

Sight Support Derbyshire are holding a Sensory Tech Day to showcase the latest technology available to make living with a visual impairment easier. There will be a whole range of products available to explore and experts to chat to.

You can also find out how to get the best out of your smart phone, tablet, or computer. Don't forget to bring your own handheld device!

This is a free event whether you, or someone you know, is visually impaired, or if you work in health or social care, or just have an interest. The exhibition will be open on a drop in basis.

For further information contact Sight Support Derbyshire on 01332 292262.

Forget-Me-Nots

LIVING LIFE WITH DEMENTIA

Information session for people with dementia and their families.
With advice from the Alzheimer's Society


Including ideas and tips:

- To keep our brain active
- For daily life at home

2-4pm
Wednesday
5th June 2024

**METHODIST CHURCH
MATLOCK RD
BAKEWELL**

Call 01629 812154 ext 2
for more information






Forget-Me-Nots

Wednesday Walks

An short easy walk, friendship and fresh air for people with memory loss or dementia & their friends and family, followed by cafe stop.

22nd May Hassop Station Car Park, DE45 1NW
26h June Information booth, Longshaw Main Car Park S11 7TZ.
24th July Tideswell Dale car park. SK17 8SN
4th September Chatsworth visit

ACROSS DERBYSHIRE DALES

2pm, monthly on the 4th Wednesday

Call 01629 812154 ext 2
for more information

