



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



UK Health Security Agency

Top up your protection this spring

Residents in care homes for older adults can take up the **spring COVID-19 vaccine offer**

Book online at nhs.uk/get-vaccine

The latest data shows that COVID-19 case numbers are still rising. Eligible people, including residents in care homes for older adults can book their spring COVID19 vaccine online or via the [NHSApp](#) . Find out more and book at: [Getting a COVID-19 vaccine](#)

Is it a cold or hay fever?

It can be hard to tell - Recent studies suggest that some types of pollen & other allergens could be released earlier in the year and for longer.

<https://ukhsa.blog.gov.uk/.../will-climate-change-make.../>

Cryptosporidium has been in the news this week, but it is possible to catch and spread it in a variety of ways.

Cryptosporidium is a microscopic parasite that can cause an unpleasant – and sometimes dangerous – illness called cryptosporidiosis. This nasty bug lives in the intestines of infected humans and animals and is passed out in their poo. It can then spread and contaminate water sources like lakes, rivers, and swimming pools, as well as food like raw milk and vegetables.

COME ALONG TO OUR GREAT GET TOGETHER!

Derbyshire Dales CVS Invites YOU to a FREE get together for members of the public & community groups in the Derbyshire Dales.
Special guest from Jo Cox Foundation

WHAT: Find your local groups, meet new people, tips to make your group more accessible

WHEN: Wednesday 5th June 2024
10.30am - 12 noon

WHERE: Online on Zoom

RSVP: For more information & sign up enquiries@ddcvs.org.uk
01629 812154 (Option1)
www.ddcvs.org.uk

#MoreInCommon

THE GREAT GET TOGETHER
INSPIRED BY JO COX

• HEALTH

• WELLBEING

• COST OF LIVING

This week has been Mental Health Awareness Week

'Movement: Moving more for our mental health'

Dance can be a really fun way of adding movement into your daily routine, and it doesn't need to be professional by any means!



Dancing along to music you enjoy can not only lift your mood but can also be a great way of getting active.

Being outside and in or around nature



Research shows that being outside and around nature can have a really positive impact on our mental health, as it can help us experience:

Calm



Joy

A connection to the world around us

For more ideas, visit the advice hub

everyturn.org/advice-hub



Check out our Let's Chat Derbyshire Map for locations of:

- Let's Chat Benches
- Outdoor physical activity groups
- Outdoor mental health groups
- Opportunities to connect with nature

Let's Chat Derbyshire Map



A map for you to find local access to:

- Outdoor Physical Activity Groups
- Outdoor Mental Health Groups
- Connecting with Nature Opportunities



@DCCMHSP



It's okay to...



Make mistakes



Feel your emotions



Have bad days



Take it easy



Not have it all figured out



Take your time

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.



Companion bus pass

If you're a disabled Gold Card holder, you may now be able to apply for a companion pass allowing another person to travel free with you.

To qualify for a Gold Card companion pass, Gold Card holders need to provide the following information:

- Certificate of Vision Impairment (CVI) stating that the Gold Card holder is blind
- Personal Independence Payment (PIP) award letter confirming that you receive 12 points for the 'moving around' activity
- letter from a medical professional confirming the details and severity of your walking or learning disability
- an education health and care plan (EHCP) – must confirm type and severity of learning or walking disability.

Further information available by following the link [here](#).

Eligible disabled Gold Card holders who want to add a companion pass have to contact their [borough or district council](#).



Whitworth Hospital Community Diagnostic Centre Enter and View report

What are Community Diagnostic Centres?

Community Diagnostic Centres (CDCs) are new and started to open in Derbyshire from March 2023. They have been opened as 'one-stop shops' to provide an easier and better patient experience by having diagnostic facilities and services in one place.

What did we report on?

- Accessibility
- The quality and delivery of care provided
- How people are involved in service improvements
- Patient choice
- Working together
- Receiving results
- When things need to change

Learn more about what Healthwatch saw and heard on the day by clicking [here](#).

Strong and Steady

LIVE STRONGER FOR LONGER

IF YOU ARE AGED 65+, LIVE IN DERBYSHIRE AND HAVE SOME DIFFICULTY MOVING AND WALKING, OUR NEW STRONG AND STEADY PROGRAMME IS FOR YOU!

Our intensive strength and balance programme offers a FREE 24 week programme of exercise (PSI) to improve your strength and balance with fun activities to help you make the most of life.

A place on the programme includes a period of free transport and sessions include activities, refreshments and all equipment. Strong and Steady could change your life and help you Live Stronger for Longer.



Scan for more info

We have classes all around Derbyshire:

Ashbourne, Bakewell, Bolsover, Buxton, Chesterfield, Glossop, Ilkeston, Ripley and Swadlincote

Contact 01773 766922 or fill out a referral form here: www.ageuk.org.uk/derbyandderbyshire/lstf-referrals

www.ageuk.org.uk/derbyandderbyshire



REGISTERED CHARITY NUMBER 1068550. COMPANY NUMBER 5510615



Pickleball

A fast-growing sport that combines parts of badminton, tennis and table tennis. A wonderfully inclusive sport suitable for all abilities.

Coming soon to **Wirksworth Leisure Centre**



4 week course

Wednesday 22nd May until Wednesday 12th June

Contact reception: 01629 824717 to book your place.

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

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