

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

TYPE 2 DIABETES
KNOW YOUR RISK

NHS

Type 2 diabetes: Don't lose sight of the facts.

Type 2 diabetes is a serious health condition that can lead to sight loss.

TYPE 2
DIABETES PREVENTION WEEK

It's Diabetes Prevention Week

Type 2 diabetes can lead to serious health complications if left untreated - but you can significantly reduce your risk by making lifestyle changes with support from your local Healthier You programme.

Learn your risk score: <http://riskscore.diabetes.org.uk>

Live Life BETTER DERBYSHIRE

Aged 40 - 74? Our Live Life Better Derbyshire team are offering free Blood Pressure across the county this month.

Find out where they will be here: [Getting-your-blood-pressure-checked](#)



Reasons for checking blood pressure include:

- Risk assessment: Untreated high blood pressure increases the risk of heart attack, stroke, and other serious health problems.
- Monitoring health: Blood pressure affects blood flow to organs, and abnormal levels could indicate underlying health issues.
- Early detection: Regular checks can help identify potential problems like chronic kidney disease, stroke, and heart disease.

Oral health - It's National Smile Month

Looking after your oral health is important and it's not just about keeping your teeth looking nice.

Search for an [NHS dentist close to you](#). You don't need to register with one in the same way as a GP.

If you need a dentist urgently, the [NHS 111](#) service will help you find emergency dental treatment.

Healthwatch Derbyshire have some [advice](#) [If you're finding it hard to get a dental appointment](#). You can also find out more about how to care for your teeth, mouth and gums, at every stage of life.



• **HEALTH**

• **WELLBEING**

• **COST OF LIVING**

Derbyshire Recovery & Peer Support Service



Ashbourne –
Craft and Chat –
Mondays 2pm-4pm @ The Cornerstone on Church Street.

Do you like to knit, papercraft, stitch, Crochet, draw, craft things, bring your own project to do or just come to chat. You will be made welcome.

For more details call Clare on 01335 342321 or visit:
www.ashbournemethodist.org.uk/craftchat

Matlock – Game in the Peak – Saturdays 7pm onwards. @ The Church in the Peak, Matlock DE4 3EJ



Join us and immerse yourself in classic and modern board games. our competitive and co-operative group is open to all. No experience needed. feel free to bring your own game and snacks!

To enquire about the group, please contact the DRPSS Single Point of Access on 01773 734989. You are also more than welcome to just turn up to the group. £2.50 per session.

<https://www.facebook.com/profile.php?id=100089982883787>

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@ddcvcs.org.uk
01629 812154 (Option1)
www.ddcvcs.org.uk

Derbyshire Dales Council for Voluntary Service

#MoreInCommon

THE GREAT GET TOGETHER
INSPIRED BY JO COX

Derbyshire Dales Council for Voluntary Service

SAFEGUARDING POLICY WORKSHOP FOR SMALL GROUPS AND COMMUNITY ORGANISATIONS
Thursday 27th Jun 2024
10:00am - 12:00pm

We would like to invite you join us for a policy workshop at the office in Bakewell.

The idea of the session is that you bring your Safeguarding Policy with you to check it is up to date or adapt a sample policy provided.

We will have the opportunity to go through the policy together and ensure you feel it is a good fit for your organisation.

Places are limited as we want to keep it to a small group.

Priority will be given to DDCVS members.

To book a place please email: enquiries@ddcvcs.org.uk or phone the Development Team on 01629 812154 Option 1.

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



The aims of Wirksworth Mental Health Initiative

- To bring together local community groups to work together supporting mental health in the community.
- To signpost those in need of mental health support to relevant local and national causes/charities.
- To promote mental health support to help remove the stigma of mental health.
- To support volunteers in getting free Mental Health training where possible.
- To raise funds for local and national mental health groups, helping them support others.

If you would like any more information, or would like to get involved, please get in touch via wirksworthmhi@yahoo.com <https://www.wirksworthmhi.co.uk/>



Have your say on new rights for patients

The NHS Constitution sets out your rights as a patient of NHS services. It also includes the commitments the NHS aims to achieve so you get high-quality care. The Government is planning to make several changes to the NHS Constitution. Find out why you should tell the Government what you think about the proposals, as well as any other changes you think should be made.

The Government wants to hear your views about their proposals, as well as other changes you think should be made.

The proposals include:

- Getting a second opinion: Changes that would empower patients and their families to ask for a second opinion on treatment if their condition or the condition of their loved one deteriorates. The rule would see more power put in the hands of patients.
- Carer rights: A new right to involve unpaid carers as early as possible when a patient is discharged.
- Patient communication: A commitment to ensuring the NHS communicates information about appointments in a clear and timely way to help patients meet their responsibility to keep or cancel appointments.
- Health inequalities: A plan to strengthen the NHS's focus on health inequalities by committing services to work with partners to understand the needs of their local communities.

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• HEALTH

• WELLBEING

• COST OF LIVING



Free Wednesday health walks

Each event is a short easy walk - friendship and fresh air - for people with memory loss or dementia and their friends and family, followed by a cafe stop.

- 22 May - Hassop Station car park DE45 1NW
- 26 June - Longshaw main car park S11 7TZ
- 24 July - Tideswell Dale car park SK17 8SN

For more information call:
01629 812154 ext 2.

All events start at 2pm and no booking is required.

STOP LOAN SHARKS
Intervention . Support . Education

Being trapped by a #LoanShark can have a negative effect on #MentalHealth.

Worried about yourself or someone you know? Call the 24-hour helpline on 0300 555 2222 for confidential advice and support or report it on the Stop Loan Sharks website: <https://stoploansharks.co.uk/get-our-help/>



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

What is the new service?

Living Well Derbyshire offers short term care packages (up to 12 weeks) for people who need support with their mental health and wellbeing. The Living Well teams include people from health, social care and voluntary sector organisations to ensure those using the service can use a wide range of support which will help people to keep well within communities.

You can talk to your GP about your options and how to be referred into the service.

If you are currently using a Community Mental Health Team service, there will be no change to your support.

How does it affect you?



Loan sharks and mental health

Being trapped by a loan shark can have a negative effect on a person's mental health. Being caught up with a loan shark can add stress, anxiety and even depression to a person's everyday life.



We can help

Stop Loan Sharks are here to help and support anyone involved with a loan shark.

Contact us today for help and support

0300 555 2222

www.stoploansharks.co.uk

#NOBLAME

NOSHAME

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