


# COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

Eligible people can still book their spring COVID19 vaccine online or via the [NHSApp](#)  Find out more and book at: <https://www.nhs.uk/.../covid.../getting-a-covid-19-vaccine/>



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 **75 years and over**
- People aged **6 months - 74 years with a weakened immune system**
- residents **in a care home for older adults**

Book online at [nhs.uk/get-vaccine](https://nhs.uk/get-vaccine)



**NHS**

## Whooping cough cases are rising

Young babies with whooping cough are often very unwell and many are likely to need hospital treatment

Book your vaccine through your GP surgery or local maternity service

If you are pregnant, it's important to get the whooping cough vaccine to protect your new-born baby, as they are at greatest risk. Find out more. <https://nhs.uk/.../keeping-well/whooping-cough-vaccination/>

**Sepsis** is a serious condition that develops when the body's immune system overreacts to an infection and starts attacking its own tissues and organs. Sepsis is life threatening. It can be hard to spot.

There are lots of possible symptoms. They can be like symptoms of other conditions, including flu or a chest infection. About sepsis: <https://sepsistrust.org/about/about-sepsis/>

CHILDREN	ADULTS
<p>A child may have sepsis if he or she:</p> <ul style="list-style-type: none"> <li>• Is breathing very fast</li> <li>• Has a 'fit' or convulsion</li> <li>• Looks mottled, bluish, or pale</li> <li>• Has a rash that does not fade when you press it</li> <li>• Is very lethargic or difficult to wake</li> <li>• Feels abnormally cold to touch</li> </ul>	<p>An adult may have sepsis if they show any of these signs:</p> <ul style="list-style-type: none"> <li><b>S</b>lurred speech or confusion</li> <li><b>E</b>xtrême shivering or muscle pain</li> <li><b>P</b>assing no urine (in a day)</li> <li><b>S</b>evere breathlessness</li> <li><b>I</b>t feels like you're going to die</li> <li><b>S</b>kin mottled or discoloured</li> </ul>

**WHAT TO DO IF YOU SUSPECT SEPSIS:**  
 Call 111 or contact your GP if you're worried about an infection.  
 Call 999 or visit A&E if someone has one of the sepsis symptoms.

**JUST ASK "COULD IT BE SEPSIS?"**

If you think you or someone you look after has symptoms of sepsis, call 999 or go to A&E. Trust your instincts.

• HEALTH

• WELLBEING

• COST OF LIVING



**EXAM SEASON GETTING YOU STRESSED?**  
CHECK OUT THESE HANDY WELLBEING APPS TO HELP.

**EXAM STRESS SUPPORT**

During exam season pressure and stress can be incredibly high. If you've got children or other family members studying at the moment then there's support to help their emotional health and wellbeing.

There are a range of quality assured health apps to help. Find out more, and download them, here:

<https://derbyshire.orchhealth.com/en-GB/youth-stress-apps>



**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 5<sup>th</sup> June 2024  
10.30am - 12 noon

**WHERE:** Online on Zoom

**RSVP:** For more information & sign up  
[enquiries@ddcvs.org.uk](mailto:enquiries@ddcvs.org.uk)  
01629 812154 (Option1)  
[www.ddcvs.org.uk](http://www.ddcvs.org.uk)



**#MoreInCommon**



**THE GREAT GET TOGETHER**  
INSPIRED BY JO COX



**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](http://www.livelifebetterderbyshire.org.uk/healthierfutures)

From **Live Life BETTER DERBYSHIRE**

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://bit.ly/3UHDVc9>

It's a free, healthy families programme that offers a range of support for parents and carers of children aged 0 to 12 years old. The programme includes online and face to face sessions.

**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.



Activities being run by Connex in the High Peak and Derbyshire Dales areas.

Monday 3<sup>rd</sup> June

CYP Games at Zink, Buxton  
10am-12noon

Wednesday 5<sup>th</sup> June

Coffee morning at Buxton Community School  
10.50am-12.20pm

Thursday 6<sup>th</sup> June

Digital Café at The Pavilion, Ashbourne  
11am-1pm (DD)

Indoor Kurling at St Anne's Parish Centre, Buxton  
10.30am -12noon

CYP Social Group for over 15s, Buxton  
6pm-8pm

For more information about the activities in Buxton call  
The Buxton office on 01298 23970  
and for the activities in the Derbyshire Dales (DD) call the  
Ashbourne Office on 01335 348 600



Derbyshire Dementia Strategy - Engagement Survey

Joined Up Care Derbyshire Dementia & Delirium Partnership want to speak to people in Derby & Derbyshire about dementia. This will help them to renew the Derbyshire Dementia Strategy for another five years until 2030. You can view the current strategy [here](#). They want to hear from as many people as possible; people living with dementia, their carers and people who work in dementia health and care services in Derby & Derbyshire. You can complete the survey [here](#).



What's Happening? **Place**

This event will give you the opportunity to learn about Team Up explaining how working Together is improving Healthcare for people who need it in their own homes. ‘

Join online Wednesday 12th June from 1pm to 2pm via Microsoft Teams. [Please click here to book your place.](#)

*What to expect at this meeting*

- Angela Wright, Dr Ian Lawrence and Kate Brown will be presenting Team Up
- An opportunity to ask questions and give comments

If you wish to subscribe to the Derbyshire Dialogue email please email [ddicb.engagement@nhs.net](mailto:ddicb.engagement@nhs.net) with 'Subscribe to Derbyshire Dialogue' in the subject line.

Alternatively, you can call 01332 981 601 and our adviser will be happy to help you signup to take part in any of the involvement opportunities.

**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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# Matlock Activity Day 13th June 2024

Footie Zumba Bowls Karate



Volleyball Tennis Treasure Hunt And lots more!

Look overleaf for more details

# Details

## Where

Sign in at the bandstand: Hall Leys Park, Matlock, DE4 3SX



## When



There will be lots of fun sports and activities available for you to try throughout the day.

There is no charge for the activities and you are welcome to drop in anytime or make a day of it and try all the activities with our great providers.

Make sure you wear suitable clothing and footwear and bring a picnic if you like. Facilities, refreshment and accessible toilets are available in or near the park.

If you need extra help please don't come on your own as we can't provide additional support.

If you have any questions or want to book your place please contact Alan McGill:

Phone - 01629 761 380

Email - alan.mcgill@derbyshiredales.gov.uk

## FREE CYBERCRIME WEBINAR

Tuesday 9th July 2024, 10.30-11.30am

### LEARN

About cybercrime, fraud and scams

### ADVICE

How to protect yourself and your accounts online

### THE SESSION WILL COVER:

- Device safety/protection
- Password guidance and account security
- Protecting personal information
- Safe social media use
- Referring to additional support and resources
- Social Engineering and phishing
- Telephone and Letterbox Scams
- Safe online shopping & banking
- Reporting channels
- Romance Fraud

The session is open to all Derbyshire residents who use email and the internet.

It is a user-friendly session, providing guidance on safeguarding against fraud and securing your online accounts.

### TO RESERVE YOUR PLACE

Register using this [Link](#) or QR Code.

Contact Sam Tock at [s.tock@ruralactionderbyshire.org.uk](mailto:s.tock@ruralactionderbyshire.org.uk) for queries.



## 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.

**26th 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

**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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