

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

Whooping cough (pertussis) cases continue to rise, with 1,319 cases confirmed in March 2024 compared with 858 cases for the whole of 2023.

The infection can be serious for babies who are too young to start their vaccinations and may lead to complications resulting in hospitalisation and even death. The pertussis vaccination in pregnancy provides protection for pregnant women and young babies against serious illness. The NHS is encouraging anyone pregnant to come forward, and for staff who come into contact with them to signpost or offer this vaccination at every opportunity.

To find out more visit:

<https://www.nhs.uk/conditions/whooping-cough/>



If you're over 40, you could be one of millions with high blood pressure without knowing it.

It can pose significant health risks but it is treatable. To find a local pharmacy offering a free blood pressure check, without needing to book, click here: [free-blood-pressure-check](#)

Things that can increase your risk of getting high blood pressure

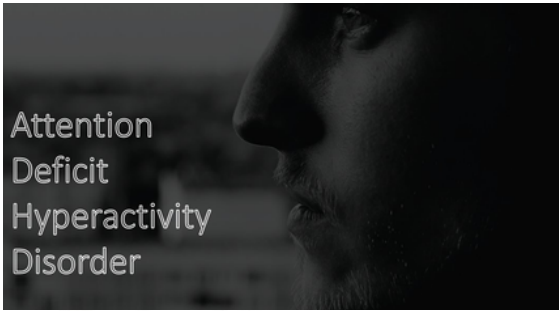
You might be more at risk if you:

- are overweight
- eat too much salt and do not eat enough fruit and vegetables
- do not do enough exercise
- drink too much alcohol or coffee (or other caffeine-based drinks)
- smoke
- have a lot of stress
- are over 65
- have a relative with high blood pressure
- are of black African or black Caribbean descent
- live in a deprived area

• HEALTH

• WELLBEING

• COST OF LIVING



What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour.

People with ADHD can seem restless, may have trouble concentrating and may act on impulse. In adults, the symptoms of ADHD are more difficult to define.

Follow the link for more information:

<https://nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

In adults, the symptoms of ADHD are more difficult to define. This is largely due to a lack of research into adults with ADHD.

As ADHD is a developmental disorder, it's believed it cannot develop in adults without it first appearing during childhood. But symptoms of ADHD in children and teenagers often continue into adulthood.

Help for visually impaired



Are you or do you know someone who is visually impaired?

Sight Support Derbyshire is holding a series of information events where you can find out what support is available and try out a range of equipment including talking books and electronic reading aids.



The events are taking place on:

- Tuesday 11 June, 10.30am until 1pm, Erewash CVS, Granville Avenue, Long Eaton, Notts, NG10 4HD
- Monday 24 June, 10.30am until 1pm, St Thomas Centre, Chatsworth Road, Chesterfield, S40 3AW
- 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.

No registration required. For more information, call the Sight Support Derbyshire team on 01332 292262.



**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

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.

• **HEALTH**

• **WELLBEING**

• **COST OF LIVING**



Derbyshire Police Cyber Crime Unit and Rural Action Derbyshire are

Free webinar on **Tuesday 9th July 2024, 10.30-11.30am** to warn the public of cybercrime, fraud and scams - and advise on how you can protect yourself and your accounts online.

This is for anyone in Derbyshire who uses email and the internet. It is a non-tech session, easy to follow, with guidance on how to protect yourself from fraud, and protect your online accounts.

You don't need to be a member of the network to join. You just need to register your details on the form and then Derbyshire Police will send you a joining link on the morning of the training.

The session will cover :

- Device safety/protection
- Password guidance and account security
- Protecting your personal information
- Using social media safely
- Social Engineering and phishing emails/texts
- Telephone and Letterbox Scams
- Romance Fraud
- Online shopping & Online banking safely
- Where to report
- Signposting to further sources of support and resources

To reserve your place, please follow this link to register **Cyber Awareness. Avoiding Fraud & Scams**. You will see a confirmation on screen, and Derbyshire Police Cyber Crime Unit will then send you a link to join on the morning of the 9th July.

Volunteer Passport

If you live in Derbyshire and are thinking of volunteering this free course is for you.

The Volunteer Passport is a 10-hour course delivered by Derbyshire Adult Community Education Service (DACES). It can be run over several weeks. It looks at key topics all volunteers need to be aware of. These include:

- equality, diversity and inclusion
- health and safety
- keeping yourself and others safe
- first aid awareness
- the person-centred approach

Courses - are held at venues across Derbyshire and online.

For details of courses coming up near you visit the [DACES course search page](#) and search for 'volunteer passport'.

Volunteering

This week is **Volunteers Week** - could you spare some time to help make a difference to the lives of others?



VOLUNTEER FOR CONNEX



VOLUNTEER FOR OTHER ORGANISATIONS

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

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School holiday activities

The school summer holidays come around really quickly! Are you or someone you know looking for some holiday activities? There are holiday activities being offered at two locations; Matlock and Wirksworth - kids holiday club. There is an early bird rates if you book before the school holidays start. There are also LIMITED free HAF places for children on benefits related free school meals (not universal free school meals). To access this you will need your HAF code from your child's school. [School holiday activities - booking](#)

KIDS HOLIDAY CLUB




BOOK NOW

WIRKSWORTH LEISURE CENTRE
Multi-Sport Camp (Thursdays)
 Dates: 25th July, 1st/8th/15th/22nd/29th August
 Time 12pm - 4pm Ages 6 - 13yrs
 £18 per session (early bird rate)/ £20 per session
 if booked after 22nd July.
FREE HAF places available



SCAN ME

It's About Me is running FREE activity clubs across Derbyshire for children who are eligible for benefits-related free school meals (HAF). Ask your school for your HAF code.



KIDS HOLIDAY CLUB




BOOK NOW

HALL LEYS PARK MATLOCK
Tennis & Multi-Sport Camp (Wednesdays)
 Dates: 24th/31st July, 7th/14th/21st/28th Aug
 Time 10am - 1pm Ages 6 - 13yrs
 £15 per session (early bird rate)/ £17 per session
 if booked after 22nd July.
FREE HAF places available



SCAN ME

It's About Me is running FREE activity clubs across Derbyshire for children who are eligible for benefits-related free school meals (HAF). Ask your school for your HAF code.



Ashbourne Leisure Centre

Walking Netball is a friendly and inclusive programme, allowing women the opportunity to find their place in the sport. It's netball, but at a walking pace where the rules are slightly tweaked.

Our weekly sessions are every Friday at 11:00am

Pay & Play at just £5 per session. There's no need to book just turn up and play.

For more information call reception on 01335 343712



Looking for a new activity?

Monday's are Men's Walking Football Day at 11:30am.

There's no need to book, just turn up and pay and play.

For more information please call reception on 01335 343712



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