

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

National Blood Week 2024

Starts 10 June

There are 13,000 appointments available at Donor Centres across the country, this week.



We urgently need O type donors to book a slot at one of these to help support the NHS this National Blood Week. 💪

Book online now ➔ <https://orlo.uk/fnjYd>



We need donors

Please book an appointment as soon as possible at blood.co.uk



Every minute, the NHS needs 3 lifesaving blood donations

Anyone could need blood



Giving blood for the first time - Find out the next steps to become a blood donor.



UK Health Security Agency

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

Eligible people can still book their spring COVID19 vaccine online or via the NHS App 

Find out more and book at: <https://www.nhs.uk/.../covid.../getting-a-covid-19-vaccine/>

Who is eligible for a spring COVID-19 vaccine? You or your child may be offered a spring COVID-19 vaccine if you:

- are 75 years or over (you need to be 75 years old by 30 June 2024)
- are 6 months to 74 years old and have a weakened immune system
- live in a care home for older adults

Find a walk in centre - You can find a walk-in COVID-19 vaccination site to get a vaccination without an appointment. You do not need to be registered with a GP.

Random Acts of Connection

LONELINESS AWARENESS WEEK
10-16 JUNE 2024

Long term loneliness

Recent studies suggest that long-term loneliness is one of the largest health concerns we face. It is as harmful as obesity or smoking 15 cigarettes a day.

Feeling lonely can lead to depression, anxiety, disrupted sleep and stress. It can also be a factor in heart disease, increased blood pressure and degenerative brain diseases such as Alzheimer's.

- Loneliness is likely to increase your risk of death by 26%.
- Loneliness is worse for you than obesity.
- Loneliness is a risk factor for depression in later life.
- Loneliness and social isolation put individuals at greater risk of cognitive decline and dementia.
- Loneliness and social isolation have been linked to a 30% increase in the risk of having a stroke or coronary artery disease.



Everyone's experiences of loneliness are different. It's very subjective and personal to us.

Signs or symptoms of loneliness

We often talk about feelings of loneliness, such as feeling isolated or not feeling connected, but we can also have physical symptoms of loneliness and it can also affect our behaviour.

For instance, you may:

- get nervous about or avoid going to social events
- change your daily routines, like stop cooking for yourself, caring about your appearance or getting up early
- find it difficult to get to sleep or stay asleep

Reasons people get lonely - Sometimes certain life events may mean that you can feel lonely or isolated, these may include:

- experiencing a death or loss
- experiencing loss through suicide
- going through a relationship break-up
- retiring and losing the social contact you had at work
- changing jobs and feeling isolated from your co-workers
- starting at university
- financial isolation such as debt, money worries or fears over redundancy.
- moving to a new area without family, friends or community networks

There are lots of groups and projects across Derbyshire that are helping to tackle loneliness and improve social connections. Why not find out more about what is happening in your local area



The Connection Space

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

MEN'S HEALTH WEEK

2024

Men's Health Week aims to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

Live Life BETTER DERBYSHIRE

Alcohol awareness

Stopping smoking

Losing weight

Getting active

Mental wellbeing

Healthy families

Online support

• WELLBEING

Prostate cancer awareness - Early detection and regular check-ups can save lives. You can find out more by clicking here: [Overview-prostate cancer](#)

1 in 8 men will get prostate cancer, [Check your risk](#).



Prostate cancer support

Open to anyone affected by prostate cancer including patients, partners, carers and friends.

[Read more](#)

Men, is it time to talk?

Mentell is a UK charity that provides men's groups for males aged 18+ to talk in a safe and confidential space, free from advice and judgement.



[Learn more](#)

To access Mentell's service, you must register.

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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.

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

Respect


Men's advice line

The Helpline for male victims of domestic abuse

Domestic abuse behaviour can be physical, psychological, sexual or financial.

If you are experiencing domestic abuse or have been subjected to patterns of bullying or controlling behaviours, whether in an intimate or family relationship, it's abuse – and it's time to take action.

Contact us to speak to our advisors




Are you looking after someone with a long-term illness or disability?

Want to meet other carers for information or a chat?



10:30-12:30 NOON ON THE 4TH THURSDAY OF EVERY MONTH

HERITAGE CENTRE CAFE WIRKSWORTH

Call Grace 01629 812154 ext 2

Carers Cafe

women's aid

until women & children are safe

Our Love Island Wishlist



- A healthy, respectful approach to relationships
- Building a safe environment for new relationships
- No gaslighting or victim blaming
- Supportive friends who call out red flags
- A season where everyone can have the best time finding love

women's aid
until women & children are safe

Useful links to other organisations

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