

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

Asthma and Hay fever - If you have asthma and notice the pollen levels make your symptoms worse and you are needing to use your inhaler more frequently, please talk to your pharmacist, contact your GP or NHS 111.

If you suffer from hay fever, the NHS website has some useful info on easing your symptoms <http://nhs.uk/conditions/hay-fever>. Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.



Whooping Cough - What is whooping cough?

Whooping cough (known medically as Pertussis) is a bacterial germ which is very easily spread between people. The numbers of this infection being reported by doctors are going up.

Follow the NHS guidance on [whooping cough](#) if you think you or a family member has whooping cough. If your doctor says you have whooping cough, you will be expected to stay away from work, school, or nursery. This will help to reduce the risk of spreading the infection to other people.

How whooping cough can be prevented - The NHS offers a free and very effective vaccine to protect against whooping cough. It is offered to those who are pregnant, and children as part of the routine NHS vaccines. It's important the [vaccines](#) are given on time for the best protection, but if you or a family member has missed a vaccine, contact your GP to catch up.



Alcohol Awareness Week

Alcohol Awareness Week 1st - 7th July 2024. This year's theme of 'understanding alcohol harm' aims to clearly define the subject and draw attention to the lesser-known knock-on effects alcohol can have across society.

Understanding alcohol harm

Put simply, alcohol harm can be used to describe any time when alcohol is having a negative effect on our lives, or the lives of those around us, however small.

Alcohol myths busted

There are many common misconceptions around alcohol and alcohol harm. Read some of the most common ones [here](#).

Check your drinking

Check how healthy your drinking is with this [quick quiz](#).

Drinking alcohol can affect your body in all sorts of different ways; explore some of the most [common effects](#).

SUPPORT YOUR WELLBEING

DERBYSHIRE Wellbeing Event

FREE!

This Event will be held on:

20 Sept, 2024 **10am till 2pm**

Post Mill Centre, Market Street, Alfreton, DE55 2EJ

NO TICKET NEEDED. JUST DROP BY

COME AND JOIN US TO FIND OUT ABOUT WELLBEING AND MENTAL HEALTH SUPPORT THROUGHOUT DERBYSHIRE

JOIN THE DERBYSHIRE RECOVERY AND PEER SUPPORT SERVICE FOR A DAY FILLED WITH STALLS, PRESENTATIONS AND INFO FOR THE WHOLE FAMILY. BOOST YOUR KNOWLEDGE OF WHAT'S ON OFFER THROUGHOUT DERBYSHIRE!

TO ACCESS SERVICE INFO **SCAN ME!**

INTRODUCING YOU TO OUR LINKTREE! WHERE EVERYTHING YOU NEED IS JUST A CLICK AWAY
LINKTREE.COM/GRPSS

For more information about the event, please contact eventsdrps@rethink.org or 07502157029

Derbyshire Recovery & Peer Support Service

Check your units

Use the unit calculator to find out how many units are in a particular drink, or to check how much you're drinking.

We often spend a lot on alcohol, but the real costs go beyond our wallets, its personal costs are significant. Health wise, it can lead to liver disease, heart conditions, cancer and mental health problems.

Tips for cutting down

Thinking about your drinking but not sure where to start? Here are some [tips](#) for cutting back.



• HEALTH

• WELLBEING

• COST OF LIVING

Move More and Connect with Nature

The Derbyshire Mental Health and Suicide Prevention Team have launched the 'Move More and Connect with Nature' Campaign with partners across the county. For more information and links to local partners, visit our [Move More and Connect with Nature Webpage](#)



Explore your neighbourhood with the Walk Derbyshire App

Download Now!



www.walkderbyshire.org.uk #WalkDerbyshireApp

The brand new Walk Derbyshire App is here! The Walk Derbyshire App is a free community led tool helping you find and explore local outdoor spaces and short walks in your neighbourhood.

We know that many of the outdoor spaces and walks around your villages and towns are not included. But you can help add to it? Your input directly contributes to the content on the app and provides everyone with more accurate and useful walking routes and spaces that are used and loved by the people who live there—because we know, you know your area the best. Download the app and add local walks, here: [Walk Derbyshire App - Walk Derbyshire](#)



Take a walk on the mild side
All walks are free – no need to book

A programme of free walks across the Derbyshire Dales led by qualified walk leaders, supporting local communities to maintain active lifestyles and improve the health and wellbeing of local people. July - September 2024 walks guide can be found [here](#).

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 County Council's Cabinet will be undertaking a 12 week consultation on proposals to end discretionary grant funding from March 2025. Any organisation in receipt of discretionary grant funding from DCC, should have received a letter about this on the 19th of April and again on 23rd May.

The consultation about proposals to end discretionary grant began on Tuesday 28th May 2024 and will remain open until 20th August 2024. You can find full details of DCC's proposal and give your views by filling in the online questionnaire through the 'Have Your Say' section of the Derbyshire County Council website. Please do take the time to consider the proposals and give your views.

Celebrating 2 years of Tea, Talk & Tech

connext
Tea, Talk 'n' Tech

TASTER SESSION

THE PAVILION
Cockayne Ave, Ashbourne.
Thursday 11th July
11am-1pm

Not interested in tech??
Come for the cake and company!

whether you are a client—old or new, a potential Volunteer or just curious, we would love you to join us on our Open Day.

- FREE
- Welcoming atmosphere
- Coffee & Cake
- Meet new people
- Enjoy a chat
- Learn new things

For more info call
Hayley: 07707 203302

01335 348600 | teatalktech@connex.org.uk | www.connex.org.uk

The fabulous Tea, Talk and Tech service has been running for just over 2 years now. Why not go along to their taster session on Thursday 11th July to find out more!

OPEN DAY

Friday 12th July 2024
11am-3pm

CHAPEL ON THE HILL
SOMERSAL HERBERT
DE6 5PE

FIND OUT MORE ABOUT THE WELLIES PROJECT

JOIN US FOR LOTS OF FUN!

- Plant Sale.
- Tombola
- Information
- Craft Stall
- Craft Tasters
- Refreshments
- Cakes

and much more!

For more information visit: www.welliesproject.org.uk
For people recovering from poor mental health

Jane Davison
Time Swap Development Officer
Amber Valley & Derbyshire Dales (South)
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janed@sdcvs.org.uk

DERBYSHIRE TIME SWAP

July Meet ups

<p>MEETING DETAILS</p> <p>Ashbourne library Saturday 20th July 10-12pm</p>	<p>MEETING DETAILS</p> <p>Infinite Wellbeing Café, Market St, Heanor Thurs 25th July 10-12pm</p>
<p>MEETING DETAILS</p> <p>Strutts, Belper Thurs 25th July 1-3pm</p>	<p>MEETING DETAILS</p> <p>Post Mill Centre, South Normanton Monday 29th July 10-11.30am</p>

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