

Welcome to the Derbyshire Dales Community Champion Update

Thank you to you all for helping to share our updates and become involved in our Community Champion Network. Even by receiving a newsletter and sharing just one thing you are helping to get important information out to your family, friends and community. If you would like to become more involved why not come along to our online forums. We will be holding our next forum on Friday 19th March @ 10.00am. To request a meeting link please send an email to: Rachel@ddcvs.org.uk

With the ever changing Covid 19 road to recovery we are keen to find out what is happening in your communities. At the forum we have shared local data, key messages from Derbyshire County Council, Public health and the NHS CCG (Clinical Commissioning Group) as well as concerns from communities. Any issues or questions raised are shared at the weekly Covid Forum. Answers/responses given by the 'experts' are then passed on to the individual or group who raised the issue. This is an opportunity for you to find out about 'Covid Facts Not Fiction'. www.derbyshire.gov.uk/covidfacts

With children returning to school this week there may be questions you have about the impact this will have on families and communities. Secondary schools and Colleges are testing students and staff on a regular basis – how well is this working? Do you have any questions about Community testing? Are you worried about returning to work or going out for the first time? Let us know what is worrying you and we will try and get you the information or support you need.

Latest News:

Vaccine Update: NHS Derby and Derbyshire CCG would like to thank everyone involved with the rollout of the Covid-19 vaccination programme for their continued hard work. The programme is not without challenges and hurdles to overcome but it would not be making such progress without the dedication of everyone involved.

Letters have now been sent to patients aged 56-59 and they should be receiving them over the coming days. They will be able to book their first vaccine using the national booking service once they receive their letter.

Vaccination Journey – What can I do now I've had my 1st vaccination? Can I meet with my family? What do I need to take with me when I go for my vaccination? This short video will show you what to expect when going for a COVID-19 vaccination: <https://youtu.be/FQkb21p0WVs>

A new pharmacy site is set to open this week in the Derbyshire Dales, offering more choice to those booking their vaccination appointments. This is the seventh pharmacy-led site to have opened in Derbyshire. The new site, in Hathersage Memorial Hall, is run by Hathersage Pharmacy and will provide a new option for the people of Derbyshire Dales, alongside the existing GP-led vaccination sites at Newholme Hospital in Bakewell and St Oswald's Hospital in Ashbourne.

The Memorial Hall site only takes bookings through the National Booking Service, and people can visit www.nhs.uk/covid-vaccination to check whether they are eligible. Anyone unable to book online can call 119 free of charge, anytime between 7am and 11pm seven days a week. You do not need your NHS number to make a booking.

Help to stop the spread: Every action you are taking to help stop the spread is making a difference. Don't forget to wear a face covering in shops, enclosed public spaces & on public transport.



Exemption cards: If you have an age, health or disability reason for not wearing a face covering you may feel you need to show this – Carrying an exemption card or badge is a personal choice and is not required by law. You do not need to seek advice or request a letter from a medical professional about your reason for not wearing a face covering. Please visit the government website for further information.

<https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own>

However, some people may feel more comfortable showing something that says they do not have to wear a face covering. This could be in the form of an exemption card, badge or even a home-made sign. Some charities are providing 'Sunflower' lanyards – if you would like more information please get in touch.

Please note that the government is not able to provide physical exemption cards or badges.

Are you working in other people's homes? Follow the link for more information.

[Other people's homes - Working safely during coronavirus \(COVID-19\)](#)

If you're going out to work and mixing with colleagues or the public, you can get a regular coronavirus test to protect your family and work work mates.



Your Health & Wellbeing - #Mindfulness March

- Why don't you take a moment to look at the clouds and the sky for 10 minutes?
- Get outside and notice 5 things that are beautiful.
- Enjoy doing any chores or tasks more mindfully.
- Feel the cool of the breeze or the warmth of the sun.

Every Mind Matters – Remember to look after your mental health and wellbeing. Try this interactive quiz to get top tips just for you: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>

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