

## Welcome to the Derbyshire Dales Community Champion Update

We are continuing to develop our network of community champions and will be holding our 3<sup>rd</sup> Forum on Friday 19<sup>th</sup> March at 10.00am. Our forums are a place to share relevant and up to date COVID-19 information and find out what is happening in our communities. If you would like to join us please email [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk) for the meeting link.



### Latest News:

A message from a Derbyshire Dales GP; *'Your General Practice staff are extremely busy trying to maintain business as usual, alongside any urgent appointments and continuing to provide the COVID vaccination service in our practices, at St Oswald's and Newholme hospitals. Please be patient with your GP surgery staff as we may have to mobilize several practice staff members to vaccination sites at short notice when the Department of Health push the vaccines our way. We are striving to continue to support and protect our patients during this very demanding time. Thank you for your support and understanding'*

**Derbyshire Dales Coronavirus Figures:** Please note that there's a key reason that latest figures show Derbyshire Dales has the Covid-19 highest infection in England. This is due to a significant coronavirus outbreak at HM Prison Sudbury, which is in our area, so counts towards the district's overall statistics.

Derbyshire County Council have issued this statement:

“We’re aware of a Covid-19 outbreak at HMP Sudbury, which has affected the current case numbers in the Derbyshire Dales. The Ministry of Justice is managing the outbreak and, away from this, Derbyshire Dales has one of the lowest case rates of any district or borough in the county.”

**Vaccine Update:** Nearly 45% of the adult population across Joined Up Care Derbyshire have been vaccinated which is very encouraging, and hopefully the programme will continue at pace as more people become eligible.

As of 7<sup>th</sup> March, 376,951 people had been vaccinated which puts us third highest in the Midlands – a fantastic achievement. If you are offered a vaccination, please book as soon as you can.

### What should I do if I am invited for a second dose?

- It is important that you attend the same vaccination site for both your first and second vaccinations. Make your booking as soon as you can.
- Attend the vaccination, but still observe any requirements for social distancing and mask wearing.

### Should I get my second dose?

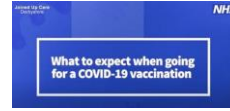
- Yes, the Covid-19 vaccines currently in use were approved for use on the basis of each person receiving two doses.
- Initially, these doses were to be spaced 21 days apart, but on December 30 the UK's four Chief Medical Officers announced that this should be increased to 12 weeks. This was to enable more people to get some protection from a first dose.

- The first dose causes the body to have an immune response, which protects against Covid-19 but fades over time. The second dose was shown to produce a larger secondary immune response, which takes longer to fade. This is why a second dose is important.

#### Can I have my second dose somewhere else?

- No, the system is designed to vaccinate people at the same site for both first and second doses.
- In some cases, this will be unavoidable. For example, a person may have moved into or out of a hospital in-patient ward since their first dose. However, these cases will be considered on an individual basis.

**Vaccination Journey:** Find out what to expect when going for your  
<https://www.youtube.com/watch?v=qorgT8Nvu28>



vaccination

#### Free rapid tests for all businesses for regular workplace testing

All businesses in England are now able to sign up to the government's free COVID-19 workplace testing programme. Workplace testing is now available to all businesses, including those with fewer than 50 employees. Businesses are encouraged to register interest by 31 March to access free workplace testing.

<https://www.gov.uk/government/news/free-rapid-tests-for-all-businesses-for-regular-workplace-testing>

Our very own Louise Champion, Community Development Manager on the Hurst Farm Estate went along to the Community Testing Centre in Matlock. In her role she continues to work with the community and volunteers and is keen to keep herself, her family and those she comes into contact with safe. Louise said, 'I feel more confident carrying out my work knowing I have played my part in helping to protect my community. The test was not as bad as I thought and I have even found out where my tonsils are! Thank you to the staff for making the process quick and efficient.'

[Derbyshire Community Testing Centres](#)



#### Your Health & Wellbeing:

Strictly No Falling - Age UK Derby and Derbyshire have created some easy, low impact exercises to help older and vulnerable people keep active in their own homes - you can [watch 5 short workout videos](#)

**Keeping in touch:** If you have any questions, ideas or concerns please email: [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk)