

## Welcome to the Derbyshire Dales Community Champion Update

Our network of community champions is growing and at our last forum we had some really positive discussions about what is happening in our communities around the Derbyshire Dales. Our next forum will be held on Thursday 1<sup>st</sup> of April at 10.00am. Please help us to share relevant and up to date COVID-19 information and let us know what is happening in your community. If you would like to join us please email [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk) for the meeting link.



**Latest News:** If you haven't already seen the video created to mark the first 100 days of the Covid-19 vaccine, please take a minute to enjoy it [here](#). Well done to everyone who has helped make the vaccination programme possible so far.

After 13 European countries suspended use of the Oxford-AstraZeneca vaccine earlier in the week, the EU's medicines regulator has now concluded that it is "safe and effective", was "not associated" with a higher risk of blood clots and its benefits outweigh the risks.

**Vaccine Update:** Those aged 50 and older are now eligible to book their vaccine through the National Booking System. If you fall into this cohort, please do ensure you book your first vaccine as soon as possible.

There was a significant increase in the number of vaccinations booked between Tuesday and Wednesday this week across the country; 708,927 first and second dose appointments booked on Wednesday 17 compared to 305,087 the previous day.

Dr Nikki Kanani, GP and medical director for primary care at NHS England, said: "Thanks to the huge efforts of NHS staff, more than half of adults in England have now received their first covid vaccine and over nine in 10 people aged 65 and over have taken up the offer of a jab. Supply this week means that bookings continue to increase with appointments more than doubling on Wednesday compared to the day before. I would encourage anyone who is invited to come forward and book their jab – it is safe, quick and effective."

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.

### **Should I be concerned about recent media coverage of a possible link between blood clots and the Oxford/AstraZeneca COVID-19 vaccine?**

The MHRA remains clear that there is no evidence to support this and people should still go and get their COVID-19 vaccine when asked to do so.

You may be worried about information shared in the media over recent days about the Oxford/AstraZeneca vaccine so please read the following statement from the Medicines and Healthcare products Regulatory Agency (MHRA):

“We are closely reviewing reports but the evidence available does not suggest the vaccine is the cause. Blood clots can occur naturally and are not uncommon. More than 11 million doses of the COVID-19 Vaccine AstraZeneca have now been administered across the UK, and the number of blood clots reported after having the vaccine is not greater than the number that would have occurred naturally in the vaccinated population.

**Don't forget you can find out about the Vaccination Journey by clicking on the link:**

<https://www.youtube.com/watch?v=qorgT8Nvu28>

## Road Map – step by step plan to ease restrictions in England

On 22 February the Government announced a roadmap to cautiously ease lockdown restrictions in England. It stated that from 8 March all children and students would return to face to face education in schools and college. By this point, everyone in the top four vaccine priority cohorts – as determined by the independent JCVI – would have received the first dose of their vaccine and developed the necessary protection from it.

**Step 1 - 29 March 2021 (Easter)** only take away and click and collect services can open. Outdoor sports and leisure facilities can open, and the public can gather in groups of 6 or two households outdoors.

**Step 2 - 12 April 2021** will see the re-opening of outdoor hospitality, outdoor attractions, self-contained holiday accommodation, all retail sites, indoor leisure (gyms) and personal care (hair, beauty and tattooing etc).

**Step 3 - 17 May 2021** will see further easing of restrictions including accommodation including camping site / hostels etc. with shared facilities

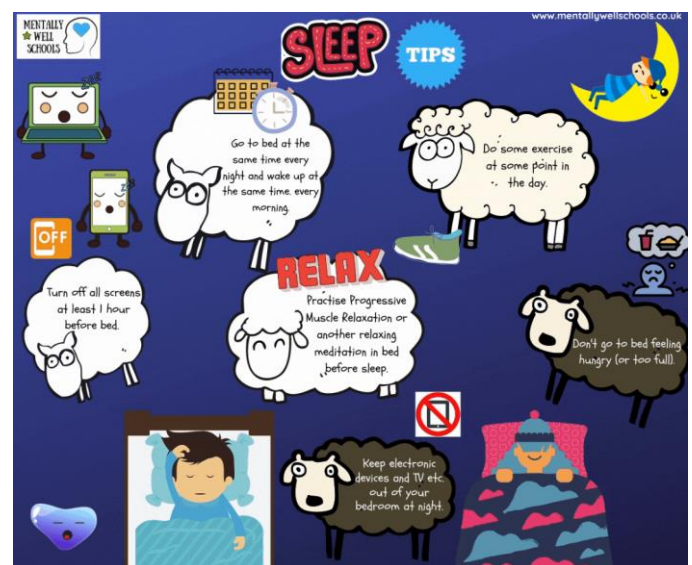
**Step 4 - 21 June 2021** no legal limits on social contact, nightclubs and larger events can open.

**Please note these are the government's hopes to ease restrictions and are subject to review before introduction. Also please check the road map [guidance](#) for clarity on your specific business activity and note the dates above may change.**

**Your Health & Wellbeing:** Are you getting the right kind of sleep?

**Sleep fact:** The Beatles' song 'Yesterday' came to Paul McCartney in a dream. It was only when no one he spoke to recognised the tune that he realised he had written it himself!

For more sleep facts and tips for getting a better night's sleep follow the link [How to sleep better | Mental Health Foundation](#)



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

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