

## 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:

**Vaccine Update:** It is vital to remind everyone how important receiving your second vaccine dose is. The first vaccination will give you partial protection but the second dose will maximise your protection from the virus. You may have booked your first and second appointments at the same time, if not you will be invited to book your second appointment in due course.

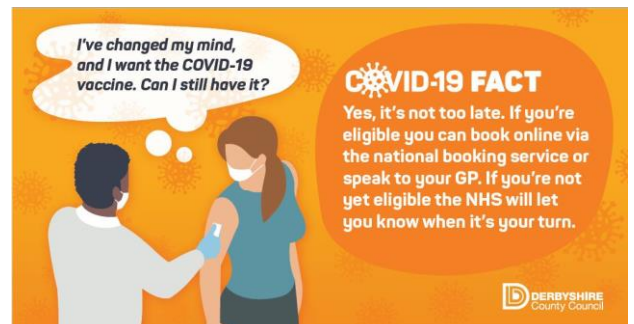
Thursday's (25 March) official NHS England statistics revealed that teams across Joined Up Care Derbyshire (JUCD) have now administered more than half a million doses of Covid-19 vaccine. The statistics show JUCD had administered 501,153 doses as of March 21, which works out at 4,818 doses per day, more than 200 per hour and around one dose every 20 seconds since vaccinations began on December 8.

This incredible effort includes 481,148 first doses, while nearly 20,000 of those in the most vulnerable groups have now received a second dose to further improve their protection against the virus.

 **A message from Healthwatch Derbyshire – Vaccine Hesitancy Survey**

Patient health and social care champion Healthwatch Derbyshire wants to hear from local people about why they won't or can't have the Covid-19 vaccine.

Derbyshire Residents can complete a five-minute online survey to share their views about willingness to attend vaccination or issues they have faced attending them. Feedback will be shared anonymously with Derbyshire Public Health Services and the Clinical Commissioning group who are coordinating the county's vaccination programme.



This will enable concerns to be addressed in the public information circulated and any issues with either booking or attending vaccination centres to be rectified.

To complete the survey online, please visit <https://www.surveymonkey.co.uk/r/genQWQLDPZ> or call the Healthwatch Derbyshire team on 01773 880786.

**Road Map – Easing of restrictions in England:** While many of us will be looking forward to seeing friends and family in person again, please remember to follow the 'Hands, Face, Space' guidance. We must all continue to follow the rules put in place in order to stop Covid-19 cases rising.

### Changes on 29 March

**Social contact:** The evidence shows that it is safer for people to meet outdoors rather than indoors. And this is why from 29 March, when most schools start to break up for the Easter holidays, outdoor gatherings

(including in private gardens) of either 6 people (the Rule of 6) or 2 households will also be allowed, making it easier for friends and families to meet outside.

**Business and activities:** Outdoor sports facilities such as tennis and basketball courts, and open-air swimming pools, will also be allowed to reopen, and people will be able to take part in formally organised outdoor sports.

**Travel:** The 'stay at home' rule will end on 29 March but many restrictions will remain in place. People should continue to work from home where they can and minimise the number of journeys they make where possible, avoiding travel at the busiest times and routes. Travel abroad will continue to be prohibited, other than for a small number of permitted reasons. Holidays abroad will not be allowed, given it will remain important to manage the risk of imported variants and protect the vaccination programme. The government has launched a new taskforce to review global travel which will report on 12 April.



## Dales businesses urged not to miss out on COVID grants

Throughout the last year Derbyshire Dales District Council has administered grant schemes to help businesses affected by the coronavirus pandemic.

Many of these grant schemes close for applications on 31<sup>st</sup> March so the District Council is urging local businesses to check on the council's website to see whether they are eligible for a Local Restrictions Support Grant. Applications for grants can then be made online.

Businesses can apply for the grants at [www.derbyshiredales.gov.uk/Coronavirusbusiness](http://www.derbyshiredales.gov.uk/Coronavirusbusiness)

## Your Health & Wellbeing

Active Dales – The Sports Development Team have a YouTube channel where there are some great fitness videos you can access from the comfort of your own home. Follow the link: [Active Dales - YouTube](#)

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

