

Welcome to the Derbyshire Dales Community Champion Update

We are continuing to share all the latest information about Covid-19 and we rely on your help to keep sharing these important messages with your communities. There is also a section about 'Health and Wellbeing' – as we continue out of lockdown it is important to ensure we share information about looking after your physical and mental wellbeing. We will be letting you know what support and activities are available both locally and nationally. Our next forum, which will be held on Friday 30th April at 10.00am, is an opportunity for you to share your thoughts, concerns and experiences.

Email Rachel@ddcvs.org.uk for the meeting link.

Latest News:

Vaccine Update: 67% of all adults in Derbyshire have now been vaccinated with at least one dose of a Covid-19 vaccination.

In the last 14 days there have been 13 cases of COVID-19 identified by testing in Derbyshire Dales, at a rate of 18.0 per 100,000 population. This is a decrease from the previous 14-day period which reported 108 cases. This is the lowest number of cases, and the lowest 14-day rate amongst the districts and boroughs.

Are you concerned about the AstraZeneca Vaccine? Dr Penny Blackwell, Hannage Brook Medical Centre gives an update regarding the latest information. [GP Penny Blackwell Update from Hannage Brook](#)

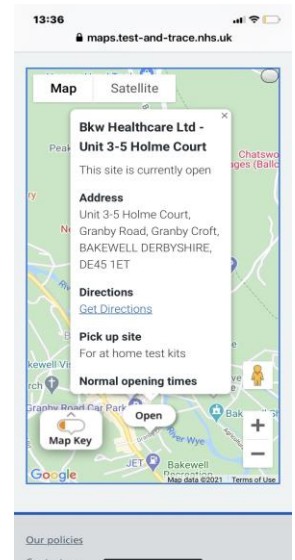
It is still important to continue to follow guidance:

With the easing of some Government restrictions, it is still important to remember:

- Wash hands
- Maintain 2m distance
- Avoid crowded areas
- Wear a face covering where required
- If you can take exercise locally, do not travel to outdoor hot spots
- Ventilate indoor areas
- Use testing programmes
- Get vaccinated when invited

Community Testing: Don't forget that everyone in England can now access free rapid Covid-19 tests in a number of ways:

- Community testing centres www.derbyshire.gov.uk/communitytesting
- Government website [Order coronavirus \(COVID-19\) rapid lateral flow tests - GOV.UK \(www.gov.uk\)](https://www.gov.uk/order-coronavirus-covid-19-rapid-lateral-flow-tests)
- Derbyshire Dales mobile testing centre at The Agricultural Business Centre between 9am and 3pm - Every Thursday from 15th April
- From your local pharmacy - find out where your nearest collection site is, follow the link and enter your postcode. [Find where to get rapid lateral flow tests - NHS \(test-and-trace.nhs.uk\)](https://www.test-and-trace.nhs.uk)



Your Health & Wellbeing

April is Bowel Cancer Awareness month. Bowel Cancer can affect anybody, regardless of their age or background. It is treatable and curable especially if diagnosed early, and nearly everyone survives if diagnosed at the earliest stage.

[Bowel cancer - symptoms | signs | when to see your GP - Macmillan Cancer Support](#)

BOWEL CANCER AWARENESS MONTH

Cancer Screening and Covid-19. Screening programmes have resumed. However, there are now many people waiting for screening tests and appointments. The NHS will try to reach everyone as soon as possible. Screening is a process of identifying apparently healthy people who may be at increased risk of a certain disease or condition.

[Cancer screening and coronavirus \(COVID-19\) | Cancer Research UK](#)

If you live in Central Dales, find out what is happening at your GP surgery. Visit the website or follow them on Facebook for all their latest updates.

Central Dales	Website	Facebook
Darley Dale Surgery	https://darleydalesurgery.co.uk	Darley Dale Medical Centre Facebook
Lime Grove Medical Centre	Homepage - Lime Grove Medical Centre	Lime Grove Medical Centre Facebook
Matlock & Ashover Practice	Homepage - Matlock and Ashover Practice (ashovermedicalcentre.co.uk)	Matlock and Ashover Practices Facebook

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



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