

## Welcome to the Derbyshire Dales Community Champion Update

Our next forum is on Friday 30<sup>th</sup> April at 10.00am and is an opportunity for you to share your thoughts, concerns and experiences. Email [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk) for the meeting link.

### Latest News:

**Vaccine Update:** Vaccinations have now been rolled out to people aged 45 years or older, continuing the rapid pace of the programme. The UK has just passed the important milestone of 10 million people receiving the second part of their Covid-19 vaccination. It is vital that people book and attend their appointments for these second doses, which improve immunity against the virus.

New guidance has been released encouraging pregnant women to get the Covid-19 vaccination. Women who have not yet had a first dose will be offered either the Pfizer/BioNTech or Moderna vaccines, but the AZ vaccine is considered safe for those who have already received it for their first dose. Follow the link for more information: [COVID-19 vaccination: a guide for all women of childbearing age, pregnant or breastfeeding - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/covid-19-vaccination-a-guide-for-all-women-of-childbearing-age-pregnant-or-breastfeeding)

We will be seeing an important change behind the scenes soon, as several GP-led vaccination sites in Derbyshire adopt the National Booking Service to make appointments. Teams are working hard to ensure a smooth transition, and patients are unlikely to notice a change in how to book and attend their appointments.

**Test & Trace – ‘Don’t forget to Check-in’:** Whether you are getting a long-overdue trim or calling at your local for a pint, remember to check in for Test and Trace to help stop the spread of coronavirus.

It is now a legal requirement for everyone over the age of 16 to check in to venues such as pubs, hairdressers, cafes and gyms when they visit. Businesses will be displaying NHS Test and Trace QR codes so you can check in using the Covid-19 app. This is so that you can be alerted if other people at the same venue, on the same day and at a similar time to you test positive for coronavirus. Protect your loved ones. Download the app. [The NHS COVID-19 app support website - NHS.UK \(covid19.nhs.uk\)](https://www.nhs.uk/covid-19-app-support-website)



Many of us are hoping vaccines against coronavirus will be our route out of lockdown, enabling us to reclaim our old lives. However, scientists say jabs alone will not currently be enough and other measures are still needed. Take a look at the ‘Swiss cheese model’ to see why. [Covid-19: Vaccines alone will not stop Covid spreading - here's why - BBC News](https://www.bbc.com/news/health-55888888)

### Your Health & Wellbeing

**time to change**  
let's end mental health discrimination

A useful website if you are looking for mental health support for you or someone you care about. It has links and telephone numbers for local and national organisations

<https://www.time-to-change.org.uk/mental.../help-and-support>

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

| Northern Dales        | Website   | Facebook  |
|-----------------------|---|---|
| Bakewell Surgery      | <a href="https://www.bakewellmedicalcentre.co.uk">https://www.bakewellmedicalcentre.co.uk</a>             | <a href="#">Peak &amp; Dales Medical Partnership   Facebook</a>           |
| Baslow Health Centre  | <a href="#">Baslow Health Centre</a>  |   |
| Eyam Surgery          | <a href="#">Eyam Surgery</a>  | <a href="#">Eyam Surgery   Facebook</a>                                   |
| Evelyn Medical Centre | <a href="https://www.evelynmedicalcentre.co.uk">https://www.evelynmedicalcentre.co.uk</a>                 | <a href="#">Evelyn Medical Centre, Hope Valley, Derbyshire   Facebook</a> |
| Tideswell Surgery     | <a href="https://www.tideswellsurgery.co.uk/index.aspx">https://www.tideswellsurgery.co.uk/index.aspx</a> | <a href="#">Peak &amp; Dales Medical Partnership   Facebook</a>           |

**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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