

## Welcome to the Derbyshire Dales Community Champion Update

Throughout March we have seen step 1 of the Governments Roadmap being implemented: children returned to school with secondary pupils testing twice-weekly, we can now meet with another household or up to six people outside, outdoor sports facilities and formally organised outdoor sports have resumed. What has changed in your community? Do you have any concerns? Are you worried about resuming 'normal' life? How have things changed? We want to hear your thoughts about the Roadmap so far. Come along to our next forum which will be held on Friday 16<sup>th</sup> April at 10.00am. Email [Rachel@ddcvs.org.uk](mailto:Rachel@ddcvs.org.uk) for the meeting link.

### Latest News:

**Vaccine Update:** April sees the vaccination programme's focus on second doses increase, as these should be delivered 12 weeks after people receive their first dose. If you received your first vaccine at the start of the year you should either have an appointment for your second dose, or have already received the second injection. The advice is to wait 10 weeks from 1<sup>st</sup> jab and then contact the GP practice. If there is no solution then the enquiries email is available with the CCG [ddccg.enquiries@nhs.net](mailto:ddccg.enquiries@nhs.net) and information is available and updated regularly on the Joined Up Care Derbyshire website.

<https://joinedupcarederbyshire.co.uk/public-info-covid-19/covid-19-vaccine>

After several sites have reported some increased numbers in people not attending their vaccination appointments over the last few weeks, it is important to remind everyone to be courteous by rearranging their booking. This allows someone else who is waiting to be able to book an appointment to potentially fill a gap ahead of time.

Anyone aged 50 and older, and anyone 18 and older who is considered to be clinically vulnerable, is currently eligible to have their vaccine. If you, or anyone you know, are eligible but haven't yet booked your first vaccine please ensure you do so. If you believe you are eligible but haven't yet been contacted about booking an appointment, please get in touch with your GP.

### What do I need to know about my appointment?

In Derby and Derbyshire you will be invited to attend an appointment at one of the following:

- your local Primary Care Network Vaccination site (this is a group of local GPs working together and they have agreed which of the GP surgeries in each group or network has the best location for social distancing and other reasons)
- Vaccination Centre which for our county is the Derby Arena
- Hospital Hub (located at Derby Royal and Chesterfield Royal hospitals)
- Community pharmacy site in locations across the county

\*If you are a care home resident or are housebound you will be offered a vaccination in the place you call home



## Road Map – Easing of restrictions in England:

If You are seeing friends again remember around 1 in 3 people who have Covid-19 have no symptoms and are spreading it without knowing.

### Step 2 - not before 12 April

**Business and activities:** Step 2, which will be no earlier than 12 April, will see the opening of non-essential retail; personal care premises such as hairdressers and nail salons; and public buildings, including libraries and community centres. Indoor leisure facilities such as gyms will also reopen (but only for use by people on their own or in household groups); as will most outdoor attractions and settings including outdoor hospitality venues, zoos, theme parks, and drive-in cinemas. Self-contained accommodation such as campsites and holiday lets, where indoor facilities are not shared with other households, can also reopen. Hospitality venues will be allowed to serve people outdoors at Step 2 and there will be no need for customers to order a substantial meal with alcoholic drinks and no curfew, although customers must order, eat and drink while seated ('table service'). Wider social contact rules will apply in all these settings to prevent indoor mixing between different households.

**Events:** While funerals can continue with up to 30 mourners, the number of people able to attend weddings, receptions and commemorative events such as wakes will rise to 15.

## Your Health & Wellbeing

**Active April – 'Keeping active is a great way to boost our mental wellbeing.** So this month we're encouraging everyone to get moving and get outdoors as much as possible. Whatever your circumstances or physical limitations, you can find your own ways to be a bit more active. We don't need to run marathons - there are simple things we can all do to take care of our bodies, like unplugging from technology, reconnecting with nature and getting more sleep!' - From Action for Happiness [www.actionforhappiness.org](http://www.actionforhappiness.org)

How do you stay active and healthy? Follow the link for tips and ideas to help you and your family be more active and eat more healthily [Change 4 life](#)

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

