

Welcome to the Derbyshire Dales Community Champion Update

Our next forum is on Friday 14th May at 10.00am and 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: The Covid-19 vaccination programme has proven itself to be the largest and fastest in the history of the NHS. More than two thirds of people aged 45 to 49 have received their first vaccination, and now those aged 42 and over are being invited to book their first dose. Invitations via letter and text message will be arriving this week with those who are now eligible. Anyone who received their first dose later on in February should have their second dose appointment booked or have been contacted about receiving their second vaccine.

How do I book my second dose? You may have an appointment card that already lists your next appointment. If so, you do not need to book; just attend the same site at the time and date on the card.

You may also have a second booking made for you if you book online, either through the National Booking System or with your GP practice. You can log in to check this. If you do not have an appointment card, please wait to be contacted by your GP practice or by the National Booking System, and follow their directions. [Book a coronavirus vaccination - NHS \(www.nhs.uk\)](http://www.nhs.uk)

One dose of COVID-19 vaccine can cut household transmission by up to half - A new study by Public Health England (PHE) has shown that one dose of the COVID-19 vaccine reduces household transmission by up to half. [One dose of COVID-19 vaccine can cut household transmission by up to half - GOV.UK \(www.gov.uk\)](http://www.gov.uk)



Thank you to everyone who is helping to #stopthespread of coronavirus by only meeting in groups of up to six or two households. Keep those you love safe. [Coronavirus restrictions: what you can and cannot do](#)

Test & Trace – ‘Don’t forget to Check-in’: You can download the [Test and Trace app for your smartphone online here.](#)

Did you know you can now do Covid-19 testing in the comfort of your own home? People are being encouraged to do twice-weekly rapid lateral flow tests, as one in three people with Covid-19 do not show any symptoms.

Regular testing can identify these people and ensure that they do not spread the virus to others. If you are aged 18 or older and do not have coronavirus symptoms, or have not been told to self-isolate, you can pick up two packs of seven tests from our community testing centres to test you and your family at home.

You can also order kits online and get them delivered to your

DDCVS's bulletin is compiled by the staff of DDCVS from a wide range of information. While every effort is made to check the accuracy of the material, no liability can be accepted for any error or omission. Inclusion of an item in the bulletin does not mean approval or recommendation by DDCVS.

Community Collect



home or pick up a testing kit from your local pharmacy.

The home test kits are free of charge and come with [home test kit instructions](#). There is also a video [How to do a COVID-19 Self Test \(rapid antigen test\)](#)

If you test positive you need to get a second confirmatory test and you can do this by calling 119 or [Book a test online](#)

You should self-isolate until you have taken this second test and had the results.

Your Health & Wellbeing: Mental Health Awareness Week takes place 10-16 May 2021. This year, the theme for the week is 'Nature'. Across the country, people will be celebrating the mental health benefits of being around nature in their local community in a range of digital and creative ways.

During Mental Health Awareness Week, why not try to make a habit each day of connecting to the nature in your local area? Stop to listen to the birdsong, smell the freshly cut grass, take care of a houseplant; notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.

Ten 'Top Tips' for looking after your mental Health [How to look after your mental health | Mental Health Foundation](#)

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

