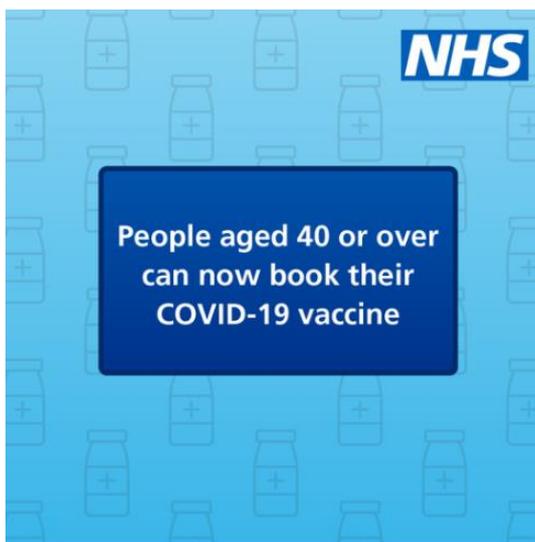


Welcome to the Derbyshire Dales Community Champion Update

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:

- Deaths involving COVID-19 in England and Wales have fallen by 97 per cent since the peak of the second wave in January.
- More than a quarter of UK adults have now received both their first and second doses, making them fully vaccinated, and 64 per cent have had their first.
- The COVID-19 vaccination programme, combined with the most recent national lockdown, continues to play a significant role in not only reducing deaths but also reducing the impact on hospitalisations.
- Scientific advisers to the government have indicated that the national roadmap out of lockdown remains on-track.
- It is still important to carry on with the basics like regular hand-washing, wearing face coverings (if possible) and keeping a safe social distance from others.
- Currently NHS Services are experiencing considerable pressure; [NHS 111](#) is not being utilized. Encourage everyone to consider calling 111 for non-emergency help and advice in the first instance, rather than their GP surgery. 111 is a great way to get to the right place for your health need. 111 can book you an appointment with your GP or at the Emergency Department if that is what you need.
- The R range for England is 0.8 to 1.0 and the growth rate range for England is -3% to 0% per day as of 7 May 2021. [The R value and growth rate](#)
- Guidance for British people travelling abroad during the coronavirus pandemic, if they are legally permitted to travel under current UK COVID-19 restrictions. New links to guidance that will apply from 17 May: Red, amber and green list rules for entering England, and demonstrating your COVID-19 vaccination status to enter specific countries from England. [Travel abroad and coronavirus](#)



nhs.uk

30 April at 07:28

If you're aged 40 or over, or if you turn 40 before 1 July 2021, you can now book your COVID-19 vaccine.

nhs.uk/CovidVaccination

Vaccine Update: The Joint Committee on Vaccination and Immunisation (JCVI) advises on COVID-19 vaccine for people aged under 40 - The JCVI has issued advice to the UK government on the use of the coronavirus (COVID-19) Oxford/AstraZeneca vaccine for people aged under 40. Read more here: [JCVI advises on COVID-19 vaccine for people aged under 40](#)

“We have a vaccine, why do we need to keep testing?”

Vaccines will do a lot but no vaccine is 100% effective and not everyone is vaccinated. Even after you have had the vaccine, we still think you can catch the virus without showing symptoms. Unfortunately, COVID-19 will continue to be a problem we all have to deal with. One in three people who catch the COVID-19 virus will not show any symptoms at all - so it is important we keep testing to protect ourselves and those we love.

Routine testing is also important to detect new variants. Everyone is encouraged to take a free rapid Lateral Flow Test twice a week to avoid a further lockdown.

Your Health & Wellbeing: This week is Mental Health Awareness Week, 10th – 16th May.

Learner Quote

"Hello. Thanks for enrolling me on the Bright Side course; I really enjoyed it. Can you keep me informed when the next one is so I can enrol? I have to say, it really gave me something to look forward to and motivate me to get dressed and go out of the house to get to it. Something that has not happened for a long time. Thank you."



For more information about this exciting new project, please contact Bright Side on brightside@derbyshire.gov.uk or 01629 533038

To get a copy in a community language, on audio tape or in large print, please call 01629 536569 or visit www.derbyshire.gov.uk/adulteducation

The details contained in this brochure are correct at the time of going to print. However, we may have to make changes, giving advance notice whenever possible.



BRIGHT SIDE

Taking steps towards feeling positive through learning new skills

FREE COURSES




We are so fortunate in the Derbyshire Dales to have some amazing groups we can access for support. If you or anyone you know is experiencing mental health difficulties, emotional or psychological distress or suffering with anxiety issues have a look at the Brightside Garden Project - a free group course based at the Eco Centre in Wirksworth.



**Stay alone?
OR stay in touch?**

Accredited member of the Derbyshire Trusted Befriending Network

Can WE help you or someone you know?

If you ...

- Would welcome a daily phone call to keep in touch.

There's a good chance we can help with a friendly phone call and the reassurance of regular contact.

Hope Careline is here for you as a friend at the end of the phone.

It's all **FREE OF CHARGE** – if you'd like to know more,

Just call:
01433 621603 or 01433 620507

Hope Careline:

- The service provided is a regular phone call between 9am and 10.45am.
- The service is free and run by volunteers.
- When you join the service, a volunteer will phone you on a regular basis.
- The calls can be every day, once a week, or however many days a week you choose.
- Some users have phone calls every day, others on only several or one day of the week. Phone calls are made 365 days of the year.
- When you first start receiving calls you are welcome to have a trial period to see how you get on. You can then decide after that if you would like the phone calls on a regular basis.
- 19 volunteers make the daily phone calls so you may have different volunteers phoning you during the week.
- There is usually an annual summer tea party and Christmas party for users of Hope Careline. These are currently suspended due to the Covid lockdown restrictions and will be reviewed later this year.

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

Need to talk?

Help is on hand.

#mentalhealth

