

Welcome to the Derbyshire Dales Community Champion Update

Our next forum is on Friday 28th 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.

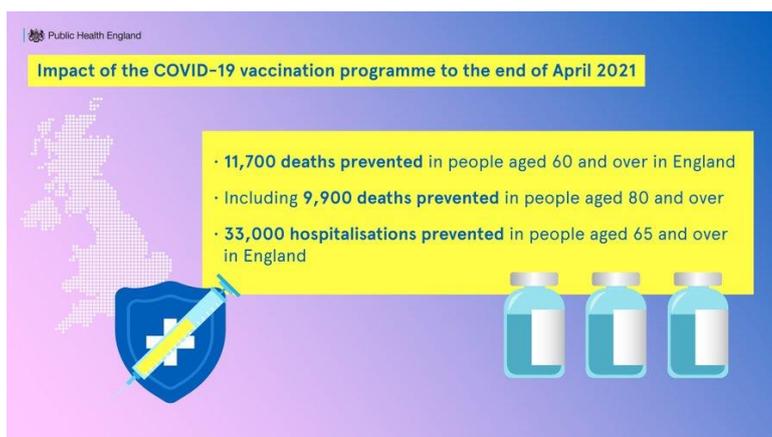
Latest News:



- Update from Penny Blackwell (15.05.2021) [Hannage Brook Medical Centre](#)

- The Joint Committee on Vaccination and Immunisation (JCVI) has issued advice to the government on the use of COVID-19 vaccines to mitigate the impact of the B.1.617.2 variant of concern – 14 May 2021. [JCVI advice to mitigate impact of B.1.617.2 variant](#)

Vaccine Update:



Support getting to vaccination appointments - Derbyshire County Council is working hard to make sure that residents stay safe and well during the Covid-19 pandemic and that includes making sure that everyone has access to a vaccination. There is now help available if you are struggling to attend your Covid-19 vaccination appointment. If you don't have your own car, and struggle to use public transport, then you might be able to get help from Active Travel. There is a cost to this service depending on how far you are travelling. If you live in Derbyshire and are in financial hardship and can't

afford to travel to and from your vaccination appointment, you may be eligible for free transport if you or your partner receive certain benefits. The Community Response Unit can help you find out if you qualify for Active Travel support. The Community Response Unit is open on Monday to Friday from 9am to 5pm. You can call them on 01629 535091 or complete the online form at www.derbyshire.gov.uk/gethelp

May 17th changes: The roadmap to recovery continues with more changes from May 17th. We can meet up with more people, and do more socialising, but it is still important to follow the guidance and exercise caution.

Changes include:

- Up to six people and two households may meet indoors.
- Overnight stays allowed
- Up to 30 people may meet outdoors
- Pubs, bars and restaurants can open indoors
- Indoor entertainment (such as museums and cinemas) can resume
- Up to 30 people can attend weddings and other life events
- Care home residents are allowed up to five named visitors
- Hotels, B&Bs, sport and gym classes may reopen
- Overseas holidays permitted to "green list" countries [Find out more about the changes online here.](#)

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Your Health & Wellbeing: As we leave #MentalHealthAwareness week behind it does not mean we should stop thinking about our mental health and that of others around us. There are a number of projects and activities to get involved in along with a range of support across the Derbyshire Dales.



Have you heard of Mentell? Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement. Find out more by visiting the website: [Mentell – Men, is it time to talk?](#)

Have you thought about becoming a volunteer? The benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for the volunteer. As a volunteer, there will be opportunities to make new friends, connect with the community and learn new skills. Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.



Follow the link and look at the current volunteering opportunities with Connex Community Support:

[Volunteer for us - Connex Community Support](#)



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