

## Welcome to the Derbyshire Dales Community Champion Update

Our next forum is on Friday 11<sup>th</sup> June 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:

#### Vaccinations in Derbyshire Dales:

Vaccines are currently given in 2 doses, at least 21 days apart.

**50,149** people had been given a first dose by the end of 31 May 2021.

**36,661** people had been given a second dose by the end of 31 May 2021.

#### Cases in Derbyshire Dales:

A confirmed case is someone who has tested positive for coronavirus.

**0** new people had a confirmed positive test result reported on 1 June 2021.

Between 26 May 2021 and 1 June 2021, **5** people had a confirmed positive test result. This shows a decrease of -**28.6%** compared to the previous 7 days.

#### Deaths in Derbyshire Dales:

There were **0** deaths within 28 days of a positive test for coronavirus reported on 1 June 2021.

Between 26 May 2021 and 1 June 2021, there have been **0** deaths within 28 days of a positive coronavirus test.

This shows no change compared to the previous 7 days.

*This information from the UK Government; last updated on Tuesday, 01 June 2021*

**Support payments** of £500 are available to those self-isolating due to [#COVID19](https://twitter.com/COVID19).

You may be eligible for a payment if you:

- are on low income
- cannot work from home
- face financial hardship

This includes if you have a child who is self-isolating.

More info [www.gov.uk/test-and-trace-support-payment](https://www.gov.uk/test-and-trace-support-payment)



The graphic features the NHS logo and 'Test and Trace' text. It prominently displays '£500 when you need it most' in large blue font. Below this, there is an illustration of a living room with a blue sofa, a lamp, and a clock. A blue arrow points to the text: 'Want to find out more? Go to [www.gov.uk/test-and-trace-support-payment](https://www.gov.uk/test-and-trace-support-payment) Or to apply, contact your local authority.'



The graphic shows an illustration of two people sitting on a bench in a park with trees and a lake. It includes the HM Government and NHS logos. A text box at the bottom states: 'Care home residents can leave the home to visit lower risk outdoor spaces (such as parks) and attend appointments important for their wellbeing.'

Under Step 3 of the Government's Covid-19 roadmap out of lockdown **Care Home** residents can now leave home to visit lower risk outdoor spaces (such as parks) and attend appointments that are important for their wellbeing.

The COVID-19 vaccine gives you the best protection against coronavirus. Do not delay getting your vaccine when it is offered. Join the millions already vaccinated [Click here for more information](#)

**Your Health & Wellbeing:** 1 – 7 June is Volunteers' Week. Volunteers have played a key role in response to the pandemic and continue to do so helping with the vaccine roll out programme. Volunteers are everywhere and without them many of the local clubs, societies and charities around the Derbyshire Dales would struggle to operate. In 2019/20, there were around 163,000 voluntary organisations in the UK, most of which rely on volunteers.



There are many kinds of volunteering roles out there, contributing to many different causes. Now is an ideal time to get chatting to organisations you are interested in and find out more about their volunteering opportunities.

### Why volunteer?

- Volunteering can help make friends and get you out and about again after a change in your life
- Volunteering can mean your life experience, work skills, talents and abilities help others
- Volunteering can help you change your life, work or outlook on life
- Volunteering can help you learn new skills.



Age UK Derby and Derbyshire relies on volunteers to help them offer vital services in the local community. Would you like to lend a hand? If you have a few hours regularly to spare or a block of time to give, and are looking for an enjoyable voluntary activity where you can meet people, use existing skills or learn new ones. Find out more by calling 01773 766922 or visit the website: [Age UK Derby and Derbyshire | Volunteer with us](https://www.ageuk.org.uk/derbyshire/volunteer-with-us)



### Dales health walks spring back into action

Health Walks in the Derbyshire Dales have sprung back into action. Organised by Derbyshire Dales District Council, these free walks all over the beautiful Derbyshire Dales are an opportunity for local people to step away from those lockdown blues into the great outdoors – and meet new friends.

The walks range in difficulty from a Very Easy short walk on good ground (30-75mins), Easy Walks on rougher ground (60-90mins) to Moderate walks up hill and down dale (120mins) and more.

No booking is required and there is more information at [www.derbyshiredales.gov.uk/healthwalks](https://www.derbyshiredales.gov.uk/healthwalks)

Dementia Friendly walks are restarting in July. For more information contact [helen.milton@derbyshiredales.gov.uk](mailto:helen.milton@derbyshiredales.gov.uk) or call 01629 761194

## MATINÉE: CREATIVITY AT HOME

CONVERSATION - WRITING - CRAFTS - VISUAL ARTS  
FOR PEOPLE LIVING WITH DEMENTIA IN DERBYSHIRE

**Matinée is an invitation to people living with dementia (and their carers) to get involved in something free, creative and inspiring from the safety and comfort of their own home.**

You only need a telephone and a letterbox to take part. We have a fabulous team of artists who will invite you to explore either creative writing, crafts or visual arts combined with a regular phone call and lively conversation to keep you active and focussed from home.

Our professional artists are experienced in working with people living with dementia. They will chat with you to find topics and themes to play with creatively, and you'll be surprised with what happens next!

**Feedback from our first projects:**

"Mum hasn't had an interaction like that with someone in a long time"  
"I do enjoy our conversations"  
"I've loved our phone calls. Thank you for all you've done for me"  
"Please can this carry on?"

**The project offers 8 regular sessions working 1:1 with one artist.  
Sessions available in June/July/August 2021, and again in the Autumn.**

**Please get in touch now if you're interested!**  
Contact Frances Watt on 07449 732322 or email [admin@matineederbyshire.org.uk](mailto:admin@matineederbyshire.org.uk)

**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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