

Welcome to the Derbyshire Dales Community Champion Update

Our next forum is on Friday 10th December at 10.00am and is an opportunity for you to share your thoughts, concerns and observations regarding your local community relating to Covid-19.

Email Rachel@ddcvs.org.uk for the meeting link.

➤ Testing in England

There were **913,431** tests reported on 28 November 2021. This shows an increase of **4.9%** compared to the previous 7 days. Between 22 November 2021 and 28 November 2021, there have been **6,031,927** tests.

➤ Cases in Derbyshire Dales

51 new people had a confirmed positive test result reported on 29 November 2021. Between 23 November 2021 and 29 November 2021, **303** people had a confirmed positive test result. This shows an increase of **11.4%** compared to the previous 7 days.

➤ Vaccinations in Derbyshire Dales

60,374 people had been given a first dose by the end of 28 November 2021.
56,399 people had been given a second dose by the end of 28 November 2021.

➤ Healthcare in Derby & Burton NHS Foundation Trust

5 people with coronavirus went into hospital on 21 November 2021. Between 15 November 2021 and 21 November 2021, **48** went into hospital with coronavirus. This shows a decrease of **-12.7%** compared to the previous 7 days. There were **48** patients in hospital with coronavirus on 23 November 2021.

➤ Deaths in Derbyshire Dales

Between 23 November 2021 and 29 November 2021, there have been **1** deaths within 28 days of a positive coronavirus test. This shows no change compared to the previous 7 days.

Key statistics from the **UK Coronavirus (COVID-19) Dashboard** - last updated on Monday, 29 November 2021.

 UK Health Security Agency

COVID-19 cases and deaths reported on 29 November across the UK

42,583 new positive cases

35 deaths within 28 days of a positive test

A total of **50,941,327** people have now received the first dose of a vaccine

46,341,057 people have now received the second dose of a vaccine

17,896,864 people have now received a booster vaccine

Coronavirus (COVID-19)

More info: coronavirus.data.gov.uk

The [Prime Minister has announced new rules](#) to help us all protect ourselves and others from a new variant of COVID-19 called Omicron.

The Omicron variant has extensive mutations from previous versions of the virus so we need to take urgent measures to protect ourselves from it. [UK scientists are working hard](#) to find out more about the new variant. In the meantime, we must all follow new guidelines to help slow its spread:

- **Face coverings:** New COVID-19 rules on wearing face coverings in England will go ahead from 30 November. Face coverings must be worn in shops and other similar businesses such as banks, post offices and personal care venues like hairdressers, as well as on public transport. This is enforceable by law and people face fines if they do not follow the rules. People with certain [medical conditions are exempt](#).
- **Travel:** The Government is bringing in [measures to prevent new cases from abroad](#). All travellers arriving into the country from 4am on Tuesday 30 November will be required to take a PCR test on day 2 and self-isolate until they have received a negative test result. These PCR tests can be purchased from private providers. A number of countries have been added to the [red list](#). UK residents arriving from these countries must isolate in a government-approved facility for 10 days. During their stay, they will be required to take a coronavirus test on day 2 and day 8.
- **Isolation rules:** If you come into contact with someone who tests positive with a suspected case of Omicron you will also have to self-isolate for ten days, even if fully vaccinated. The new measures on our borders, self-isolation and face coverings will be reviewed in three weeks.

Vaccination updates

Following the emergence of the Omicron variant, including confirmed cases in the UK, the Joint Committee on Vaccination and Immunisation (JCVI) has urgently reviewed vaccine response measures. JCVI previously advised that those aged over 40 years and those at higher risk from coronavirus (COVID-19) should be offered a booster. This new JCVI advice means those aged 18 to 39 will also be eligible for a booster when the NHS calls them forward.

- ▶ Everyone over 18 will be offered a booster dose
- ▶ Boosters will be given at least three months after the second dose
- ▶ 12-15 year-olds will be offered a second dose, at least 12 weeks after the first
- ▶ Severely immunosuppressed people will be offered a fourth dose

It is important that everyone who is eligible for vaccines or a booster jab get them as soon as possible. You can [book online](#) and join the 17 million people who have already had a booster or third jab.



Your Health & Wellbeing:

For some people, a change in season can trigger seasonal affective disorder (SAD).

Learn more about the symptoms of SAD and treatment options:

<https://www.nhs.uk/.../seasonal-affective.../overview/>

[About SAD | Mind, the mental health charity - help for mental health problems](#)

[The Seasonal Affective Disorder Association \(sada.org.uk\)](http://sada.org.uk)

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

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