



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

There were 1,496 tests reported on 23 January 2022. This shows a decrease of -19.5% compared to the previous 7 days.

• Cases in Derbyshire Dales

84 new people had a confirmed positive test result reported on 24 January 2022. Between 18 January 2022 and 24 January 2022, 460 people had a confirmed positive test result. This shows a decrease of -8.4% compared to the previous 7 days.

• Vaccinations in Derbyshire Dales

61,176 people given a first dose by the end of 23 January 2022.
58,325 people given a second dose by the end of 23 January 2022.
50,463 people given a booster/third dose by end of 23 January 2022.

• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

13 people with coronavirus went into hospital on 16 January 2022. Between 10 January 2022 and 16 January 2022, 82 went into hospital with coronavirus. This shows an increase of 22.4% compared to the previous 7 days.

• Deaths in Derbyshire Dales

Between 18 January 2022 and 24 January 2022, there have been 3 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, 24 January 2022.



The government has recently announced that the measures put in place under Plan B in England will be lifted.

The government is no longer asking people to work from home. People should now talk to their employers to agree arrangements to return to the office.

- From 20 January: Face coverings will no longer be advised for staff and pupils in secondary school and college classrooms.
- From 27 January: Face coverings will no longer be advised for staff and pupils in communal areas of secondary schools, nor for staff in communal areas of primaries. Directors of Public Health will only be able to recommend pupils and staff wear masks in communal areas in places where there are outbreaks or where the local public health situation justifies it, and with sign-off from the Education Secretary.
- From 27 January: There is no longer a legal requirement to wear a face covering. The government suggests that you continue to wear a face covering in crowded and enclosed spaces where you may come into contact with other people you do not normally meet.
- From 27 January: Venues and events will no longer be required by law to check visitors' NHS COVID Pass. Some venues may still choose to run the NHS COVID PASS voluntarily and request it.

Further details can be read [here](#)



We've found **5 full days** of self-isolation with 2 negative test results gives **nearly as much protection as 6 days without testing.**



YOUR HEALTH & WELLBEING - INFORMATION

January is **Love Your Liver Awareness Month**, which is a chance to raise vital awareness of the steps people can take to reduce their risk of liver disease.

This January, let's show our livers some love by doing something healthy.

Take a pledge to love your liver and make a change that will benefit your liver health.

THREE STEPS TO LOVE YOUR LIVER



Cut down on alcohol

The liver is your largest internal organ. As well as hundreds of other jobs, it processes the alcohol you drink. If you drink over the recommended daily guidelines (see below), your liver will not be able to process the alcohol you consume quickly enough, which damages the cells in your liver.

Love Your Liver by:

- drinking no more than 14 units of alcohol per week
- taking 3 days off alcohol every week to give your liver a chance to repair itself
- avoiding alcohol if you are



Keep to a healthy weight

A healthy liver should contain little or no fat. But in some people fat builds up in the liver. This leads to a condition called non-alcohol related fatty liver disease (NAFLD). If fatty deposits build up over a long time they can damage the liver and stop it working properly.

Reduce the risk of NAFLD by:

- keeping to a **healthy weight**
- eating a **healthy balanced diet**
- getting more physically active

Making long term changes that you can keep up is generally better for your health than losing weight quickly. [Download our Eating Well factsheet](#) for more information and tips on eating a healthy, balanced diet.



Protect yourself from viral hepatitis

Blood-borne viruses such as hepatitis B and C can cause permanent liver damage and increase the risk of liver cancer. Hepatitis A and E are spread by poo that carries the infection (usually through contaminated food or water).

Avoid these viruses by:

- getting vaccinated against Hepatitis A and B when travelling abroad (there is no vaccine for hepatitis C or E)
- never sharing personal items like toothbrushes, razors, nail scissors or tweezers
- practising safer sex
- using only licensed tattoo and piercing parlours and making sure all equipment used has been sterilised

Live Life
BETTER
DERBYSHIRE

Lots of us enjoy a drink and for many people it's an enjoyable part of life.

However it's easy to lose track of how much you are drinking and you could find yourself drinking at a harmful level that could affect your health or other aspects of your life.

Use the [self assessment tool](#) to help you understand how your drinking may be affecting your health

Live Life Better Derbyshire offers help on a wide range of topics including stopping smoking, weight management and advice on how to get more active. Find out more about the services [here](#)



Are you struggling to attend medical/health related appointments? Give the Bakewell and Eyam Community Transport team a call: 01629 641920

Visit the website for more information [Community Transport Bakewell & Eyam](#)



The Derbyshire Home from Hospital service assists vulnerable adults of any age to come home after a spell in hospital. It also assists those who are living at home but are at risk of being admitted to hospital. This is a short term service for up to six weeks to help prevent hospital re-admissions and to help people get home sooner.

Visit the website for more information. [Connex - Home from Hospital service](#)

Are you looking for a new interest in 2022? Maybe you want to re-connect with like minded people and make new connections? Follow the link to find a group near you [Derbyshire U3as](#)



What is u3a?

The u3a is a self-help organisation aimed at those of us who are in our 'third age' of being retired or semi-retired and who want to develop our interests and continue learning in a friendly, informal environment. Our motto is:

Learn, laugh, live

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

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