



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

- **Testing in the Derbyshire Dales**

Between 7 March 2022 and 13 March 2022, there have been 6,068 tests. This shows a decrease of -8.4% compared to the previous 7 days.

- **Cases in Derbyshire Dales**

Between 8 March 2022 and 14 March 2022, 507 people had a confirmed positive test result. This shows an increase of 47.8% compared to the previous 7 days.

- **Vaccinations in Derbyshire Dales**

61,276 people given a first dose by end of 13 March 2022.
59,198 people given a second dose by end of 13 March 2022.
51,404 given booster/third dose by end of 13 March 2022.

- **Healthcare in Chesterfield Royal Hospital NHS Foundation Trust**

Between 28 February 2022 and 6 March 2022, 21 went into hospital with coronavirus, an increase of 5.0% compared to the previous 7 days. There were 15 patients in hospital with coronavirus on 8 March 2022.

- **Deaths in Derbyshire Dales**

Between 8 March 2022 and 14 March 2022, there have been 2 deaths within 28 days of a positive coronavirus test. This shows an increase of 100.0% compared to the previous 7 days.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Monday, 14 March 2022.



- **The draft terms of reference set out the aims of the public inquiry into the coronavirus (COVID-19) pandemic.**

Published 10 March 2022 - Read more [here](#).

- **COVID-19 prevalence continues to decline across England but infection rates remain high**

Findings from the latest report of the government-backed REACT-1, one of the largest studies into coronavirus (COVID-19) infections in England, have been published 10 March 2022. Read more [here](#).

- **The R value and growth rate**

The latest reproduction number (R) and growth rate of coronavirus (COVID-19).

Latest R range for England

0.8 to 1.1

Latest growth rate range for England

-2% to +2%

per day

An R value between 0.8 and 1.1 means that, on average, every 10 people infected will infect between 8 and 11 other people.

A growth rate of between -2% and +2% means that the number of new infections could be broadly flat, shrinking by up to 2% every day or growing up to 2% every day.

The [JCVI](#) has advised a [spring booster](#) (second booster dose) to people aged 75 years and over, residents in care homes, and people aged 12 years and over who are immunosuppressed

- **18 March (ENGLAND)**

From 4am on Friday 18 March, you will not need to take any COVID-19 tests or fill in a passenger locator form when travelling to England from abroad. These changes apply whether you are fully vaccinated or not.

YOUR HEALTH & WELLBEING - INFORMATION

March is Endometriosis Awareness Month



Endometriosis is an inflammatory condition and it is estimated that 1 in 10 women have this condition. New research from Endometriosis UK reveals very low levels of public awareness for this potentially lifechanging and long-term condition and are keen to improve awareness and understanding.

- Endometriosis affects 1.5 million women and those assigned female at birth in the UK, similar to the number affected by diabetes or asthma
- 54% of people do not know what endometriosis is, increasing to 74% of men
- 62% of women between the age of 16-24 don't know what endometriosis is
- 45% of women are unable to name any symptoms of the condition
- Endometriosis UK calls for a step change in public attitudes to women's health



Symptoms of endometriosis include:

- Pelvic pain
- Period pain that stops you doing normal activities
- Pain during or after sex
- Painful bowel movements
- Pain when urinating
- Difficulty getting pregnant
- Fatigue

When to see a GP: See a GP if you have symptoms of endometriosis, especially if they're having a big impact on your life. It may help to write down your symptoms before seeing a doctor. It can be difficult to diagnose endometriosis because the symptoms can vary considerably, and many other conditions can cause similar symptoms.

For more information: [Endometriosis UK](#) [NHS - Endometriosis](#)



Daffodil is the official common name for any plant that falls under the genus *Narcissus*, including jonquils, paperwhites, and others. But most people use the term "daffodil" to refer to the familiar trumpet-shaped springtime blooms.

Stop. Breathe.
Notice. Repeat
regularly



ACTION FOR HAPPINESS

WINNING WAYS TO WELLBEING



BE PROUD
OF YOUR MOUTH



World Oral Health Day - 20th March

This year the campaign is focusing on the importance of oral health for your happiness and well-being, because good oral health has a positive impact on your general health, well-being and quality of life. And that is something worth taking action for.

Using the right amount of toothpaste

Children aged 0 to 3 should use a smear of toothpaste



Children aged 3 to 6 should use a pea sized amount



Adults should also use a pea sized amount of toothpaste



- Children under 3 years old should brush twice daily, with a smear of toothpaste containing at least 1,000ppm fluoride.
- Children between 3 and 6 years old should brush at least twice daily with a pea-sized amount of toothpaste containing more than 1,000ppm fluoride.
- Adults should brush at least twice daily with a toothpaste containing 1,350-1,500ppm fluoride.

Find an NHS dentist near you [here](#).
[Lifestyle tips for healthy teeth](#)
[How to keep your teeth clean](#)

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

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