

COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

Between 26 April 2022 and 2 May 2022, there have been 1,889,966 tests. This shows a decrease of -18.2% compared to the previous 7 days.

• Cases in Derbyshire Dales

Between 27 April 2022 and 3 May 2022, 79,310 people had a confirmed positive test result. This shows a decrease of -39.5% compared to the previous 7 days.

• Vaccinations in Derbyshire Dales

653,184,869 given a first dose by the end of 28 April 2022.
49,727,305 given a second dose by the end of 28 April 2022.
39,248,005 people given booster/third dose by end of 28 April 2022.

• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

Between 21 April 2022 and 27 April 2022, 8,840 went into hospital with coronavirus. This shows a decrease of -21.1% compared to the previous 7 days. There were 12,475 patients in hospital with coronavirus on 29 April 2022.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Monday, 03 May 2022.



Covid Spring Booster Vaccination

A reminder that vaccination sites across Derby and Derbyshire are offering appointments to eligible people as part of a spring booster campaign to protect against Covid-19.

The appointments are open to people who are aged 75 or over, and those who are immunocompromised. Vaccination teams will also be visiting care homes to provide booster shots to residents.

The current guidance recommends a six-month gap between booster jabs to get the best possible protection. Those who have not yet had a booster need only wait three months since their last dose to get this benefit.

[Bookings can now be made via the National Booking System](#)

Covid 5-11 Vaccination Programme

The vaccination programme for Derby and Derbyshire children aged 5-11 continues.

Most appointments will be available at a local vaccination centre or community pharmacy outside school hours.

You can book one via [the National Booking Service](#) or by calling 119.



Does **Chronic Pain** affect you? Healthwatch Derby wants to hear from you if you live in Derbyshire. Please complete the survey to help influence improvements to the services you receive [Chronic Pain Survey](#). For more information contact: Michelle.butler@healthwatchderby.co.uk



Do you use an Inhaler? What do you know about Green Inhalers? - Be Greener and Breathe Better...

Medicines account for 25% of all carbon emissions within the NHS. Within medicines, metered dose inhalers (MDIs) are the single biggest source of carbon emissions.



Find out more about making the switch to a 'greener' alternative - [Derbyshire Guide to Dry Powder Inhalers](#)

YOUR HEALTH & WELLBEING - INFORMATION



Chesterfield & North Derbyshire Tinnitus Support Group

- Do you experience Tinnitus or noises in your head or ears?
- Would you like to find out more information?
- Chat to people who understand and experience Tinnitus?

If you also experience hearing loss, there will be an opportunity to speak to Hearing Help UK

Drop in to see us at the Riber Room
Imperial Rooms, Imperial Road,
Matlock, DE4 3NL on Friday 17th
June 11.30am—2.30pm

For more information please contact Chesterfield and North Derbyshire Tinnitus Support Group on

01246 380415 or email

mail@tinnitussupport.org.uk

Funded by Derbyshire Dales CVS

"Nothing's working," said Rabbit.
"Have you tried unplugging?" asked Bear.
"I don't plug in anywhere," said Rabbit.
"Yes you do," said Bear. "You're plugged into the world around you."
"Oh," said Rabbit, giving this some thought.
"How do I unplug then?"
"Close your eyes, let your muscles relax and listen only to the sound of yourself breathing in and out," said Bear.
"After a while, when you feel ready, plug back in, and try again."



WHAT IS TINNITUS?

Tinnitus is rarely a sign of a serious underlying condition. For some people it may come and go and only be a minor irritation.

However, it can sometimes be continuous and have a significant impact on everyday life. Severe cases can be very distressing, affect concentration, and cause problems such as difficulty sleeping (insomnia) and depression. [Signs & symptoms of Tinnitus](#)

Practising Mindfulness is a helpful technique to use to calm down your tinnitus and doing so on a regular basis is something that should be considered. The aim is, not only to make peace with yourself but also to make peace with your tinnitus. Once you have achieved this aim, your tinnitus will recede into the background as you learn to manage your emotions, anxieties and irrational thoughts and reactions.



Connect with Nature

The UK's woodlands are home to almost half the world's population of bluebells.

Did you know? The bluebell's Latin name, *Hyacinthoides*, comes from a Greek myth: when the Prince Hyacinthus died, the tears of the god Apollo spelled the word 'alal' on the petals of the hyacinth flower that sprang up from his blood. Non-scripta means unlettered and distinguishes the bluebell from the similar-looking hyacinth.

Conservation status

Protected in the UK under the Wildlife and Countryside Act, 1981.

See the Bluebells...

- Longshaw Estate - Haywood or Jubilee Woods
- [Kedleston's Bluebells](#)
- [Shining Cliff Woods, near Cromford](#)

WINNING WAYS TO WELLBEING



[GREENSPRING.ORG.UK](https://greenspring.org.uk)

Energising the environment

What is green social prescribing?

The name GreenSPring comes from the term green social prescribing:

Green social prescribing is the practice of supporting people to engage in nature-based activities to improve their mental health and wellbeing. This can be done through a social prescribing link worker, or other trusted professional (or many other members of communities), who connect people to community groups, organisations and agencies for practical and emotional support, based on a 'what matters to you' conversation. Examples of activities and interventions include walking, cycling, community gardening and food-growing projects, as well as practical conservation tasks such as tree planting.

If you are based in Derbyshire or Derby city we would love to hear from you, we have some live surveys where you can add your voice to our work to scale up the green social prescribing offer across the county

We would like to hear from individuals on their experiences of accessing green activities and ask that you complete the following survey: [Connecting with nature for health and wellbeing \(smartsurvey.co.uk\)](https://smartsurvey.co.uk)

For more information please email: hello@greenspring.org.uk



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

DDCVS's bulletin is compiled by the staff of DDCVS from a wide range of information. While every effort is made to check the accuracy of the material, no liability can be accepted for any error or omission. Inclusion of an item in the bulletin does not mean approval or recommendation by DDCVS.