



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

• Testing in the Derbyshire Dales

Between 2 May 2022 and 8 May 2022, there have been 2,334 tests. This shows a decrease of -5.9% compared to the previous 7 days.

• Cases in Derbyshire Dales

Between 3 May 2022 and 9 May 2022, 102 people had a confirmed positive test result. This shows an increase of 70.0% compared to the previous 7 days.

• Vaccinations in Derbyshire Dales

61,559 people given a first dose by the end of 8 May 2022.
59,764 people given a second dose by the end of 8 May 2022.
52,119 people given a booster/third dose by end of 8 May 2022.

• Healthcare in Chesterfield Royal Hospital NHS Foundation Trust

Between 25 April 2022 and 1 May 2022, 35 went into hospital with coronavirus. This shows a decrease of -37.5% compared to the previous 7 days.
There were 36 patients in hospital with coronavirus on 3 May 2022.

Key statistics from the UK Coronavirus (COVID-19) Dashboard - last updated on Monday, 09 May 2022.

Government updates:

The government's plan for removing the remaining legal restrictions while protecting people most vulnerable to COVID-19 and maintaining resilience. Added easy read version of 'COVID-19 Response: Living with COVID-19'.

[Living with COVID-19](#)

COVID-19 Vaccines

COVID-19 vaccines provide strong protection against serious illness and death caused by Omicron.

You can protect yourself and others by getting vaccinated and practicing other protective behaviours. Everything you do to avoid catching and spreading the virus reduces the risk of new variants emerging.

04/05/2022

COVID-19 Vaccines

We still don't know exactly how long protection from COVID-19 vaccines lasts, but most people have strong protection against serious illness and death for at least 6 months.

Immunity may reduce faster in people who are older or who have underlying medical conditions, or who have a higher level of exposure to the virus. To protect yourself, get vaccinated AND continue practicing the other protective behaviours against COVID-19.

30/03/2022

Still worried about mixing with people but want to make those reconnections and be more active?

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. It's sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits.

[NHS Walking for Health](#)

New led walk in Darley Dale every Tuesday at 10:30am

Free and friendly, led by trained walk leaders
New walkers always welcome - no need to book
Details at www.derbyshiredales.gov.uk/healthwalks

Very steady walk on good ground with no stiles. for a 60 - 90 min walk followed by cafe stop
Meet at the War Memorial by the car park in Whitworth Park

For more information about our Health Walks please contact sportsdevelopment@derbyshiredales.gov.uk or 01629 761194
We are more than happy to answer any queries

Health Walks Derbyshire Dales
Dementia Friends
Derbyshire Dales

YOUR HEALTH & WELLBEING - INFORMATION

Mental Health Awareness Week (9th - 15th May 2022) is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. Getting out and about meeting people and enjoying the fresh air can greatly improve your mental health.

'Together we can tackle loneliness'

One in four adults feel lonely some or all of the time. There's no single cause and there's no one solution. After all, we're all different! But, the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others.

What causes loneliness?

Loneliness has many different causes, which vary from person to person. We don't always understand what it is about an experience that makes us feel lonely.

For some people, certain life events may mean they feel lonely, such as:

- experiencing a bereavement
- going through a relationship break-up
- retiring and losing the social contact you had at work
- changing jobs and feeling isolated from your co-workers
- starting at university
- moving to a new area or country without family, friends or community networks.

How can I manage loneliness?

Tips and suggestions for managing feelings of loneliness.



Feeling low? Struggling to cope?

The following websites have information & contact details that may be of help:

- [Derby and Derbyshire emotional health and wellbeing website](#) - information from across different health and care providers in Derbyshire.
- [Derbyshire County Council website](#) - this site has lots of information about mental health and wellbeing.
- [NHS Derby and Derbyshire CCG website](#) - lists all the NHS approved IAPT talking therapies providers.
- [Staying safe website](#) - if you are experiencing suicidal thoughts.
- [Waiting well](#) - advice for those waiting for an appointment.
- [Keeping well](#) - simple ways to improve your health and how you feel.
- [Talking Mental Health Derbyshire](#) - information about the IAPT talking therapies service.

A colorful poster titled 'WHAT'S ON THIS WEEK?' in Matlock & North Derbyshire Dales, sponsored by the Mental Health Foundation. It lists activities for each day of the week: Monday: Fun and Social Netball (10.30am-11.30am, cost £3, at The Arc Leisure Centre); Tuesday: Rusty Rackets (10.30am-11.30am, cost £3, at Hall Leys Park Tennis Courts); Wednesday: Open Swim (10am-10.45am or 11am-11.45am, cost £5.15 non-member, at Bakewell Swimming Pool); Thursday: Very Easy Walk / Entry Level Free (10am start, at Matlock, Hall Leys Park Bandstand); Friday: Very Easy Walk Free (10.15am for 10.30am, at Bakewell, meeting point at the back of the Pudding Shop). It also provides contact information: sportsdevelopment@derbyshiredales.gov.uk or call 01629 761225. Logos for Freedom Leisure and Active Dales are also present.

WINNING WAYS TO WELLBEING



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

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