



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update

LATEST COVID-19 UPDATES:

- **Testing in the Derbyshire Dales**

Between 29 December 2022 and 4 January 2023, there have been 402 tests. This shows an increase of 30.1% compared to the previous 7 days.

- **Cases in Derbyshire Dales**

Between 25 December 2022 and 31 December 2022, 4 people had a confirmed positive test result. This shows an increase of 33.3% compared to the previous 7 days.

- **Vaccinations in Derbyshire Dales**

61,515 people had been given a first dose by the end of 3 January 2023.

60,043 people had been given a second dose by the end of 3 January 2023.

52,824 people had been given a booster or third dose by the end of 3 January 2023.

- **Healthcare in Chesterfield Royal Hospital NHS**

Between 27 December 2022 and 2 January 2023, 30 went into hospital with coronavirus. This shows a decrease of -14.3% compared to the previous 7 days. There were 28 patients in hospital with coronavirus on 4 January 2023.

- **Deaths in Derbyshire Dales**

Between 11 December 2022 and 17 December 2022, there have been 2 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 Thursday 05 January 2023.



- **Back to school advice issued amid high levels of flu, COVID-19 and scarlet fever**

As pupils and students return to school following the Christmas break, UKHSA is reminding people that winter illnesses continue to circulate at high levels - *updated 2 January 2023*

- **Precautionary and temporary measures introduced to improve COVID surveillance from China**

England joins a growing list of countries across the world to announce temporary measures as COVID cases rise in China ahead of borders re-opening next week - *updated 30 December 2022*

- **Regulatory approval of COVID-19 Vaccine Janssen**

Information for healthcare professionals and the public about the COVID-19 Vaccine Janssen - *updated 29 December 2022*



Covid and flu are still circulating. If you're aged 50 or over, pregnant or have certain health conditions, you're at higher risk of serious illness from these viruses this winter.

It's not too late to have your vaccines and protect yourself.

Find out how to book: nhs.uk/wintervaccinations



Got a cough, cold-like symptoms and nasal congestion?

Remember to:

- Rest and sleep
- Keep warm
- Drink plenty of water
- Speak to your pharmacist about all available over the counter medicines to help with cough, cold and congestion.

Be self-care aware

Find out more about self-care at: www.derbyandderbyshireccg.nhs.uk/staywell/derbyshire/

A MESSAGE FROM: NHS DERBY AND DERBYSHIRE INTEGRATED CARE BOARD / JOINED UP CARE DERBYSHIRE.



The Derbyshire health and social care system has been under sustained and significant pressure over the Christmas bank holiday period and this continues to be the case. There are things everyone can do to help, and we are asking people to use our services wisely and to think about self-care as an option for some conditions before automatically going to the NHS for help. If self-care isn't an option, then choosing the right service for the condition will help patients to get the right treatment first time and usually more quickly.

What members of the public can do to help:

Our teams continue to work exceptionally hard and we would like to reassure our patients and the public that despite the challenges faced, essential services remain fully open for anyone who needs them. Other things which everyone can do to help the NHS right now, include:

- Only call 999 or attend accident and emergency departments when someone is seriously ill or injured and their life is at risk.
- When needing urgent medical care but it's not an emergency, visit [NHS 111 online - 111.nhs.uk](https://www.nhs.uk/111) - or call NHS111 for advice on how to get care at any time of day or night.
- Utilising an [Urgent Treatment Centre](#) (UTC) if you have a minor illness or injury, such as sprains, fractures, minor burns, skin infections, animal bites, minor eye and head injuries, stings and bites. Urgent treatment centres/Minor Injury Units are available 8am-8pm in Derby, Ilkeston, Ripley, Darley Dale, Buxton, Lichfield and Tamworth and can help with care and treatment for many of the most common issues that people attend emergency departments for.
- See a pharmacist for advice on a minor illness such as a cough or cold. Pharmacists are experts in medicines who can help you with minor health concerns.
- Contact your GP for symptoms that won't go away, such as lumps, unexpected weight loss, abnormal bleeding and persistent pain.
- Check on neighbours, friends and family who have an existing respiratory condition, to ensure they are okay and not suffering from additional wheeziness or shortness of breath. It is also important to ensure they are following their care plan with medication, inhalers and oxygen support. If you are concerned and feel you need clinical advice, use NHS 111 online or call 111. It is essential that they receive treatment early and seek to prevent an admission to hospital.

IF UNABLE TO MAKE ANY NHS APPOINTMENT, PLEASE CONTACT THE NUMBER ON APPOINTMENT LETTERS SO THAT IT CAN BE REALLOCATED TO ANOTHER PATIENT.

NHS

Vitamin D in winter

How to manage in winter?

Most of our vitamin D comes from the sun. We need vitamin D to help keep bones and muscles healthy, especially during the autumn and winter months when the sun is not strong enough for the body to make it. Therefore it is very important to take vitamin D supplements especially in the winter. These are readily available from supermarkets and pharmacies.

The usual daily dose recommended by NHS England is 400-1000units a day (10-25micrograms).

Find out more about self-care at: [joinupcarederbyshire.co.uk/stay-well/self-care/](https://www.joinupcarederbyshire.co.uk/stay-well/self-care/)

Be self-care aware

Support loved ones who are ready to leave hospital by doing six simple things:

- Bring clothes for leaving hospital
- Arrange access to their home or place they call home and to check on heating and food
- Check transport arrangements
- Ensure they have any dressings or equipment they need
- Confirm any follow up appointments
- Check for valuables and belongings when leaving

Please continue to treat all NHS and care staff with the respect they deserve. Our hard-working staff and volunteers are doing all they can to keep patients safe and supported.

What we are doing:

Health and care services continue to work closely together to resolve the situation. Measures we have taken to help manage and alleviate pressure have included:

- Maximising all available and appropriate hospital capacity to provide beds in which to care for our patients
- Taking additional steps to release patients from the care of ambulance crews to enable them to get back on the road to see the next patient, including extra capacity in ED and extra consultants on hand to assess the clinical needs of patients on arrival, with the aim of turning crews around as quickly as possible
- Diverting all clinically-trained staff to provide direct care and support, and cancelling all non-essential training
- Opening more than 40 additional community-based beds to support discharge from acute hospitals.

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.