



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



Walking into autumn...

Derbyshire Dales Community Walking Festival is back for a second year this autumn with free led-walks for all. A variety of distances and geographies mean there is something for everyone, from fully accessible walks and dementia friendly walks to heritage and wellbeing walks.

The festival takes place from 25 September to 1 October.

Full details of each of the 17 walks can be found on their website:

www.derbyshiredales.gov.uk/walkingfestival

Cases of measles are rising in England. Measles is more than just a rash with one in five children needing a hospital visit. Make sure your child is up to date with their MMR vaccination to give them the best protection against becoming seriously unwell.

Find out more: <https://www.nhs.uk/conditions/measles/>



NHS

1 in 5

children with measles need a hospital visit.

Make sure your child is up to date with their vaccinations.

For bank holiday pharmacy opening times visit:

<https://bit.ly/3NX2Y5t>



Accessing pharmacy services



Some local pharmacies may have different opening hours over the bank holiday

Search 'find a pharmacy NHS' to find an open pharmacy near you on the day you need access.




CAN YOU HELP?

Could you be a volunteer and help someone remain independent in their own home?

Volunteer across the Derbyshire Dales

Volunteers help our clients by driving them to medical and hospital appointments, doing a weekly shop, taking someone out for a cup of tea or a visit to the garden centre. Our volunteers also help people get online at one of our digital hubs.

Could you help someone in need?



Our services include :

- ✓ Befriending
- ✓ Shopping
- ✓ Transport
- ✓ Getting Online



01335 348600

connex.org.uk

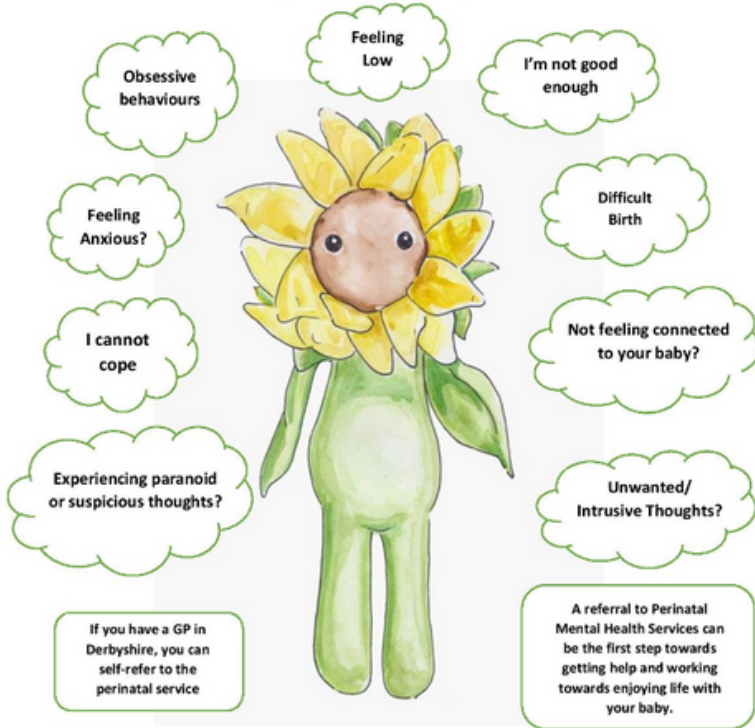
Email: dales@connex.org.uk

Derbyshire Mental Health Forum

Derbyshire Healthcare Perinatal Services

Struggling with your mental health in pregnancy or as a new Mum?

You are not alone, 1 in 5 mothers experience the same.



Our Community Perinatal Mental Health Team can offer you an assessment and tell you about the help you can access from the 12th week of your pregnancy, up until your baby is two years old.

The Derbyshire Community Perinatal Mental Health Team can offer an assessment, and information about the help that mums can access from the 12th week of pregnancy up until their baby is two years old.

If you know someone who could benefit, and they have a GP in Derbyshire, they can self-refer to the perinatal service either by:

Phone: 01332 623911 **Email:** dhcft.perinatalcmht@nhs.net



Derbyshire's Families Information Service (FIS) provides free, impartial information and guidance for parents, carers, practitioners, children, and young people on a wide range of services, activities, and events available in Derbyshire.

If you're paying childcare costs, don't forget to check if you're eligible for tax-free childcare...

- For working families, including the self-employed
- Earning under £100k and at least £167 per week (equal to 16 hours at the National Minimum or Living Wage) each
- Who aren't receiving Tax Credits, Universal Credit or childcare vouchers
- With children aged 0-11 (or 0-16 if disabled)

For every £8 you pay into an online account, the government will add an extra £2, up to £2,000 per child per year.

Check and apply online here: www.childcarechoices.gov.uk

Men at Work in Derbyshire research study. We want to hear from you!

	Take part in	A study designed to understand more about what health and wellbeing means to working men.
	To take part you must:	Be a man living and working in Derbyshire Work in either: hospitality (pubs/hotels); Haulage (bus drivers, HGVs); Agriculture (farming) OR Be an employer, industry representative or have a special interest
	Taking part involves:	A confidential interview no longer than 40 minutes by the internet or in person and/or a group discussion lasting 2 hours. As a thank you we will give you a £10 voucher
	Who to contact?	Fiona.marshall@Derbyshire.gov.uk or phone 07950 939982



Men at Work study

Derbyshire County Council are carrying out a research study into men's health and wellbeing in Derbyshire and would appreciate your help.

'We know that many men are not using preventative health care services and we would like to better understand the possible ways in which men are managing their own health and wellbeing.'

They are particularly interested in speaking to men who work in farming, hospitality, and haulage, to find out what they think about their health and wellbeing.

Participants can include employers who provide employment and/or employees.

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

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