



COMMUNITY VOICE

Welcome to the Derbyshire Dales Community Voice Update



Know Your Numbers Week is an annual awareness initiative by Blood Pressure UK.

This year it runs from 4 – 10 September 2023.

High blood pressure (hypertension) is a major risk factor for cardiovascular disease (CVD) which is one of the leading causes of death in England. (<https://www.bloodpressureuk.org/>).

MAKE THE TIME EASE YOUR PRESSURE



Your blood pressure is important no matter your age.

Taking the time to know your numbers will help to stop stroke and heart disease and could save your life.

Know Your Numbers!® Week 2023
4-10 September
[bloodpressureuk.org](https://www.bloodpressureuk.org/) #KnowYourNumbers

Checking your BP is quick, simple and painless. If you have access to a monitor you can test yourself at home, or you can get it checked for free at many pharmacies, at your GP surgery, at many workplaces, or as part of your NHS Health Check. The NHS online blood pressure tool can help you understand what your numbers mean and advise on any action you need to take (<https://www.nhs.uk/health-check-your-blood-pressure-reading>).

NHS

Now more people will be eligible for the shingles vaccine

Book at your GP practice

The poster features an illustration of an elderly woman with a shopping bag and an elderly man with a cane, standing together against a blue background.

If you are aged 70-79 or aged 50 and over with a severely weakened immune system, you can book your #shingles vaccine at your GP practice. You can also book after your 65th birthday if you turn 65 after 1st September 2023.

Find out more:

<https://www.nhs.uk/con.../vaccinations/shingles-vaccination/>

UK Health Security Agency | **NHS**

All children are offered the HPV vaccination in school year 8

The poster shows three smiling children (two boys and one girl) against a blue background.

The **HPV vaccine** helps to prevent HPV-related cancers from developing in boys and girls, with millions of doses given as part of the NHS vaccination schedule since 2008.

From 1 Sept, some of those eligible for the HPV vaccine will only need a single dose.

<https://www.gov.uk/.../hpv-vaccination-programme-moves-to...>

Ashbourne Internal Martial Arts Training Day



Offering you the chance to experience authentic Chinese martial arts, including: Tai Chi, Xingyi and Bagua, in an intensive day of practice.

Beginners and all levels welcome!

2 Hours per discipline, £20 for 1, £35 for 2, £45 for 3
Tai Chi – 9am, Bagua – 11:30am Xingyi – 2:30pm

Venue: Town Hall, 22 Market Place, Ashbourne, Derbyshire, DE6 1ES

Date: Saturday 16th September 2023

Shui Tao Internal Martial Arts

Call Stuart on: 07770 848 107 Email: info@shuitao.co.uk

Website: shuitao.co.uk



COVID AUTUMN BOOSTERS AND FLU VACCINATIONS

UPDATE

This year's autumn boosters and flu vaccinations will begin earlier than planned as a precaution after a new Covid variant was identified.

Vaccines will be offered to adult care home residents and those most at risk first, starting on 11 September.

More info:

<https://www.gov.uk/.../flu-and-covid-autumn-vaccine...>

#SelfCareSeptember

Self-care is a broad term for anything we do for ourselves solely for the purpose of looking after our body or minds. It means looking after yourself physically, emotionally and socially. There are many forms of self-care, from making sure you get enough sleep or are eating well, to taking up a hobby that helps you to relax.

ACTION FOR HAPPINESS

Shift Your Mindset
with Meera Phull

Wednesday, 13
September 2023
19:00-20:00

TICKET PRICE
Suggested Donation

Register here

SHARE THIS



Feel Good Enough
with Tom Fortes Mayer

Monday, 25 September
2023
19:00-20:00

TICKET PRICE
Suggested Donation

Register here

SHARE THIS



Joined Up Care
Derbyshire

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

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