



Welcome to the Glossopdale Community Messaging Partnership update

Keeping you up to date with the latest news regarding COVID-19.

Latest news

Below is a roundup of the latest coronavirus news for Glossopdale, as well as other useful information that you might be interested in.

Virus Case Numbers in High Peak

Cases

People tested positive in High Peak

Latest data at **local authority (lower tier)** level provided on 17 March 2021

Daily

2

Last 7 days

41

↓ -12 (-22.6%)

Rate per 100k resident
population: 42.1

Deaths

Deaths within 28 days of positive test in High Peak

Latest data at **local authority (lower tier)** level provided on 17 March 2021

Daily

0

Last 7 days

0

↓ -1 (0%)

As of yesterday, the numbers of cases within the High Peak are still falling and this is great news!

Glossopdale is doing similarly well, but that doesn't mean we can relax just yet.

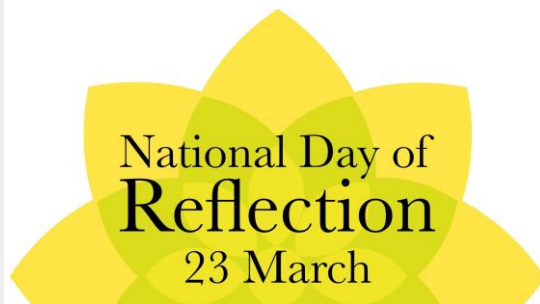
With schools going back there is a risk that case numbers could rise again, so hang in there!

Support for Community Groups

Do you run a community group, or coordinate activities within the High Peak area? Are you worried about getting your activities back up and running once restrictions allow, and would you like some help figuring out what the government guidelines mean for you and your groups?

If so, please get in touch with Lauren at The Bureau (communitymessaging@the-bureau.org.uk). We can help you get in touch with the right people to make sure you know exactly what you need to do!

Day of Reflection



On the 23rd March, it will be one year since the first UK lockdown. Since then, millions of people have been bereaved, both as a result of COVID-19 and due to other causes.

A National Day of Reflection led by Marie Curie will give us all time to unite and reflect on this tragic loss of life and our collective grief as a nation.

There will be a minute of silence held at 12.00 noon on the day to reflect and honour loved ones who have died and reflect on the challenges we have overcome.

At 8pm there will be another minute's silence so we can all come together to light up the night – stand outside with a light – a candle, a torch, even your phone.

There are still tough times ahead, as the death toll continues to rise. This annual day will give us all time to pause and think about this unprecedented loss we're facing, and support each other through grief in the years to come.

For more information, please see <https://www.mariecurie.org.uk/get-involved/day-of-reflection>

Vaccination Updates

Oxford-AstraZeneca vaccine



There has been a lot of news coverage this week about some other countries pausing the use of the Oxford-AstraZeneca vaccine.

This vaccine has been approved by the MHRA, which constantly monitors and updates vaccine safety information. MHRA, the European Medicines Agency (EMA) and the World Health Organisation (WHO) all advise that people should still go and get their COVID-19 vaccine when asked to do so.

Some countries have temporarily paused use of the AstraZeneca vaccine to gather more information on reports of blood clots in people who have had the vaccine. However, more than 11 million doses of the COVID-19 Vaccine AstraZeneca have now been administered across the UK, and the number of blood clots reported after having the vaccine is not greater than the number that would have occurred naturally in the vaccinated population. Blood clots can occur naturally and are not uncommon.

Second Doses

What should I do if I am invited for a second dose?

- It is important that you attend the same vaccination site for both your first and second vaccinations. Make your booking as soon as you can.
- Attend the vaccination, but still observe any requirements for social distancing and mask wearing.

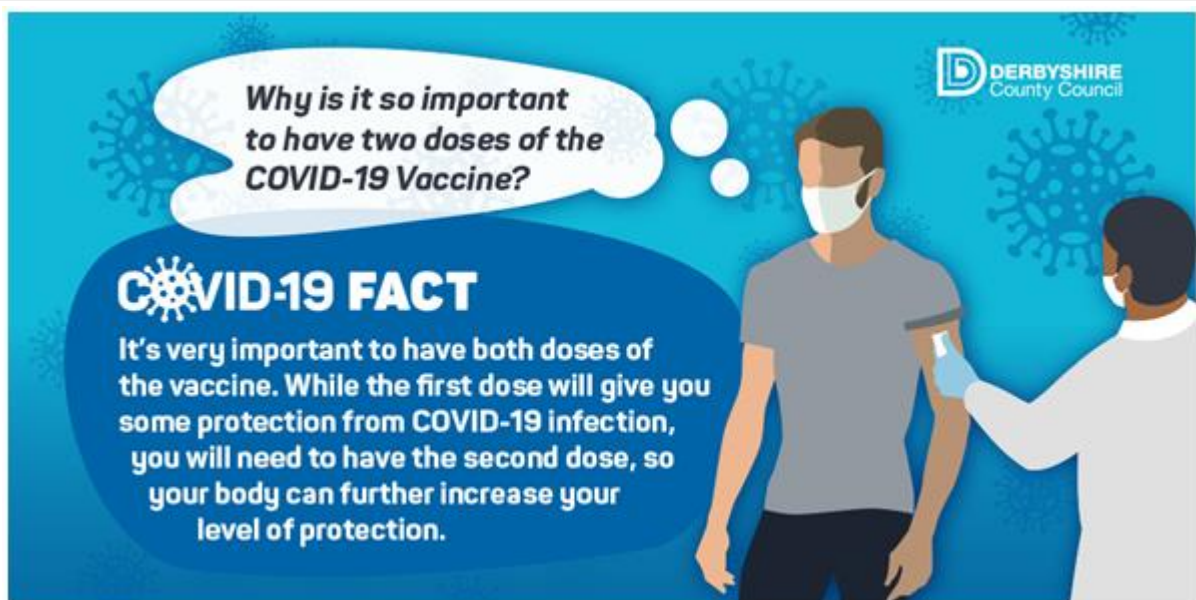
Should I get my second dose?

- Yes, the Covid-19 vaccines currently in use were approved for use on the basis of each person receiving two doses.
- Initially, these doses were to be spaced 21 days apart, but on December 30 the UK's four Chief Medical Officers announced that this should be increased to 12 weeks. This was to enable more people to get some protection from a first dose.
- The first dose causes the body to have an immune response, which protects against Covid-19 but fades over time. The second dose was shown to produce a larger secondary immune response, which takes longer to fade. This is why a second dose is important.

Can I have my second dose somewhere else?

- No, the system is designed to vaccinate people at the same site for both first and second doses.
- In some cases, this will be unavoidable. For example, a person may have moved into or out of a hospital in-patient ward since their first dose. However, these cases will be considered on an individual basis.

Find out more about second dose vaccinations and other frequently asked questions [here](#)



Why is it so important to have two doses of the COVID-19 Vaccine?

COVID-19 FACT

It's very important to have both doses of the vaccine. While the first dose will give you some protection from COVID-19 infection, you will need to have the second dose, so your body can further increase your level of protection.

DERBYSHIRE County Council

The infographic features a blue background with white and orange text. It includes an illustration of a person in a grey t-shirt and black pants wearing a white face mask, being vaccinated in the right arm by a healthcare worker in a white coat and mask. The background is decorated with stylized virus particles.

How to Manage Feelings of Anxiety as Lockdown Eases



Rethink Mental Illness (rethink.org) recently did a survey to find out people's views about the ease of lockdown and its effect on mental health. Some common themes came out, and they have provided some helpful advice and information on those themes.

Click the following link and see if any of the questions apply to you, and you may find some helpful advice on how to handle that particular issue.

<https://www.rethink.org/advice-and-information/covid-19-support/how-to-manage-feelings-of-anxiety-as-lockdown-eases/>

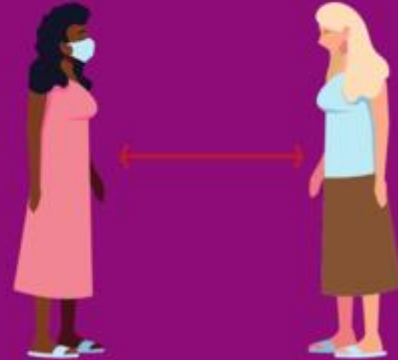
Keeping in touch

If you have any questions, ideas or concerns please email us at communitymessaging@the-bureau.org.uk

Staying safe at school.

If you're dropping your children off at the school gates, please remember to keep your distance and wear a face covering.

CORONAVIRUS
PROTECT YOURSELF & OTHERS



Supporting **Derbyshire** in the fight against coronavirus