

Monthly Newsletter



For all your over 50 news, support and advice: <https://calderdaleforum50plus.com/>



Happy new year to everyone!

We begin this week's newsletter by wishing everyone a very happy New Year. Of course, the re-imposition of lockdown didn't make for an especially enjoyable start to the year and it will no doubt cause further anxiety and uncertainty for many people.

Hopefully we can help relieve a little of this by providing you with up-to-date and relevant advice and information including updates on the vaccination programme. In this issue of our newsletter, we've aimed to summarise the key points of the new lockdown regulations, which are very similar to those of the November lockdown, plus the Government's guidance for those who are shielding, following the announcement that shielding should resume for clinically very vulnerable people.

As ever, in 2021 we'll be keeping you up to date with news for people over 50 in Calderdale in our monthly newsletters and several times weekly on our website and social media. In the meantime, keep doing the simple things well - washing hands, wearing masks inside public places and socially distancing to stay safe.

Lockdown January 2021 - the key rules!

Reasons to leave home include:

Work or volunteering where it is "unreasonable" to work from home. This includes work in others' homes by social workers, nannies, cleaners and tradespeople

Education, training, childcare and medical appointments and emergencies

Exercise outdoors (limited to once a day with no more than one other person from another household.)

Shopping for essentials such as food and medicine

Communal religious worship

Meeting your support bubble.

Calderdale Forum 50 Plus aims to represent and promote the collective voice of people over the age of 50 in Calderdale by: Communication, Campaigning, Influencing, Encouraging and Empowering.



Shielding support from Calderdale Council

With a third period of lockdown now underway, Calderdale Council continue to offer support to vulnerable people, including those who are shielding again. For all volunteers support enquiries or for any other social care support, call the council direct on 01422 392 890 or visit their website.

Coronavirus vaccinations: Progress

COVID-19 vaccinations are now being rolled out to care home residents and care workers as well as people aged 80 and over. With the Oxford-Astra Zenica vaccine also available, more vaccination centres are coming on stream and the Government is aiming to vaccinate all clinically vulnerable people, over 70s and all frontline health & care workers by the end of February. If you are waiting for your vaccine, you do not need to contact your GP as you will be called. We have published a link to a really helpful Government guide (print and video versions) to the vaccines for older adults on our website.

Mental health support in Calderdale

If you're feeling concerned or overwhelmed by the Coronavirus outbreak (COVID-19), it's understandable. We have published a list of organisations on our website to help you support your mental health and wellbeing during this third national lockdown. Please share this list with friends and family members of all ages.

Severe winter weather is here.

Are you prepared? Calderdale Council have published a Winterwise booklet to help you prepare for the cold. It has been delivered to all households, but if you've missed it we have added an online version to our website. It is divided into useful sections such as preparing your home for winter to give you peace of mind during severe weather conditions.

Stay warm and save money this winter

Citizens Advice Calderdale is working hard to keep people warm this winter. They are seeing an average saving of £230 a year if clients follow easy, no cost steps.

Lasting power of Attorney - why you should think about one

You've probably heard of 'Lasting Powers of Attorney', but you might not be too sure what they're all about. In a nutshell, a Lasting Power of Attorney (LPA) means that if (and it's a big if) you ever lose mental capacity in the future to make your own decisions, then you have given a person or people of your choice the legal authority to look after your financial affairs and/or health and care. It means no-one else is allowed to make decisions for you.

It's not too late to enjoy a virtual Christmas concert!

Community interest company INC360 has created a short video of The Halifax Choral Society and Black Dyke Trombone Assemble performing Christmas carols at The Piece Hall to demonstrate a service they are developing for children and young people experiencing loneliness. We have published a link to the video on our website events page.

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