

# Monthly Newsletter



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

## Welcome

January has been a long and difficult month for all of us; severe winter weather, an extended lockdown and schools shut until at least 8 March. But as we publish this newsletter, we are seeing steep falls in the number of COVID-19 cases across the UK and in Calderdale our case rate is falling too with 177 cases per 100,000 at the end of January, down from 296 on the 8th of January. The impact of the vaccinations and the national lockdown are now evident. And with the vaccination programme continuing apace, we can start to look forward to Spring with more hope than for quite some time. We will continue to keep you updated with local and national advice, guidance and information geared to the over 50s and your families.

## Coronavirus Vaccine: All your questions answered!

We have put together the most commonly asked questions about the vaccines together with the most up-to-date answers from our health authorities and from Government. If you are still waiting for a first or second appointment you should continue to wait to be contacted by your GP, your employer or your community organisation if you are a volunteer. For a full list of FAQs see our website - coronavirus news page.

## Lateral Flow testing: a guide to the tests and how they are used

There has been plenty of Government advice about limiting the spread of COVID-19 in public spaces, but what if you have to self-isolate from other family members at home? As well as keeping out of shared spaces, keeping your home clean is also important. Our web page provides sensible and realistic guidelines. Simply search for Lateral Flow testing in the search box.

## Age UK Covid-19 Response Service

Age UK's Covid-19 response is a collection of services provided for up to 6 weeks to support someone who has been in hospital and/or to prevent a hospital readmission. Each package of care will be personalised to the needs of the individual and it can include a range of services as required. You can make a referral by contacting 01422 252040 or emailing [enquiry@ageukck.org.uk](mailto:enquiry@ageukck.org.uk)

## Watch out for Covid-19 vaccine scams

We have received reports of scam calls and texts relating to COVID-19. Scammers are calling home phones and sending text messages to mobile phones, which contain misinformation or could leave you out of pocket if you fall victim. Some calls and texts claim to be from the Government, your GP's surgery, the NHS, or even the World Health Organisation (WHO).

As always: If something sounds too good to be true, it more than likely is. Take time to make decisions, do not be rushed to answer on the spot. It is not a sign of weakness, instead it shows strength to decide when you are good and ready to answer. Talk things through with people you trust, whether family, friends or keyworkers.

You can find out more on the Ofcom website at: [www.ofcom.org.uk](http://www.ofcom.org.uk)

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## Activities for people with visual impairment

For people with any form of sight loss, Halifax Society for the Blind is providing a range of activities that can be done from the comfort and safety of our own homes. If you are visually impaired there could be something here to interest you and help you get through these winter months!

See our website Health & Well-being news pages for all the details.

## The impact of nutrition on healthy ageing

An important and detailed report by the Scientific Advisory Committee on Nutrition (SACN) provides an overview of the currently available evidence on nutrition in older adults and its impact on healthy ageing. It considers evidence relating to adults aged 65 years and over living in the community. A link to the report is available on our website.

## Energy Saving Tips

Citizen's Advice have a wealth of advice on saving energy and money too. From setting your heating to the correct temperature to fitting draught excluders, their Winter Wise booklet is full of helpful tips. Their energy advisers are on hand too to help out by phone.

## Calderdale's Food Banks: When and where

Given the number of people now seeking support from food banks, we have published a full list of the Council's food bank locations, opening hours and how to donate. Visit our local news page to get the details.

## More online events and workshops

If you are online at home, there are now plenty of new year events for you to do at home. Hope Baptist Chapel are running weekly craft workshops, Healthy Minds are providing mental health workshops and social catch-ups and Virtually Well Sung are running a fun singing group. Our Groups & Societies web page has all the details.

## Laptops For Learning in Calderdale: how you can help

Calderdale Council has teamed up with the Community Foundation for Calderdale and The Valley Learning Partnership to launch Laptops for Learning – an appeal to purchase laptops for pupils most at need while they are being home schooled. Find out how you can support the campaign here: <https://crowd.in/YBz3QW>

## Calderdale Libraries are still open!

Although library services in Calderdale have been scaled down, a limited service is still running. Central Library is now open Tuesday to Saturday, from 10am to 4pm and Brighouse, King Cross, Hebden Bridge and Todmorden libraries all continue to open Monday to Saturday, from 10am to 4pm. The home library service is also proving very popular for people who are isolating at home.

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