

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome

As we head towards Spring and the staged release of lockdown restrictions, we can look forward with some optimism to better times and the opportunity to meet up with family and friends once more. The national vaccination programme has been a great success and, here in Calderdale, with just 110 cases of COVID-19 per 100,000 people reported last week, infections and hospitalisations are falling rapidly.

With this in mind, we are launching a new directory, In Touch, on our website to help you restore your social connections – read more below.

In-Touch – social groups in Calderdale

As lockdown eases, we are aware that many older people may find it hard to reconnect with their hobbies and social groups. With funding from the National Lottery Community Fund, we are contacting social groups, clubs and activity providers all over Calderdale to provide you with a directory of organisations providing things for over-50s to do. We've called the project "In Touch" and we aim to help people aged 50 plus to restore their social connections and find new social groups and clubs to join during and after the pandemic.

You can see In Touch on our website.

NHS invites people aged 55-plus to book a COVID jab

Nine out of 10 people aged 65 and over have now had their first COVID vaccine, and invites to those aged 55 to 64 have begun landing on doormats. The letters explain how you can arrange a vaccination through the national booking service.

COVID-19 home testing kits now easier to order

The government has introduced a number of new improvements to the home testing programme to make it even easier to get tested. People who do not have access to the internet can now order PCR home testing kits over the phone by calling 119, without needing an email address or any other digital requirement. The home testing service is available to everyone in the United Kingdom with COVID-19 symptoms.

Transport to vaccination appointments

Our friends at Community Transport Calderdale (CTC) are available to assist with transport to COVID vaccination appointments for those in need, throughout Calderdale.

Contact CTC by email on Info@CTCalderdale.co.uk or call 01422 888080.

Training and support for unpaid carers

West Yorkshire & Harrogate Health & Care Partnership is offering free training to unpaid carers to help them keep their family member safe and well at home.

To book your place, see our website and visit the Local News page.

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Lung Cancer: Don't ignore the symptoms

Despite lung cancer being the third most common cancer in England, the NHS reports that suspected lung cancer referrals remain lower than normal. As of December 2020, lung cancer referrals had reached 73% of pre-COVID levels, while referrals for all cancers were just over 100%. If you've had a cough for three weeks or more, and it isn't COVID-19, it could still be a warning sign and you should contact your GP.

Free fraud & scams workshops

COVID-related scams continue to circulate in our area. West Yorkshire Trading Standards are delivering online workshops which can be booked as a one off or a series. These one hour workshops cover online scams and doorstep crime. To book your place contact Safina on T: 0113 535 0198 or email: Safina.Sher@wyjs.org.uk

Older workers risk bearing the brunt of the post-pandemic hangover

The massive economic impact of the pandemic has resulted in significant job losses across many sectors of society but the over 50s are in danger of being overlooked. Stuart Lewis, Chief Executive of Rest Less has written a blog explaining why older workers need specific, tailored employment support to save them from an unstable financial future. To read the blog see: www.ageing-better.org.uk/blogs

Walking to fitness and wellbeing

As the weather improves and we leave winter behind, walking is one of the best ways to experience the outdoors and get fit; and in Calderdale we have beautiful countryside on our doorstep. The latest walking route from CREW – the heart support group features a self guided 5 miles walk through Park Wood, Elland. See our website and search CREW for details.

New videos from Tai Chi Tigers

Tai Chi Tigers have made some new videos, to help us improve our health and wellbeing. The videos, started as a 7-day challenge are available now to play at home, on your own or with a partner, children or anyone else allowed. See our website - Keeping Active page to link to the videos.

Join "The Best Paw Forward" and support your local RSPCA

The RSPCA have an exciting challenge for pet owners this March that encourages you to get active, raise much needed funds and you can even receive a medal for your efforts! find out more/sign up via their website here: <https://www.rspcahalifaxhuddersfieldbradford.org.uk/best-paw-forward>.

Harmony Hub Radio – dementia-friendly radio show

Harmony Hub Radio is a dementia-friendly radio show put on by Halifax's Phoenix Radio and it's live every Monday 1pm on Phoenix FM 96.7 FM. Each episode features music, poems and chat.

Video calling service

You can help people who don't have access to the internet, get back in contact with their families and friends, using video calling. Find out more at: <https://disabilitypartnershipcalderdale.org/disability-partnership-calderdale/in-touch/>

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