

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome

As we welcome the end of the Government's "Stay at Home" order, most over 80s in Calderdale have now been fully vaccinated against COVID-19 and people aged over 40 are booking their first vaccine appointment. Although social distancing and mask-wearing guidelines remain in place, and despite the challenges of the last 12 months, we look forward to the gradual return of our freedoms.

As reported in our March newsletter, we have launched a new online directory to help you restore your social connections and you can find out more below.

Also, in the last month, we have formed a relationship with Yorkshire Water to help them spread the word about their Priority Services Register, which has many benefits for customers that sign up. More information further down this newsletter.

In-Touch – social groups in Calderdale

We are building a new directory of over-50-friendly social groups in Calderdale and new activities are added every day. The directory is called In Touch and has been created thanks to a donation from the National Lottery Community Fund.

The aim of In Touch is to help people aged 50 plus to restore their social connections and find new social groups and clubs to join so they can get back to normality as the threat from the pandemic recedes.

If your group club or organisation hasn't been included yet, but would like to be featured, please get In Touch by emailing info@calderdaleforum50plus.com

You can view the directory on our website.

Care home visiting restrictions to be eased on 12 April

The Government announced on Friday that it is planning to allow care home residents to have 2 regular, indoor visitors from 12 April including babies and children.

Covid-19 vaccines have prevented thousands of deaths in older adults

From 8 December 2020 to the end of January 2021, over 4 million vaccine doses were given to adults aged 70 and over. Analysis carried out by Public Health England suggests that the COVID-19 vaccination programme prevented 6,100 deaths in this age group in England up to the end of February.

Yorkshire Health Directors defend vaccine safety

The Directors of Public Health in West Yorkshire are urging people not to be put off from having the Oxford AstraZeneca vaccine. Some European countries have paused the use of the vaccine as a precautionary measure, following reports of blood clots in a small number of people who had recently had the vaccine. However, the five directors of public health have joined together to reassure people about the vaccine's safety.

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.

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New Covid Mental Health Plan launched

The UK Government has launched a plan to prevent, mitigate and respond to the mental health impacts of the pandemic during 2021 to 2022. Our website includes a brief introduction to the plan, along with a link to the full document.

More workshops, courses and groups from Healthy Minds

Healthy Minds are running more online and telephone support sessions from April to June including allotment workshops, stress & anxiety peer support groups and their popular arts & crafts for wellbeing groups. Search for Healthy Minds on our website or visit the Events & Activities page to find out more.

If you are aged over 65 or vulnerable you can get important, new benefits from Yorkshire Water

Yorkshire Water's Priority Services Register is free to sign-up to and provides a range of benefits to people aged over 65 or those in 'vulnerable' circumstances.

The advantages include priority deliveries of bottled water if your supply has to be turned off, communication via audio, large print or braille if required and appointing a nominee (if required) to manage the relationship. Click on the Yorkshire Water button on our website home page to find out more or call **0800 138 78 78**

More Fix Your Bike vouchers now available

The Fix Your Bike scheme is open to anyone in England who has an unused cycle in need of a repair. Vouchers can only be used with local bike repairers or mechanics that are registered for the scheme in England.

Guided walks from heart support group CREW have restarted

With groups of six now able to meet outdoors, CREW Heart Support Group walks have restarted with 5 people plus a walk leader. To join a walk, you must first register for each walk, on the Crew Heart Support Website or by email.

Peer-to-peer support for men with Andy's Man Club

Andy's Man Club provides peer-to-peer support for any man who needs to get things off their chest in a non-judgemental environment. They have a number of groups meeting face to face across Calderdale on Mondays at 7pm, under COVID secure regulations and also have an online platform including videos and podcasts for anyone unable to attend. See our online In Touch Directory to book.

Hospital Parking

One of our most popular pages is Hospital Parking, which includes links to the most up-to-date information on parking charges and access to Calderdale's local NHS websites. Search Hospital parking on our website for the information.

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 our more at: <https://disabilitypartnershipcalderdale.org/disability-partnership-calderdale/in-touch/>

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