

NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

Your monthly newsletter

Welcome

With the welcome return of warmer weather this bank holiday weekend, it is with some relief that we say goodbye to one of the worst May's on record. But with the vaccine programme still steaming ahead and the sun shining again, surely now we can look forward to the release of most lockdown restrictions on 21 June.

As well as our usual Coronavirus updates, our June newsletter brings news of Calderdale museums reopening, more over-50 activity groups restarting and advice on avoiding fraud when booking your holiday.

Covid-19 News

The latest Government guidance

It's now two weeks since the most recent phase of easing restrictions began on 17 May. The general advice is to carry on working from home if you can, keep the precautions, and if you develop symptoms, quarantine and get tested. The 2m rule is now a personal responsibility rather than government guidance. Our website has a quick guide to the main points.

Reassuring news of effectiveness against Indian variant

A new study by Public Health England shows for the first time that two doses of the COVID-19 vaccines are highly effective against the latest variant of concern, first identified in India and very effective in preventing hospitalisation and death.

You can read more on both stories on our website by searching coronavirus news.

Surge testing – A guide To why, when & where

Surge testing is increased testing (including door-to-door testing in some areas) and enhanced contact tracing in specific locations in England, where COVID cases are rising. It involves testing of people who do not have any symptoms of COVID-19. Surge testing in the north of England is at the time of publication taking place in Blackburn, Darwen, Bolton and Sefton in Formby.

Calderdale museums now open

Shibden Hall opened on 17 May and is now welcoming visitors 7 days a week. Bankfield Museum opened on 31 May (bank holiday Monday) and then reopens fully on 3 June. All tickets must be booked online in advance. Calderdale Industrial Museum also reopened on Saturday 29 May and will be open every Saturday from 10am to 4pm. Pre-booking is not required.

Help for the elderly from Yorkshire Water

If you have an elderly relative who is struggling to read their bills or deal with their utility companies, then the Yorkshire Water Priority Services Register can really help. They can issue bills in easy-read formats or you can nominate yourself as the contact point instead. It's quick and easy to sign up and there is plenty of help from the Customer Services team at Yorkshire Water.

To sign up call 0800 138 78 78.

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In Touch - social groups in Calderdale

If you are keen to get back out and enjoy both old and new activities, then you can find contact details for lots of over-50-friendly social and activity groups in our In Touch directory. Several groups have already re-started their meetings and others are planning to start after the 21 June release from lockdown.

And if your group club or organisation hasn't been included yet, but would like to be featured **check out our In Touch web page.**

Halifax Walking Rugby is back

From 2nd June, Halifax Walking Rugby returns with a weekly session each Wednesday from 6 to 7pm. Walking rugby is a non-contact, non-running, version of rugby led by qualified coaches from Sale Sharks. The sessions are a fun and gentle way to enjoy the game and make new friends while also getting fitter. To find out more contact Halifaxwalkingrugby@gmail.com or see our In Touch pages online.

HEARTBEAT – the Brighthouse Heart Support group is back

Heartbeat have restarted their programme of Exercise and Tai Chi Classes for people with heart problems or at risk of a cardiac event. All sessions are lead by professionally qualified coaches and take place on Tuesday and Thursday mornings and Wednesday evenings. Their programme of walks is also back. To find out more email info@heartbeat.uk.com or visit our In Touch web pages.

Watch out for tick bites when walking in the countryside

May was Lyme disease awareness month and as we start to go for walks and spend more time in nature, it's important to watch out for tick bites. Our website has a short video on how to prevent bites and safely remove ticks.

Join Planned Care Citizens' Panel

If you're on the waiting list for a planned care procedure, or if you have a close connection with an adult or child who is waiting, West Yorkshire and Harrogate Health and Care Partnership would love to hear from you. To find out more visit the West Yorkshire and Harrogate Health and Care Partnership website. The deadline is 13 June.

Lack of trust in tradespeople a barrier to making home improvements

Polling by Ipsos MORI has found that a lack of trust in tradespeople is putting some people off making necessary improvements to their home. Almost a third of adults in their 50s and 60s say they lack trust in tradespeople. Yet at the same time half over-50s can't afford home renovations!

Help and advice with care – Gateway to Care

One of our most popular web pages is our Gateway to Care page. It includes an easy-to-read update and short video clips on how to get advice from Calderdale Council's social care services on accessing and funding care for an elderly relative.

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