

# NEWS, ADVICE, SUPPORT, CARE



For the over 50 population of Calderdale

## Your monthly newsletter

### Welcome

As we approach the third stage of release from lockdown restrictions it feels like a weight has been lifted from our collective shoulders. Road traffic appears close to normal levels, hairdressers are packed out with clients desperate to remove lockdown hair and the bars are busy with customers eating outside despite the low temperatures. It is a welcome sign that our Calderdale spirit is returning.

The last year has taken a huge toll on older people, with many suffering poor mental health from the enforced isolation, physical deterioration and loss of confidence. In today's newsletter we bring you positive news on booster vaccinations, advice on care home visiting, news of local events & activities and support for mental wellbeing to help you and your families.

### Covid-19 booster vaccine planned for Autumn

The UK will roll out a covid-19 booster vaccine at the beginning of autumn in order to protect the most vulnerable ahead of winter, the Department of Health and Social Care (DHSC) has announced. As part of this, the government's vaccines taskforce has secured an additional 60m doses of the Pfizer BioNTech vaccine, which will be used alongside the other vaccines already purchased.

### Attendee number limits at funerals to go up on 17 May

Families and friends will shortly be able to pay their respects to loved ones in greater numbers, with numerical limits on funerals to be removed. The legal limit of 30 mourners will be removed as part of Step 3 of the roadmap, to take place from 17 May at the earliest. The number of people who can attend a funeral will be determined by how many people the venue, such as the relevant place of worship or funeral home, can safely accommodate with social distancing.

### Guidance on care home visiting

Visiting is a central part of care home life. It is crucially important for maintaining the health, wellbeing and quality of life of residents. Visiting is also vital for family and friends to maintain contact and life-long relationships with their loved ones and contribute to their support and care.

Read the latest Government guidance on our website - [search for care home visit guidance](#).

### Garden crime and bike theft on the up!

There has been an increase in reports relating to the theft of pedal cycles, which have either been left unattended or taken from a garage or shed after windows or doors have been forced. You can read tips on cycle crime prevention on our website. [Search for local news](#).

### Be first in the queue if water supplies are interrupted!

Yorkshire Water has set up a Priority Services Register to give priority to vulnerable and older customers, aged over 65 if water supplies are interrupted. It is free to sign-up and no proof of age is required. If you have an elderly relative who is struggling with reading bills and letters, then it's quick and easy to nominate yourself instead.

**To sign up call 0800 138 78 78.**

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## In Touch - social groups in Calderdale

As we approach the 17 May date for the next stage of our release from lockdown, our new In Touch directory of over-50-friendly social groups in Calderdale is proving very popular with our readers.

Many groups have restarted activities, are planning to do so very soon or are waiting to gauge demand, so if you find something of interest, do we recommend you get in touch with the group organiser.

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.**

## Free Course: You, Yourself & Yoga

Healthy Minds Calderdale has just started a ten week wellbeing course. Learn how to look after your health and wellbeing through the practice of Yoga. The course is for all levels, you don't need to have done Yoga before, you don't even need a Yoga mat. Just some comfortable clothing and willingness to try. **To find out more contact Healthy Minds on 01422 345154 or email [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)**

## Walking Football for Over-50s in West Vale

The Mark Duffy Football School has started a Walking Football group for over 50s, on Monday mornings at West Vale Sports Ground. Experience mental and physical health benefits by having fun, keeping active and making new friends. **To find out more contact Mark on 07488 383417.**

## Online Confidence and Wellbeing courses

There are still available places for Eve Remington's online confidence and wellbeing courses aimed at helping people reach their potential - running in May and June 2021.

## Spotting the signs of deconditioning

Deconditioning refers to changes that happen to your body as a result of being inactive or can happen after a period of bed rest. The impact of COVID-19, and a year of living with restrictions has resulted in some older people and people with pre-existing conditions becoming increasingly inactive.

## Paying for Care update

Calderdale Council has updated their care charges from April 2021. How much you pay towards the care of a family member will be based on your income and capital, against which deductions will be made for allowable expenditure. **Find out more about the charges by searching paying for care on our website.**

## 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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