

DISABILITY PARTNERSHIP CALDERDALE NEWSLETTER: 21-27 SEPT 2020

www.disabilitypartnershipcalderdale.org - 0771 612 2897

WELCOME!

Welcome to the latest Disability Partnership Calderdale newsletter. This week we lead on the return of local Coronavirus restrictions across all of Calderdale, plus our anti hate crime campaign. If you've been a victim, we'd love to speak to you and share your story to help others. We're also sharing the "hands, face, space" campaign which is a very effective and simple checklist to keep you safe when you're out and about. Have a great week!

Local Restrictions Return To Calderdale

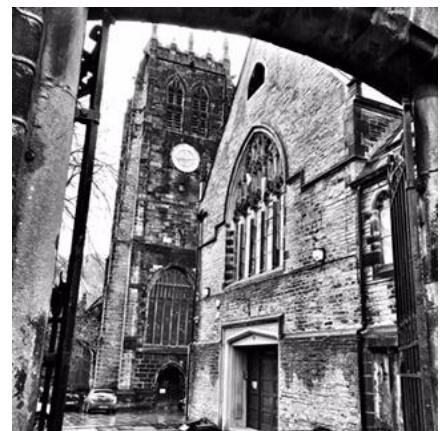
The Government has announced that local Coronavirus restrictions will be re-imposed throughout Calderdale, as from Tuesday 22 September.

This means that wards in the Halifax constituency which were still subject to local restrictions, as well as the national restrictions, will retain these restrictions.

Illingworth and Mixenden, Northowram and Shelf, Ovenden, Park, Skircoat, Sowerby Bridge, Town, Warley

In addition, wards in the Calder Valley constituency where local restrictions had been lifted at the start of September, will once again be subject to those local restrictions:

Brighouse, Calder, Elland, Greetland and Stainland, Hipperholme and Lightcliffe, Luddendenfoot, Rastrick, Ryburn, Todmorden



The local restrictions are as follows:

- Must not have visitors from or visit other households in your home or garden (other than those in your support bubble)
- Must not socialise with people you do not live with in other indoor public venues
- Must not visit friends or family in care homes, other than in exceptional circumstances

All wards across Calderdale will also be subject to national restrictions.

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Hate Crime Do You Have a Story To Share?

We are proud to have been asked to contribute to Calderdale's efforts to mark National Hate Crime Awareness Week, 10-17 October 2020. Hate crime is on the increase and takes many forms. Disability is just one of the many reasons people are singled out for hate crime.



Sadly, the Coronavirus pandemic has created further opportunities for people who carry out acts of hate crime to share their unacceptable opinions. People with hidden disabilities and those who can't wear masks for health reasons have been singled out for abuse on many occasions as the tensions caused by the impact of the virus on society come to the surface.

If you have been a victim of hate crime because of a disability and you live in Calderdale, we'd like to share your story, but will only do so with your permission. Email info@disabilitypartnershipcalderdale.org or call 0771 612 2897

For You: Exemption Cards & Face Masks

Exemption Cards: We have small stocks of the government's special card that people who can't wear face coverings can wear to communicate this to shop staff and other people.

Face Masks For Members: We've still got supplies of disposable face coverings and we will send them out FREE to every member who wants them (whilst stocks last).



Let us know if you'd like a card or a mask by emailing info@disabilitypartnershipcalderdale.org or by calling our mobile and leaving your name and address - 0771 612 2897.

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Coronavirus: Keep Safe, Keep It Simple

We've been bombarded with information and advice about Coronavirus for several months and it can seem overwhelming.

However, to stay as safe as possible, everyone simply needs to concentrate on some very straightforward behaviour changes.

The new Hands, Face, Space campaign is a great guide to living our lives safely.

If you're out and about and feeling anxious, just remember those three words and the simple things you need to do to stay safe.

HANDS – Wash your hands regularly and for 20 seconds.

FACE – Wear a face covering in indoor settings where social distancing may be difficult, and where you will come into contact with people you do not normally meet.

SPACE – Stay 2 metres apart from people you do not live with where possible, or 1 metre with extra precautions in place (such as wearing face coverings or increasing ventilation indoors).



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Covid-19 in Calderdale – How/Where to access a test

People with symptoms of COVID-19 can access testing by calling 119 (please don't get a test unless you have symptoms – see below). You will be able to choose from:

- A regional drive in centre in Leeds or Bradford
- A local mobile testing unit at Todmorden or Mixenden
- The local walk-up centre at Asda, Thrum Hall Lane, Halifax
- Arranging a postal test kit to be sent to your home

Coronavirus: The Main Symptoms – A Mini Guide

- **a high temperature** – this means you feel hot to touch on your chest or back
- **a new, continuous cough** – e.g coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hrs
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Finding Advice & Support in Calderdale

Calderdale Council: The council have a package to support the borough's most vulnerable residents. Register for their help by calling 01422 392890.

Citizens' Advice: Citizens' Advice provide advice and support on a wide range of financial and benefit issues -Tel: 0300 330 9048

Disability Support Calderdale: helping disabled people to fill out funding applications for benefits and offering other financial advice. Please call/text: 07944 511 716

The NHS's Volunteer Responders The NHS has an army of Volunteer Responders who are available to help a range of ways - please call 0808 196 3646 (8am to 8pm) - you should only get in touch if you are elderly, disabled or otherwise very vulnerable.

Disability Partnership Calderdale - Call our mobile number 07716122897 email info@disabilitypartnershipcalderdale.org

