

# DISABILITY PARTNERSHIP CALDERDALE NEWSLETTER: 14 DECEMBER 2020

[www.disabilitypartnershipcalderdale.org](http://www.disabilitypartnershipcalderdale.org) - 0771 612 2897

## WELCOME!

This week's newsletter leads with our "In Touch" project, which aims to put people in touch with family and friends using video link-ups, provided free by ourselves. We also have more information about the Coronavirus vaccine, especially for those who are extremely clinically vulnerable to the virus.

## "IN TOUCH" - Re-Connecting You With Video Calls

**In Touch** is a new project by Disability Partnership Calderdale that puts Calderdale's disabled people back in contact with their families and friends, using video calling.

**What is a video call?** Using the internet, video calls are like phone calls, except you can see each other on phone, computer or tablet screens. Unlike a phone call, you can actually see the person you are talking to and most people find the experience much closer to actually being with that person. It's also fun!



**How Can I Get Involved?** We want to help Calderdale people with disabilities to video call their friends or families. We can do this in two ways:

1. If you are already using video calling (Zoom, Skype etc) and have a friend or family member in Calderdale who you would love to speak to, but who doesn't have video calling capabilities. **We take a video call "tablet" to them and help them to call you.**
2. You live in Calderdale and have a friend or family member (who doesn't have to live in Calderdale) who you know is already using video calling (Zoom, Skype etc), who you would love to catch up with - but you don't have the equipment to make a video call yourself. **We take a video call "tablet" to you and help you to call them.**

Due to technical limitations, we can't promise to be able to help everyone and we can only deliver video calling equipment within Calderdale. But the service is free and we will call everyone back and put you **In Touch** if we can! If you are interested in being put **In Touch** with a friend on a video call, **call us on 07716122897**, leave your details and we will call you back for a chat about it.

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## The Coronavirus Vaccine – A Guide For Clinically Vulnerable People

This is the government's latest advice about the Coronavirus vaccine for older people and those who are clinically vulnerable to the virus, including people with disabilities.

**Who should have the COVID-19 vaccines?** The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has recommended that the NHS offers these vaccines first to those at highest risk of catching the infection and of suffering serious complications if they catch the infection. This includes older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.

### Are you at increased risk from COVID-19 infection?

Coronavirus can affect anyone. If you are an older adult and/or have a long-term health condition, COVID-19 can be very serious and in some cases fatal.

### Am I Eligible For The Vaccine?

All people who are in the Clinically Extremely Vulnerable group will be eligible for a COVID-19 vaccine. Whether you are offered the vaccine may depend on the severity of your condition. Your GP can advise on whether you are eligible.

### Who Can't Have the Vaccine?

A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes people who have severe allergies to a component in the vaccine. Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding should read the detailed information available on NHS.UK.

### Will the vaccine protect you?

The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up protection from the vaccine. The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.

### Side effects

Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. Even if you do have symptoms after the first dose,

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you still need to have the second dose. Although you may get some protection from the first dose, having the second dose will give you the best protection against the virus.

### **What are the common side effects?**

Having a painful, heavy feeling and tenderness in the arm where you had your injection, this tends to be worst around 1-2 days after the vaccine, feeling tired, headache, general aches, or mild flu like symptoms. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better.

Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card if possible) so that they can assess you properly. You can also report suspected side effects to vaccines and medicines online through the Yellow Card scheme.

### **I have had my flu vaccine, do I need the COVID-19 vaccine as well?**

The flu vaccine does not protect you from COVID-19. As you are eligible for both vaccines you should have them both, but normally separated by at least a week.

### **Can you catch COVID-19 from the vaccine?**

You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.

### **What do I do after my first vaccination?**

After you have had the first dose you need to plan to attend your second appointment. You should have a record card with your next appointment written on it for an appointment in 21 or 28 days. It is important to have both doses of the vaccine to give you the best protection.

### **Can you give COVID-19 to anyone, after having the vaccine?**

The vaccine cannot give you COVID-19 infection, and 2 doses will reduce your chance of becoming seriously ill. We do not yet know whether it will completely stop you from catching and passing on the virus. So, it is important to follow the Coronavirus guidance in your local area to protect those around you.

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### Citizens Advice Calderdale: working hard to keep people warm

CAB Calderdale want clients to create happier, healthier homes with energy saving tips. They are seeing an average saving of £230 a year if clients follow easy, no cost steps. They find the best energy providers for the household.

If you have energy debts, they can discuss, on behalf of the client, the energy bill and how to arrange a manageable payment plan, we can even look for funding to remove some debt, or find fuel vouchers. Plus they can apply for additional energy services. – such as the Priority Service Register, Warm Home Discount and find funding for larger home improvements such as insulation.

Call 07436 408323 for a telephone appointment with an energy advisor.

### CALDERDALE ADVICE, SUPPORT & MENTAL HEALTH DIRECTORY

- **NHS:** for urgent medical help, use the NHS 111 online service – only call 111 if you're unable to get help online; for life-threatening emergencies, call 999 for an ambulance. For day-to-day health issues, call your GP as normal.
- **Calderdale Council:** Register for their help by calling 01422 392890.
- **Samaritans:** call them free, day or night, 365 days a year on 116 123
- **Calderdale NHS Mental Health Helpline:** 0800 183 0558
- **West Yorkshire NHS mental health services helpline:** 01924 316830
- **Childline:** national helpline for children/young people 0800 1111
- **Refuge:** Freephone 24-Hour National Domestic Abuse Helpline – for women and children against domestic violence: 0808 2000 247
- **Mental health helpline:** 24 hours a day, seven days a week. This confidential helpline offers support and guidance to people aged 16 years and above who are registered with a GP practice in Calderdale, Kirklees, Wakefield and Barnsley by calling free on 0800 183 0558.
- **Safespace** is run by Healthy Minds and provides out of hours support for people in emotional distress. It is open every evening from 6pm to 10.30pm, with calls taken up to 10pm. Call 01422 345154, contact by Facebook (Safespace Calderdale) or email [safespace@healthymindscalderdale.co.uk](mailto:safespace@healthymindscalderdale.co.uk)
- **The Silver Line** on 0800 470 8090 is a free confidential helpline providing information, friendship and advice to older people, open 24 hours every day.
- **Disability Partnership Calderdale** - Call our mobile number 07716122897 - email [info@disabilitypartnershipcalderdale.org](mailto:info@disabilitypartnershipcalderdale.org)