

DISABILITY PARTNERSHIP CALDERDALE
NEWSLETTER: 22 FEBRUARY 2021

www.disabilitypartnershipcalderdale.org - 0771 612 2897

WELCOME!

This week's newsletter is a little shorter than usual to accommodate information about how adult carers can now book a Coronavirus Vaccination in Calderdale. Our main feature is the Government's latest letter to clinically extremely vulnerable people, including details of how shielding is being extended. Have a good week !

Updated letter to clinically extremely vulnerable people

Important guidance for clinically extremely vulnerable people from the government:

We are writing to you as you have previously been identified as someone thought to be clinically extremely vulnerable and at high risk of becoming very unwell if you catch COVID19. We wrote to you last month advising you to follow shielding guidance until 21 February.

We are now extending that guidance and advising you to shield until 31 March 2021. We will write to you again in mid-March with further advice. Whilst the national lockdown has been effective and cases of COVID-19 are now falling, the levels of infection in the community remain high and the virus continues to pose a high risk to people across the country. The risk remains particularly high for those considered clinically extremely vulnerable.

Therefore, the Government strongly advises you to continue to follow the shielding measures that were introduced in January to help you protect yourself. More information on the guidance and the support available to you can be found on GOV.UK, or in your previous letter dated 7 January 2021 if you received one.

You are advised to stay at home as much as possible, although you can still go outdoors carefully to exercise or to attend health appointments. You are strongly encouraged to work from home if you can. If you cannot work from home then you should not attend work.

Whilst you are strongly advised to follow these extra precautionary shielding measures to help keep yourself safe, this remains guidance, not the law. You must, however, follow the lockdown rules that apply to everyone.

Please make sure your GP has your most up to date contact details, including your home address and, if possible, a personal email address, so that we can contact you quickly in the event that the guidance changes in the future.

This letter can be used as evidence for your employer and the Department for Work and Pensions to show that you cannot work outside your home until at least 31 March 2021,

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including for Statutory Sick Pay (SSP) and Employment and Support Allowance (ESA) purposes.

If you need support to help you follow the guidance, especially if you are unable to arrange this yourself or through friends, family, or other support networks, your local council may be able to help. You can contact your council and register for support or request priority access to a supermarket delivery slot at the Shielding Support website:

www.gov.uk/coronavirus-shielding-support. If you already have priority access to a supermarket delivery slot that will continue – you do not need to do anything further.

You are advised not to go to shops or pharmacies. Instead try to shop online, ask family or friends to collect shopping for you or get help with food and medicine deliveries from NHS Volunteer Responders.

It is also really important to continue to look after your mental health. The Every Mind Matters website is accessible for advice and practical steps that you can take to support your wellbeing and manage your mental health during this pandemic. If you or someone you care for are experiencing a mental health crisis, we urge you to make contact with a local health professional immediately.

COVID-19 vaccinations

Clinically extremely vulnerable adults are receiving priority access to vaccination against COVID-19 before the general population. The vaccine is likely to make an important contribution towards protecting you from COVID-19. People are being contacted about vaccinations by the NHS, but if you have not been offered a vaccination, we are now asking you to come forward to book a vaccination.

The easiest way to arrange a vaccination is through the national booking service which can be accessed at <http://www.nhs.uk/covid-vaccination>. The system allows patients to choose a time slot and location that suits them. Anyone unable to book online can call 119 free of charge,

anytime between 7am and 11pm seven days a week. If a suitable and convenient slot is not available, you can also call your GP practice.

Even if you have had both doses of the vaccine, you should continue to follow this shielding guidance as we continue to assess the impact of vaccination among all groups. The people you live with should continue to follow the public health rules and guidance as long as they are in place, regardless of whether you or they have received the vaccine.

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Travel To Vaccination With Community Transport Calderdale

Our friends at Community Transport Calderdale (CTC) are available to assist with transport to Covid vaccination appointments for those in need, throughout Calderdale. Call them on 01422 888080 and give them your address and Covid vaccination appointment date, the time you want to be collected and your phone number.

Please give as much notice as possible. You don't have to do their usual registration process if it is for a Covid vaccination appointment. They charge 45p per mile from the volunteer driver's home back to their home, round trip.

They wait to take you home after the appointment. You can pay cash to the driver or pay by card over the telephone 01422 888080. All their volunteer drivers are already vaccinated and use covid-safe procedures, wear masks etc Please note, their cars are not wheelchair accessible.

Community Alarms: Stay Safe & Independent At Home

Calderdale Council, in partnership with Progress Lifeline, offer 2 types of community alarms which offers direct access to a Contact Centre from your home. The Centre provides emergency assistance 24 hours a day in your own home, 365 days a year to help make your life easier, safer and more comfortable. The service will help maintain your independence and support you to stay in your home for longer.

For a Lifeline, you need is a telephone point, electric socket and active landline for the system to link in to. If you do not have a landline, we can now install a Footprint which is simply plugged into your electric socket. A trained installer will fit the alarm unit then once in place the system will be tested and you will be given a pendant to wear at all times. Both systems are designed to work in your home only.

When you press your alarm you will be connected to the Progress Lifeline Control Centre who will ask you a few questions, then if necessary they will send an Emergency Home Responder to your property to assist you. The Responder will aim to be with you within half an hour. Emergency Home Responders are trained to deal with a variety of situations, for example, assistive lifting following a fall and providing support and reassurance until medical help arrives.

The service costs £4.51 per week and is payable to Calderdale MBC who will invoice you once the service is operational. For a Lifeline, all calls made to the Control Centre will be payable by you to your telephone landline provider and recorded, if you have a Footprint fitted, all calls made to the Control Centre will be free of charge and will be recorded (please note, costs for the Footprint are under review and may change).

Keysafe: If you live on your own you will require a keysafe fitted outside your home, you will be asked for a 4 digit number which will be programmed into the keysafe as the security code. Keysafes are fitted free of charge by Calderdale Council.