

# DISABILITY PARTNERSHIP CALDERDALE

## NEWSLETTER: 9 JANUARY 2021

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

# WELCOME!

We begin this week's newsletter by wishing everyone a very happy New Year. Of course, the re-imposition of lockdown didn't make for an especially enjoyable start to the year and it will no doubt cause further anxiety and uncertainty for many people. Hopefully we can help relieve a little of this by providing you with up-to-date and relevant advice and information.

In this issue of our newsletter, we've aimed to summarise the key points of the new lockdown regulations, which are very similar to those of the November lockdown, plus the Government's guidance for those who are shielding, following the announcement that shielding should resume for clinically very vulnerable people.

Looking ahead, in 2021 we'll be keeping you up to date with news for people with disabilities in our weekly newsletters and on our website. In the meantime, keep doing the simple things well - washing hands, wearing masks inside public places and socially distancing, stay safe and look after your mental health.



## Lockdown January 2021 – A Guide To The Key Rules

The Government has announced a third period of Lockdown for England, beginning from Tuesday 5th January 2021. The key restrictions are detailed below:

People in England will have to stay at home and only go out for essential reasons. Primary and secondary schools will move to online learning for all pupils apart from vulnerable and keyworker children.

### Reasons to leave home include:

- Work or volunteering where it is "unreasonable" to work from home. This includes work in others' homes by social workers, nannies, cleaners and tradespeople
- Education, training, childcare and medical appointments and emergencies
- Exercise outdoors (limited to once a day). This includes meeting one other person from another household in an open public space to exercise
- Shopping for essentials such as food and medicine
- Communal religious worship

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- Meeting your support or childcare bubble. Children can also move between separated parents

Those who are clinically extremely vulnerable will be advised to limit the time they spend outside the home. They should only go out for medical appointments, for exercise, or if it is otherwise essential, the government says, and not for work or education purposes.

### Lockdown Rules For England From Tuesday 5 January 2021



Stay home - only leave for work, essential shopping, exercise or medical appointments



Exercise allowed outdoors once a day, in your local area. You can exercise with your household, support bubble, or one other person



Schools closed except for vulnerable and children of critical workers. Most university courses taught online. Exceptions include medicine and teacher training



No household mixing indoors or outdoors unless in your support or childcare bubble



Non-essential shops, leisure and entertainment venues closed



Pubs and restaurants closed, but takeaway food permitted

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### Shielding Guidance: Lockdown January 2021

**The Government has advised all those who are clinically vulnerable and who have previously shielded that they should resume shielding as part of the National Lockdown.**



**Who this guidance is for?** This guidance is for everyone who has been identified as clinically extremely vulnerable - you will previously have received a letter from the NHS or from your GP telling you this. You may have been advised to shield in the past.

**Work:** You are strongly advised to work from home. If you cannot work from home, then you should not attend work. If you cannot make alternative arrangements, your employer may be able to furlough you under the Coronavirus Job Retention Scheme, which has been extended until the end of April 2021. You should have a conversation with your employer about whether this is possible. As you are being advised not to attend work, you may be eligible for Statutory Sick Pay (SSP) or Employment Support Allowance (ESA). The formal shielding letter you receive will act as evidence for your employer and the Department of Work and Pensions that you are advised to shield and may be eligible for SSP or ESA.

**Socialising:** You can go outside, but try to keep all contact with others outside of your household to a minimum, and avoid busy areas. Outdoors, you can only meet one person from another household. You can still remain in your support bubble, but you cannot meet with friends and family you do not live with unless they are part of your support bubble. Try to stay 2 metres away from other people within your household, especially if they display symptoms of the virus or have been advised to self-isolate.

**Travel:** You are advised to stay at home where possible and not to travel unless essential.

**Shopping:** You are advised not to go to the shops. Use online shopping or ask others to collect and deliver shopping for you (friends and family, Council or NHS Volunteer Responders). You can register to request access to priority supermarket deliveries, if you do not have someone you can rely on to go shopping for you. If you already have a priority delivery slot with a supermarket, that will continue – you do not need to do anything further.

When registering you will be asked for your NHS number. You can find it on any letter the NHS has sent you, or on a prescription. Registering on the site just gives you priority. It does not mean you'll definitely get a delivery slot. If you want access to priority supermarket deliveries, you will also need to set up an account with at least one supermarket and book slots yourself.

**Medicines:** You are strongly advised not to go to a pharmacy - you should ask if any friends, family

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or volunteers can collect medicines for you. If friends and family are not able to collect your medicines for you, and you and/or the pharmacy are unable to arrange a volunteer, then you will be eligible for free medicines delivery. Please contact your pharmacy to inform them that you are clinically extremely vulnerable and need your medicines delivered, and they will arrange this free of charge.

**Care and support:** You can still receive informal care at home from people within your support bubble. You can still receive care at home from professional social care and medical professionals. If you need additional help to follow this guidance, the council may be able to help. If you are advised to shield you will be able to register yourself or someone else to:

**Mental Health:** It is also important to look after your mental health. If you or someone you care for are experiencing a mental health crisis, we urge you to make contact with your GP.

**Health & Illness:** You should continue to use the NHS for your existing health conditions. If you have an urgent medical need, call NHS 111 or, for a medical emergency, dial 999.

**NHS Volunteers:** As well as helping with shopping and medicines delivery, NHS Volunteer Responders can help with a regular phone call, either with someone else who has previously been advised to shield or with different volunteers and transport to medical appointments. Call 0808 196 3646 between 8am and 8pm to arrange support or visit NHS Volunteer Responders website.

### CALDERDALE ADVICE, SUPPORT & MENTAL HEALTH DIRECTORY

- **Calderdale Council:** Register for their help by if you are isolated, shielding or vulnerable. They have volunteers and other support services available now! Call 01422 392890.
- **NHS:** for urgent help, use the NHS 111 online service – 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.
- **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: 0808 2000 247
- **Mental health helpline:** This 24/7 confidential helpline offers support 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.
- **Disability Partnership Calderdale** - Call our mobile number 07716122897 - email [info@disabilitypartnershipcalderdale.org](mailto:info@disabilitypartnershipcalderdale.org)

