

DISABILITY PARTNERSHIP CALDERDALE NEWSLETTER: 15 NOVEMBER 2020

www.disabilitypartnershipcalderdale.org - 0771 612 2897

WELCOME!

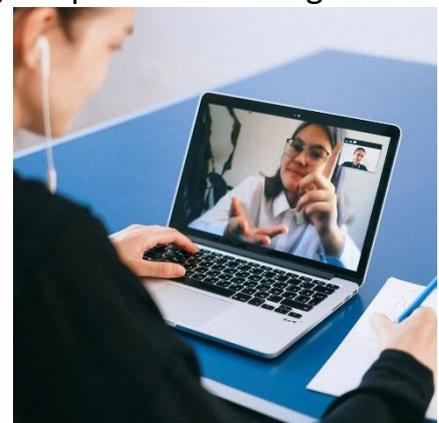
This week's newsletter includes news of the launch of "In Touch", our new project which will put people in contact with friends and family they haven't seen recently, perhaps due to the pandemic. We also have the main points of a government report into the effects of the pandemic on people with disabilities. Not surprisingly, they appear to have been harder hit than the rest of the population!

Introducing "In Touch"

Coronavirus has left many of us isolated, lonely and out of touch with family and friends. In Touch is a new project by Disability Partnership Calderdale that puts people back in contact with their families and friends, using video calling. In Touch is aimed at disabled people and their families and friends across Calderdale.

What is a video call? For many people, video calls made from smart phones and computers have become an everyday occurrence during the pandemic. Using the internet, video calls are like phone calls, except the participants can see each other on the screens of their phones or computers.

Why would I enjoy a video call? 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, because you can see smiles and other body language. This makes the communication much more complete and enjoyable.



((())) IN TOUCH

How Does In Touch Work? We are aiming to help a variety of people. To start with, we are looking for disabled people in Calderdale who would benefit from a video call with a friend or family member they have not seen for some time. We will provide video calling equipment and support. In Touch launches next week and we'll be providing details in the next newsletter of exactly how to get involved.

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Coronavirus: social impacts on disabled people Sept 2020

This monthly report, for the Government, looks at the social impact of the coronavirus (COVID-19) pandemic on disabled people in Great Britain. The effects of the pandemic on people with disabilities are profound. Below are the key points – the full report is on our website.

Worries: 83% disabled people compared with 71% non-disabled people said they were “very worried” or “somewhat worried” about the effect that the pandemic was having on their life; for disabled people, but not for non-disabled people, this is a similar level to that reported earlier in the pandemic (86% & 84% in April 2020).

Lockdown: Being in a local lockdown area or not did not seem to have affected the level of worry (“very worried” or “somewhat worried”) reported by disabled people in September 2020, with similar levels reported by disabled people in a local lockdown area (81%) compared with those who were not (84%).

Medical Care: Around 50% disabled people who were receiving medical care before the coronavirus pandemic began, indicated that they were either currently receiving treatment for only some of their conditions (29%), or that their treatment had been cancelled or not started (22%), compared with less than 27% of non-disabled people.

Medical Treatments: Over 4 in 10 (45%) of those disabled people who had reported receiving a reduced level of treatment or had their treatment cancelled in September 2020 reported that they felt their health had worsened in this time; in July 2020 this proportion was one-quarter (25%).

Well-Being: All well-being ratings of disabled people remained poorer in September 2020 compared with a similar period prior to the coronavirus pandemic; almost half (47%) of disabled people reported high anxiety (a score of 6 out of 10 or higher) in September 2020 compared with less than a third (29%) of non-disabled people.

Mental Health: Disabled people reported more frequently than non-disabled people in September 2020 that the coronavirus pandemic is affecting their well-being because it makes their mental health worse (41% for disabled people and 20% for non-disabled people), they are feeling lonely (45% and 32%), they spend too much time alone (40% and 29%), they feel like a burden on others (24% and 8%), or have no-one to talk to about their worries (24% and 12%).

The Future: Worries about the future is amongst the most frequently cited ways well-being has been affected for both disabled (68%) and non-disabled people (64%) in Sept 2020; however, disabled people were less optimistic about the future than non-disabled, with 1 in 10 of disabled people thinking life will never return to normal compared with only 1 in 20 of non-disabled people.

Social Distancing Attitudes: A larger proportion of disabled people (83%) than non-disabled people (77%) supported “strict” or “very strict” enforcement by police of government rules aimed at combatting the coronavirus such as social distancing; disabled people were less likely to socialise within large groups than non-disabled people; only 5% of disabled people mixed with groups exceeding five (from outside their household), compared with 9% of non-disabled people.

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Calderdale & National Domestic Abuse Support

If you are affected by any aspect of Domestic Abuse, Calderdale Staying Safe team can help. They provide free, confidential advice for anyone over 16 who lives in Calderdale and they also help put you in touch with relevant organisations if you live outside Calderdale. They offer assistance on Domestic Abuse, Safety Advice and Access to Legal Advice To get in touch with Staying Safe, call them on 01422 323 339 Mon – Fri 9am – 5 pm.

National Domestic Violence Helplines:

- Women's Aid: 0808 2000 247
- Men's Advice Line: 0808 801 0327
- In an emergency, always ring 999 / 112
- To report an incident to the Police, ring 101

News: Coronavirus Vaccine

The first effective coronavirus vaccine that can prevent more than 90% of people from getting Covid-19 looks like it may be ready to roll out towards the end of this year or early in 2021.

Their vaccine has been tested on 43,500 people in six countries and no safety concerns have been raised. The companies developing the vaccine plan to apply for emergency approval to use the vaccine by the end of the month, with the UK one of the countries set to receive the vaccine.

GPs likely to deliver Covid-19 vaccine

The British Medical Journal has reported that the NHS has published an agreement to enable GP Surgeries to start delivering a covid-19 vaccine from as early as next month.

The draft deal, agreed between NHS England and the BMA's GP committee, says practices will initially need collectively to nominate a single site per network to deliver vaccinations, with additional sites possible as supply increases. Designated sites will be expected to deliver vaccines seven days a week between 8 am and 8 pm if supply allows.

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Exemption Cards & Face Masks – We'll Send to You For Free

We have good stocks of the Calderdale NHS's special card that people who can't wear face coverings can wear to communicate this to shop staff and other people.

Plus we still have supplies of disposable face coverings and we will send them out FREE to every member who wants them (whilst stocks last). Order

Email info@disabilitypartnershipcalderdale.org or by calling our mobile and leaving your name and address - 0771 612 2897.



CALDERDALE ADVICE & SUPPORT 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
- **Disability Partnership Calderdale** - Call our mobile number 07716122897 - email info@disabilitypartnershipcalderdale.org