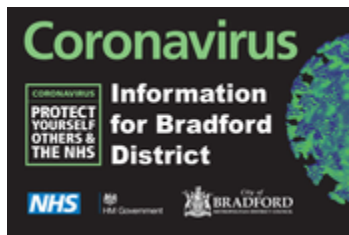




## COVID-19 update 17 June 2021

Welcome to the weekly COVID-19 information round up.



There is lots of information about COVID-19 coming from several different channels such as the Government and the NHS.

This bulletin aims to give you a summary about COVID-19 related information that is new or has changed recently.

If a friend has forwarded this email to you, you can [subscribe to email updates about Coronavirus](#) for people who live and work in the Bradford district.

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### Covid-19 lockdown easing delayed by four weeks

The government has announced that most COVID-19 rules will remain in place in England for another four weeks.

This postpones the planned easing of restrictions which had been pencilled in for 21 June.

Ministers have made this decision due to concerns about increased infections of the new Delta Variant which was first discovered in India.

The government believes the delay will allow millions more people to be [vaccinated](#) and give scientists more time to monitor the new variant.



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### What can I do to protect myself and my family?

There are several simple things that you and your family can do to help ensure that we minimise the spread of the COVID-19 virus.

- Get vaccinated when you are invited
- Take regular COVID tests to help identify asymptomatic cases
- Take PCR test if you have symptoms and if you live in an area of concern
- Self-isolate when you need to
- Continue with Hands, Face, Space and Fresh Air

The Bradford Council website provides you with the [latest COVID-19 information](#)

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### How can I get my COVID-19 vaccination?

In the Bradford District there are several options for you to easily get your COVID -19 Vaccination.

- You need to have 2 doses of the COVID-19 vaccine at 2 appointments
- Get your 2nd dose 8 to 12 weeks after getting your 1st dose

You can book using the [National Booking Service](#) or walk in to one of our **Drop in clinics** - more information is below.



### National Booking Service (NBS) vaccination sites

To support the COVID-19 vaccine uptake across our communities there are a number of national booking service (NBS) vaccination sites across Bradford district and Craven which are easy and convenient to access. If you know someone who is eligible for the COVID-19 vaccine, please encourage them to come to a vaccination clinic.

You need to [book an appointment through the national booking service](#) to attend the vaccination centres below:

- **Bradford College** – Great Horton Road, Bradford, BD7 1AY
- **Jacob's Well** – Nelson Street, Bradford, BD1 5AX
- **Rimington Pharmacy** – Bridge Street, Bradford, BD1 1RX
- **Rockwell Community Centre** – Summerfield Road, Bradford, BD10 8DP
- **Airedale Hospital** – Skipton Road, Steeton, Keighley, BD20 6TD
- **Keighley Central Mosque (Markasi Jamia)** – Emily Street, Keighley, BD21 3EG
- **Long Lee GP Surgery** – Long Lee Lane, Keighley, BD21 4TT
- **Silsden Medical Practice** – Elliott Street, Silsden, BD20 0DG
- **Gateway House** – Gargrave Road, Skipton, BD23 1UD
- **Tesco Pharmacy** – Craven Street, Skipton, BD23 2AG
- **Ingleton Pharmacy** – Main Street, Ingleton, LA6 3EH

If you cannot book online, you can call 119 free of charge. You can speak to a translator if you need to. If you have difficulties communicating or hearing, or are a British Sign Language (BSL) user, you can use textphone 18001 119 or the [NHS 119 BSL interpreter service](#).

## Walk-in COVID-19 vaccination clinics

If you don't want to book an appointment but prefer to drop in for your COVID-19 vaccination there are many drop in locations in the District.



# Drop in vaccination clinic

COVID vaccination clinics are running near you. No appointment is necessary, drop in today for your vaccination.



First and second doses are available.

Our team will advise you if you are able to get vaccinated, based on the vaccine available today

If you know someone who is eligible for the COVID-19 vaccine, please encourage them to come to the vaccination clinic.

Supporting COVID-19 vaccine uptake across our communities

The full timetable including eligibility information can be found on the [NHS Bradford District and Craven Clinical Commissioning Group Website](#).

Here are the up and coming drop in clinics - please double check the [website](#)

- **17 June: 10am-4pm**
  - Birch Medical Centre, Woodroyd Centre, Bradford BD5 8EL
- **17 June: 2-7pm**
  - Asda car park, Manor Lane, Shipley BD18 3RY (vaccination bus 40+)
- **17-18 June: 10am-4pm**
  - Barkerend Health Centre, Daffodil Building, Barkerend Rd, Bradford BD3 8QH, 10am-4pm
- **17-20 June: 9am-6.30pm**
  - Jacob's Well, Nelson Street, Bradford, BD1 5AX (age 40+)
  - Bradford College, Great Horton Road, Bradford, BD7 1AY
- **21-24 June: 10am-4pm**

- Birch Medical Centre, Woodroyd Centre, Bradford BD5 8EL
  - **21-25 June: 10am-4pm**
    - Barkerend Health Centre, Daffodil Building, Barkerend Rd, Bradford BD3 8QH
  - **23 June: 4-7.30pm**
    - Whetley Medical Centre, 2 Saplin St, Manningham BD8 9DW
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### Can you spare time to be a NHS Volunteer Responder?

NHS Volunteer Responders are calling for people in Bradford District to step forward and volunteer to help deliver the COVID-19 vaccination programme to millions across the country.

We still have a huge task ahead of us and are inviting you to join our army of volunteers to help get this job done. For example the Bradford District Care Trust site at Airedale Hospital is looking for volunteers so it can open as a vaccination site.

Over the summer, more vaccination services will be set up to enable the NHS to vaccinate as many people as possible. We are recruiting for Vaccination Steward Volunteers in certain areas to help the NHS with this important task.

Stewards will be a vital part of the team working in vaccination services. They will guide people on site to make sure the vaccination process runs as safely and efficiently as possible. They will help ensure social distancing and identify people who need additional support.

If you would like to volunteer or would like to find out more information, please head to the [website](#)

Volunteering can support your own wellbeing with proven benefits to both mental and physical health, particularly helpful now when so many of us are working from home.



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Grief and loss support is available

There are local services open and available to help those in Bradford, Airedale, Wharfedale and Craven who are experiencing any feeling of grief or loss.

You can call a freephone helpline Guide-Line, run by our local mental health charity Mind in Bradford. You can call them on 08001 884 884 - lines are open daily between 12pm and 12am.

You can also visit their website [Mind in Bradford](http://www.mindinbradford.org.uk) or use the online chat function.

Mind In Bradford will help you get the support you need, whether you are experiencing bereavement of a loved one, loss of employment, or anything else.

Grief and loss support

Get in touch so we can support you to get specialist help

Call Guide-Line on:  
08001 884 884

The line is open 12pm to 12am everyday, for all ages.

Chat to  
Guide-Line online at:  
[www.mindinbradford.org.uk](http://www.mindinbradford.org.uk)

The chat is open 3pm to 8pm, for all ages.

**NHS**

Funded by the NHS

The poster features a blue and purple background with abstract shapes. It includes icons for a telephone and a computer monitor. The NHS logo is prominently displayed at the bottom.

### Self-isolate - help stop the spread

Got symptoms?  
OR  
Tested positive?

You must self-isolate for 10 days

#BradfordCovidResponseHub

City of BRADFORD  
METROPOLITAN DISTRICT COUNCIL

The poster has a green background. It features icons for a person coughing, a test kit, and a house with a checkmark. The text is in white and yellow.

If you have coronavirus symptoms or have tested positive for coronavirus you must self-isolate for 10 days.

You should self-isolate if you have any of the following symptoms:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

If you have not already had a test you can book your test here: [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)

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### Keeping yourself and others safe

Social distancing is still very important. You should stay 2 metres apart from anyone who is not in your household or support bubble where possible, or 1 metre with extra precautions in place (such as wearing face coverings) if you cannot stay 2 metres apart.

It is more important than ever to remember Hands, Face, Space and Fresh Air to keep infection levels down and our friends and family safe.



- Wash your hands thoroughly with soap and water when leaving the house and returning and regularly throughout the day. When soap and water is not available outside of your home use hand sanitiser.
- You must wear a face covering in many indoor settings, such as shops and places of worship, and on public transport, unless you are exempt or have a reasonable excuse.
- Maintain 2 metres social distancing from people you do not live with.
- Meet in the fresh air to help stop the spread of COVID-19.

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### Coronavirus testing in Bradford District

If you live or work in the Bradford District there are now several different ways you can get a test for COVID-19 including mobile testing units, home testing and lateral flow testing.

Find out more about where you can go to get tested or see the information on how you can access tests to do at home.

[Read More](#)

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### COVID-19 Vaccine information

The NHS have provided partners with information on the [latest COVID-19 vaccines including a list of FAQs](#). This page will be updated as and when more information is made available.

[Read more](#)

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### Do you need help or support?

**Need Help?** If you need help or have a particular need please call and talk to one of our friendly team who will make sure you get the right support:  
07790 347389 (TEXT/BSL)

**Call 01274 431000**

**We can help by:**

- Helping you get a priority shopping delivery slot
- Referring people who are not shielded who need emergency food to one of the district's food banks
- Ringling for a friendly chat

[www.bradford.gov.uk/coronavirus](http://www.bradford.gov.uk/coronavirus)

If you need help or have a particular need please ring and talk to one of our friendly team who will take some details and pass them onto the relevant service. Call 01274 431000 or for BSL text 07790 347389.

See our website for more information about [local support and volunteering](#) to help others.

[Read more](#)

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### Use the NHS 111 online coronavirus service

Use the [NHS 111 online coronavirus service](#) if:

- you feel you cannot cope with your symptoms at home



- your condition gets worse
- your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.

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### Helpful links

[UK Government guidance and support](#)

[NHS coronavirus advice and information](#)

[Support for local businesses](#)

[Support for keeping your mind healthy](#)

[Support for unemployed residents](#)

**JOIN THE 20 MINUTE MOVEMENT!**

**BRADFORD: WHAT COULD YOU DO?**

Being active for just **20 minutes every day** can help you to feel better.

**Start today!**

[mylivingwell.co.uk](https://mylivingwell.co.uk)

**LIVING WELL**