



Llandaff 50+

Patrons: Baroness Finlay of Llandaff
Matthew Williams, Emeritus Curator of Cardiff Castle



Virus News 45 – Wednesday 20th January 2021

We hope you're all keeping well and safe. Here are the **current** Welsh Government regulations:

Cardiff is under a *stay-at-home* lockdown, in line with the rules in alert level four (very high risk)
Only mix indoors or outdoors with members of your own household or support bubble.
If you live alone, you can form a support bubble with one other household.
Bars, restaurants, cafes and pubs are closed, except for takeaway and delivery.
Entertainment venues, non-essential shops and hairdressers are closed.
Do not travel outside your area without a reasonable excuse.

We need to continue to be careful so, **if you are in need of help with shopping or medication collection** or just a chat, please don't hesitate to contact us by return of this email on info@llandaff50plus.com or leave a message on 0775 8939 141 and we'll return your call.



Vaccine News: David has had his vaccination! Have you? Please let us know so that we can give everyone an update each week. David said that he felt very tired and a little unwell after it but, following advice from an expert friend, he took paracetamol and then felt better. Apparently, feeling feverish is not uncommon for two to three days, but a high temperature is unusual. Let us know how you get on.
Stop Press: One of your committee has just had a phone call with the date of her vaccination next week.

Vaccine Advice: It may take a few weeks for your body to build up the protection after you've had the vaccination. However, no vaccine is completely effective, so some people may still get Covid-19 despite having the vaccination, but it should be less severe.

It is not yet known whether the vaccine will stop you from catching and passing on the virus, so it is important to continue following the guidelines at the top of this newsletter and so protect your community.

Travel News: No, not news about a holiday in Barbados! If you don't have your own transport and need to get to your surgery, pharmacy, shops or a vaccination hub, you can book the Vest Community Transport on 029 2049 0335 or visit www.vestcommunitytransport.org. It's free of charge and all the vehicles are fully sanitised after every journey. Tim recommends using them.

Also, Dragon Taxis are offering free rides for vaccination appointments for older and vulnerable people. Check with your GP when booking for your vaccine.



Help and Hope News: Age Cymru has launched Hope – Independent Advocacy. Trained independent volunteer advocates can support you to make important decisions, help you access and understand information, and represent you if you need them to. For more details, contact Deiniol Jones on 07943 186638 or email deiniol.jones@agecymru.org.uk



We thank John and Paul for this week's Covid-safe pictures, which are about to go into the archive.

No prizes for guessing the locations!



Keep safe, keep smiling, keep the masks on, and keep your distance.

From your Llandaff 50+ committee.

www.llandaff50plus.com

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and



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