



Sandwell News

COVID-19 infection rates are
dangerously high
in our area

Don't leave your home

**unless it's absolutely
essential**

Covid-19 - stay home, stay safe, keep well



⚠️⚠️ Sandwell has a dangerously high Covid-19 rate compared to other areas in the UK. ⚠️⚠️

There are a worrying number of cases in people aged 65 and older. These people are more likely to become seriously ill or die if they catch Covid-19

Please stay at home and only leave for essential purposes.

If you have older relatives, please encourage them not to leave home.

For the latest data on Covid-19 in Sandwell

A fantastic message from Lil ❤️ - get your jab

Our very own Lillian Cox – who lost her identical twin sister Doris to Covid-19 – has been vaccinated. She says:

“I am so happy and relieved to finally have had my vaccine 📄...the whole process was easy and all went smoothly. All the staff were lovely and recognised me and made a fuss which was nice.



[“If you receive your vaccine letter please make sure you book your appointment,](#) it’s so important for the country to get back to some normality and having the vaccine will play a big part in this.”

Baggies legend Graham Williams, now aged 81, has had his Covid-19 vaccination too!

He’s urging everyone to do the same when they are offered it. Vaccines are our best defence against the virus.

[The NHS will get in touch when it’s your turn to be vaccinated.](#)

Graham Williams WBA FA Cup winning captain



“ It was absolutely nothing, there isn’t even a mark. Make sure you get your jab as soon as you are invited.

It’s really easy and painless – and it’s our only way out of this terrible virus. ”

Get your rapid Covid-19 test in Sandwell now

Around 1 in 3 people with Covid-19 don't have any symptoms. That's why we should all get a Covid-19 test regularly.

GET YOUR FREE RAPID TEST NOW

Have to leave the house to work? Get a rapid test

You can book a rapid Covid-19 test if you live or work in Sandwell and you have to leave home to go to work.

These tests are only for people who do not have symptoms and will help stop the spread of the virus.

Tests are done at West Bromwich Town Hall but you [MUST BOOK FIRST](#).

As many as one in three people who have coronavirus have no symptoms and may be spreading it without realising. [Book a test online](#)

<p>Please shop safely</p>	<p>If you feel unwell YOU MUST STAY AT HOME</p>	<p>Keep a safe distance from other people</p>
	<p>Wear a face covering</p>	<p>Use hand gel if you can and wash your hands as soon as you get home</p>

24/7 helpline
here to support you with your mental health

Feel unable to cope and need to speak to someone urgently?

Call 0800 008 6516

NHS Black Country Healthcare

Thursday 4 February is Time to Talk Day

This Thursday is a day when everyone is encouraged to have a chat about mental health.

[We have lots of advice on local mental health support](#) and for advice on how to manage anxiety and stress, search 'Every Mind Matters' online.

For under 16s, there's a great [online mental wellbeing community with Kooth](#).

If you're really struggling, the Black Country Mental Health Helpline 0800 008 6516 is a 24/7 helpline where specialist mental health staff provide advice and support.

Samaritans are also available 24/7 – call 116 123.

Please do not think you are alone – it is ok to not be ok, and if you aren't, then please do pick up the phone and speak to someone.



No child should be hungry

We are funding free school meals for children during February half-term

Many children come from households who are finding it hard to make ends meet, particularly during the COVID-19 pandemic.

Schools will get in touch with eligible families.

 **Sandwell**
Metropolitan Borough Council

The census is a **unique survey** that takes place every 10 years in **England and Wales**.

By taking part, you'll help inform decisions that shape your community.

census 2021



Having a fall **IS NOT** an inevitable part of ageing.

Call Agewell today for your **FREE** copy of our 'Staying Steady, Staying Safe' self-help guide for older people.

Available to everyone aged 65 and over who lives in Sandwell or is registered with a Sandwell GP.



0121 796 9333

info@agewelluk.org.uk



www.agewelluk.org.uk



Report abandoned vehicle

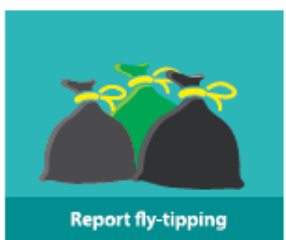


Book a bulky collection

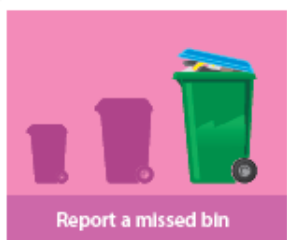
CALENDAR

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

When is my bin day?



Report fly-tipping



Report a missed bin



Report a street light

my.sandwell.gov.uk