

Community Resilience Group Weekly Briefing - 26 16 July 2021

Covid Update

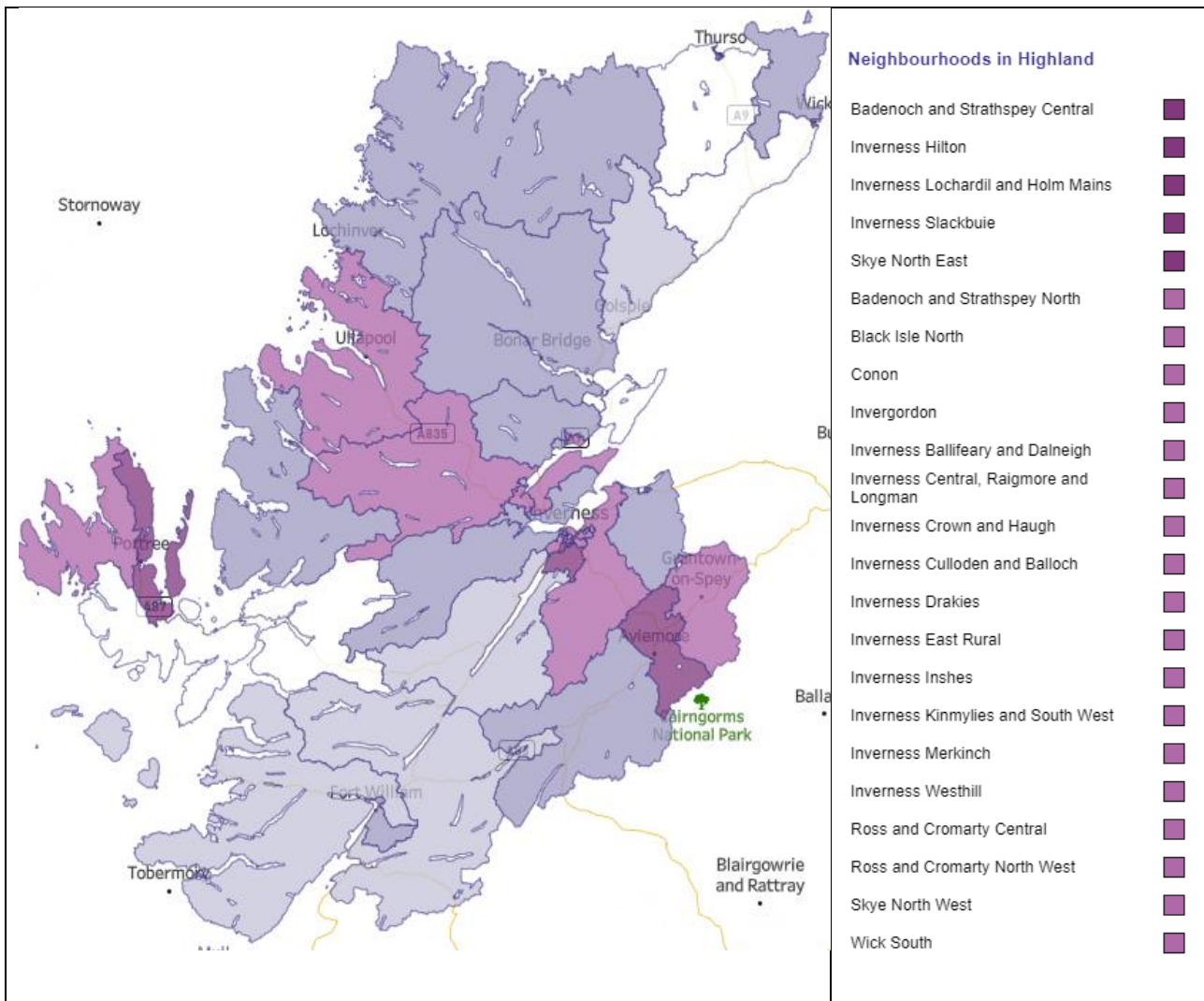
There continues to be a high number of covid cases reported across the country including within Highland. Over the last 7 days there have been 477 new positive cases in Highland (to 15 July), a decrease from last week when 615 were reported. This means the latest rate per 100,000 has decreased from 260.8 per 100,000 last week to 202.3 per 100,000 as of 13 July. Whilst there has been a decrease, the numbers of cases still remain high.

In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area.

7 day positive rate per 100,000 population



* For neighbourhoods with fewer than 3 cases, we do not show a 7 day rate to protect patient confidentiality.



Move to Level 0 Restrictions – Monday 19 July

From Monday 19th July, the whole of Scotland will move to Level 0 with some modifications. Changes from this date include:

- physical distancing for indoor public areas will reduce to 1 metre
- groups of 15 people from 15 households will be able to meet outdoors, however a 1 metre distance must be maintained between groups
- up to 8 people from 4 households can meet in groups in private homes – and can stay overnight
- up to 10 people from 4 households can meet in groups in an indoor public place like a café, pub or restaurant
- homeworking is to continue where possible until there is a move beyond level 0

Other measures that will continue:

- ✓ good hand hygiene
- ✓ continued promotion of good ventilation
- ✓ a requirement for face coverings in enclosed areas
- ✓ continued compliance with Test and Protect, including self-isolation when necessary

Further government guidance can be found [here](#).

Asymptomatic Testing

As cases rise, it is important to test yourself even if you don't have symptoms. Taking a rapid LFD test twice a week can help stop new variants earlier, limiting the spread of the virus.

Test kits are available at pharmacies, or to order online from www.nhsinform.scot/testing, or by calling 119.

Test kits are also available at Community testing sites. The details for where these are next week is outlined below.

Community Testing 19 July – 23 July

The community testing programme offers rapid COVID-19 tests for people without symptoms.

Next week the testing unit will be at:

- Inverness – Fairways Golf Centre, Castle Heather Inverness Monday to Friday, opening hours 09.30 – 16.30

Just to emphasise that there is no specific outbreak in this communities this is to support normalising testing across the area.

No appointment is necessary, and it will be open both for asymptomatic testing and to collect LFD test kits.

I would appreciate it if you could encourage people across your networks to attend.

Please note that these drop-in sessions for community testing are only for people without symptoms. Anyone that becomes unwell should isolate immediately and seek a **PCR test**. PCR tests can be booked through NHS Inform online or by calling 0800 028 2816.

Money Counts Courses

Money Counts - Level 1

Who should attend?

This course is aimed at anyone who is in a position to have a brief conversation with individuals around money worries.

The course aims to:

- Increase understanding of poverty and its impact
- Increase confidence to ask about money worries
- Increase knowledge of support services for money matters

Dates & Times :

• 27 th July	10.00 – 10.45am	• 19 th Oct	2.00 – 2.45pm
• 19 th Aug	10.00 – 10.45am	• 23 rd Nov	10.00 – 10.45am
• 28 th Sept	10.00 – 10.45am	• 10 th Dec	10.00 – 10.45am
• 14 th Oct	10.00 – 10.45am		

How to apply?

Please note we have moved to a new training platform and if you are out with the NHS, you will need to register on Turas. You will find all the necessary instructions on the following link: [Health Improvement Training \(scot.nhs.uk\)](https://www.scot.nhs.uk/health-improvement-training/)

Once you have registered, you will find the [Money Counts Course](#) by clicking on this link.

Money Counts – Level 2

Who should attend?

This course is aimed at anyone who would like to explore in more depth the impact of poverty and how to have a conversation about Money worries. You do not have to attend Money Counts Level 1 beforehand.

The course aims to:

- Increase understanding of poverty and its impact
- Increase confidence to ask about money worries
- Increase knowledge of support services for money matters

Dates & Times :

- 29th July – 2.00 – 3.30pm
- 31st Aug – 10.00 – 11.30am
- 6th Sept – 10.00 – 11.30am

How to apply?

Please note we have moved to a new training platform and if you are out with the NHS, you will need to register on Turas. You will find all the necessary instructions on the following link: [Health Improvement Training \(scot.nhs.uk\)](https://www.scot.nhs.uk/healthimprovementtraining)

Once you have registered, you will find the [Money Counts Course](#) by clicking on this link.

Vaccination Update

The latest update from NHS on the vaccine can be accessed at the following link: www.nhsinform.scot/covid19vaccine

Food Support for Groups

We know that a number of you continue to provide support to the most vulnerable in your communities and that most of you already have well defined routes for accessing food to provide this support or are supporting individuals to access their shopping or community fridges/food tables.

If you are struggling to access food to continue support to vulnerable people locally, please do contact us through the policy mailbox and we can look at ways that we can support your group going forward.

Contact: policy6@highland.gov.uk

Resilience Network Contacts

Should any group not already be involved with these networks, the contact details for each is below.

- Caithness –If any groups aren't involved and wish to be please contact Alan Tait at Caithness Voluntary Groups allan@cvg.org.uk
- Sutherland – If any groups aren't involved and wish to be please contact Karina Ross at Highland and Islands Enterprise karina.ross@hient.co.uk
- East Ross – Helen Ross, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Black Isle - If any groups aren't involved and wish to be please contact Asia Cielecka at communities@black-isle.info
- Wester Ross and Dingwall – Dot Ferguson, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Skye and Raasay - If any groups aren't involved and wish to be please contact Fiona Thomson at Skye Community Response Development Team fiona@portreeandbraes.org
- Lochaber – Emma Tayler, Assistant Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- B&S –If any groups aren't involved and wish to be please contact Karen Derrick enquires@vabs.org.uk
- Inverness City – David Haas, City Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Inverness Rural – Charles Stephen, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Nairn – Emma Tayler, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk

Helpful Links

Welfare Support Team - www.highland.gov.uk/directory_record/102970/benefit_advice

Self Isolation Support Grant - www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant

Energy Advice

energyadvisors@hi.homeenergyscotland.org

AbilityNet - IT advice or support AbilityNet
Helpline 0800 048 7642.

Covid Resilience Grant Support -

www.highland.gov.uk/directory_record/1422811/supporting_community_resilience/category/155/grants_for_community_groups

HTSI Community Group Helpline

Telephone Number 01349 808022