

Community Resilience Group Weekly Briefing - 38 8 October 2021

Covid Update

Over the last 7 days there have been 409 new positive cases in Highland (to 7 October), similar to last week when 404 were reported. This means the latest 7-day rate per 100,000 shows a very slight increase from 171.6 per 100,000 last week to 173.7 per 100,000 as of 7 October. It remains important to be careful and stick to the Scottish Government guidelines.

In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area. The test positivity rate on was 4.6% on 5 October, down slightly from 4.7% on 28 September.

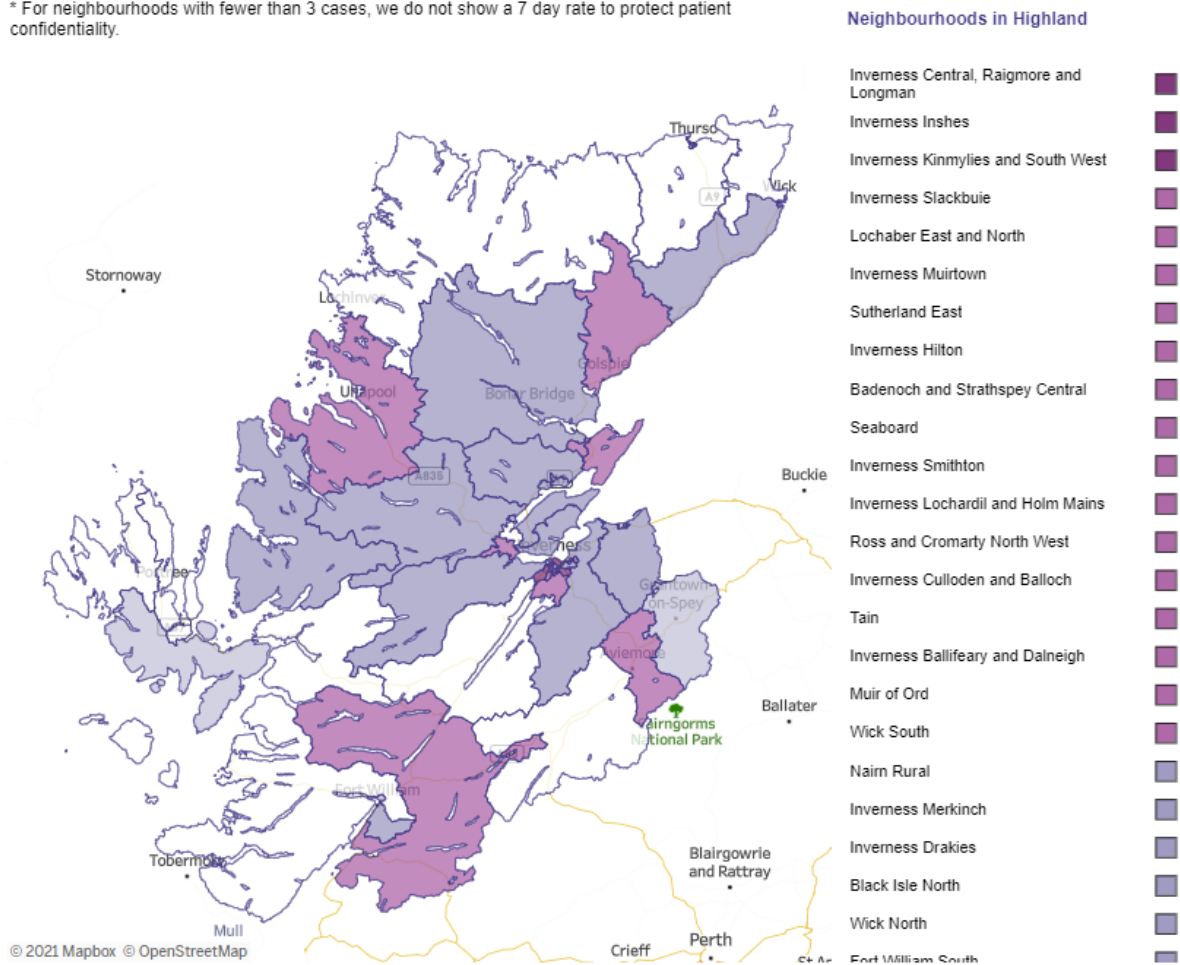
7 day positive cases in Highland based on people tested between 29 September 2021 and 5 October 2021

7 day positive cases	7 day positive rate per 100,000 population	7 day test positivity rate
409	173.7	4.6%

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.



Scotland has Moved Beyond Level Zero

From 9 August 2021 the whole of Scotland moved to beyond Level 0. You can find Scottish Government guidance for everyone on how to stay safe and prevent the spread of COVID-19 here.

<https://www.gov.scot/publications/coronavirus-covid-19-staying-safe-and-protecting-others/>

Scottish Government messages this week

Key points

- There were no changes announced to the "limited" virus regulations that remain in place in Scotland and the use of face masks is to remain in schools for now.
- While the number of Covid case numbers is down, the number of people in hospital with Covid now is still higher than it was in late August. The pressure on the NHS remains intense, combining the challenge of caring for significant numbers of Covid patients, preparing for wider winter pressures and dealing with the backlog of care built up during the pandemic.
- The First Minister stated that NHS staff continue to deal with the combined challenge of caring for significant numbers of Covid patients, preparing for wider winter pressures and dealing with the backlog of care built up during the pandemic.
- The First Minister concluded her update by saying: "The position we are in now is much better than we had feared at this time last month."

Symptomatic Testing (with symptoms)

If you do believe you have symptoms, please self-isolate and book a PCR test. Postal PCR kits are available through NHS Inform either online [here](#) or by calling 0800 028 2816.

In addition to the local support that is available, people can get support to self isolate by calling the Council's helpline number: 0300 303 1362. This can include access to food and supplies to self isolate and individuals may be entitled to a £500 self isolation support grant.

Asymptomatic Testing (without symptoms)

It continues to be important that people test themselves even if they 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 are outlined below.

Community Testing 11 – 15 October for those without symptoms (Asymptomatic)

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

Next week mobile testing units will be in Inverness.

The mobile testing unit 'Moves Like Jagger' will be at B&M car park at Telford Retail Park, Inverness, IV3 5LE:

- Monday 4 October, 9am-4:00pm
- Tuesday 5 October, 9am-4:00pm
- Wednesday 6 October, 9am-4:00pm
- Thursday 7 October, 9am-4:00pm
- Friday 8 October, 9am-3:00pm

The mobile testing unit 'Testalot' will be at the Tesco's Car Park, Inshes, Inverness, IV2 3TW:

- Monday 4 October, 9am-4:00pm
- Tuesday 5 October, 9am-4:00pm
- Wednesday 6 October, 9am-4:00pm
- Thursday 7 October, 9am-4:00pm
- Friday 8 October, 9am-3:00pm

Just to emphasise that there are no specific outbreaks in these 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.

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.

Those who attend a COVID-19 Mobile Clinic will also have the opportunity to enter a free monthly draw to win an Amazon Kindle e-reader (10th generation, with 6" backlit display) after completing an exit survey. The winner will be drawn by random at the end of the month.

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

Vaccination Update

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

The following vaccination drop-in clinics are operating in Highland during October:

<https://www.nhshighland.scot.nhs.uk/COVID19/Pages/Vaccination.aspx>

Where	Dates	Times	Comment
WEST			
Caol Community Centre Glenkingie Street Caol, Fort William PH33 7DS	25 Oct	10:00 - 12:45 14:00 - 16:45	Any dose Pfizer Second dose AstraZeneca
NORTH			
Mobile Clinic (Jabbernaught) Fountain Road Car Park Golspie	9 Oct	08:30 - 13:30 13:45 - 17:30	First doses for 12-17 year-olds in Golspie / Dornoch area. Second doses for people in the area who had their doses on or before 14 Aug.
Assembly Rooms, 20 Sinclair Terrace, Wick	15-16 Oct	9:00 - 13:00 and 13:45 - 17:00	All school aged children over 12 years, Wick and Thurso
British Legion, Thurso	23 Oct	08:30 - 13:00 and 13:45 - 17:00	All school aged children over 12 years, Wick and Thurso
Lybster Community Hall, Main Street, Lybster, Caithness, KW3 6AE	13-4 Oct	09.00-18.15	Overdue 1st & 2nd dose and COVID booster vaccinations. For patients registered with Lybster GP Practice. Call 01463 705 531 to book.
SOUTH & MID			
Smithton Church 1 Murray Road, Smithton, Inverness, IV2 7YU	12-14 Oct 15-16 Oct	08:30 - 12:30 13:30 - 17:00 08:30 - 12:30 13:30 - 16:00	Any dose Pfizer AstraZeneca

Highland Third Sector Interface Awards 2022

Make your nominations (attachment)

HTSI look forward to hosting another opportunity to showcase the very best work of the Third Sector here in Highland in the new year of 2022. Nominations for awards are currently open until **18th of October 2021 at 5pm.**

Nominations should be submitted online via the nomination forms and should be completed with sufficient detail for the judges to understand what it is about the individual, organisation or partnership that makes it stand out from the overall strength of the Sector. Nominate here <https://www.highlandtsi.org.uk/awards>

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

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