

## Community Resilience Group Weekly Briefing - 40 28 October 2021

### Covid Update

Over the last 7 days there have been 697 new positive cases in Highland (to 28 October), an increase from last week when 555 were reported. This means the latest 7-day rate per 100,000 shows an increase from 235.7 per 100,000 last week to 296.1 per 100,000 as of 28 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 8.3% on 26 October, up from 7.2% on 19 October.

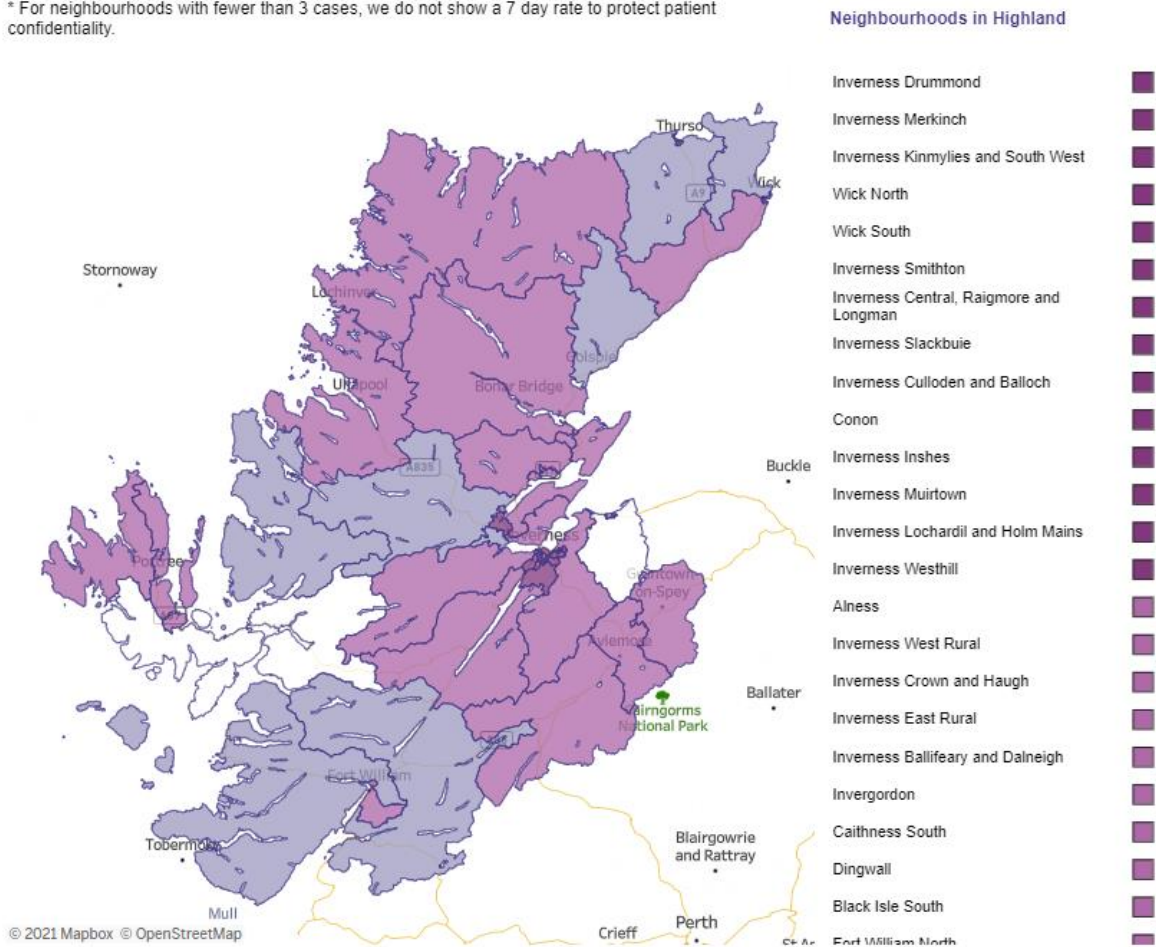
7 day positive cases in Highland based on people tested between 20 October 2021 and 26 October 2021

7 day positive cases	7 day positive rate per 100,000 population	7 day test positivity rate
<b>697</b>	<b>296.1</b>	<b>8.3%</b>

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** – there are no key points this week

### **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](http://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 1 – 5 November for those without symptoms (Asymptomatic)**

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

### **Next week a mobile testing unit will be in Inverness.**

[https://www.highland.gov.uk/news/article/14056/rapid\\_covid-19\\_community\\_testing\\_available\\_in\\_wick](https://www.highland.gov.uk/news/article/14056/rapid_covid-19_community_testing_available_in_wick)

The mobile testing unit 'Jabbernaut' will be at the Fairways Car Park, Slackbuie, Inverness IV2 6AA. Opening times will be;

- Monday 1 November 9am-4pm
- Tuesday 2 November 9am-4pm
- Wednesday 3 November 9am-4pm
- Thursday 4 November 9am-4pm
- Friday 5 November 9am-4pm

Just to emphasise that there are no specific outbreaks in this community, 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 (10<sup>th</sup> 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**

Please note the NHSH special update on the current flu and Covid vaccination programme attached with this week's briefing.

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

For details of vaccination drop-in clinics that are operating in Highland please check the following link: <https://www.nhshighland.scot.nhs.uk/COVID19/Pages/Vaccination.aspx>

### **Stay Warm Stay Well course 2021: Energy Action Scotland (EAS)**

Fuel poverty is a major problem in Scotland. More than one in four people can't afford to heat their homes to an adequate level. For those living in fuel poverty, the consequences are ill health, discomfort and debt. This often means choosing between heating and eating.

EAS are delivering free training for front line staff to raise awareness of the impact of fuel poverty and cold homes on people's health, this one-day course is tailored for frontline staff who look after the health, wellbeing and social welfare of vulnerable clients.

The course aims to: improve understanding of domestic energy efficiency and the impact of fuel poverty and cold homes on vulnerable, low income households and; improve awareness of schemes/grants and other support mechanisms for energy efficiency improvements, creating an effective means for linking those in need with the help that's available. Completion of this course means participants may be eligible for the Energy Awareness, City & Guilds (Level 3) training.

For course dates, topics and to book please visit

[https://new.theclaymoreproject.com/uploads/entities/1230/files/Training%20%26%20Consultancy/SWSW%202021-22\(1\).pdf](https://new.theclaymoreproject.com/uploads/entities/1230/files/Training%20%26%20Consultancy/SWSW%202021-22(1).pdf) or call EAS on 0141 226 3064.

## **2021/22 Masterclasses: Mental Health Improvement, Self Harm and Suicide Prevention**

The Mental Health Improvement, Self-Harm and Suicide Prevention team at Public Health Scotland and NHS Education for Scotland will host four one hour Masterclasses across mental health, self harm and suicide prevention between November 2021 and March 2022. Building on the 'Ask, Tell, Respond' resources, the masterclasses are aimed at those working at Enhanced and Specialist levels in health, social care and the wider public workforce (levels as set out in the [mental health improvement and suicide prevention framework](#)). The masterclasses will allow participants to engage, discuss and enhance learning in these areas.

For details of topics, dates and how to book, please go to

<https://forms.office.com/pages/responsepage.aspx?id=veDvEDCgykuAnLXmdF5JmN5sCVvoDjxJtHpeptyesLNUOFZMTUpZMUc2M1YU0VDOUE2NUZFUEtJMyQIQCNOPWcu>

## **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](mailto:policy6@highland.gov.uk)

## **Helpful Links**

Welfare Support Team -

[www.highland.gov.uk/directory\\_record/102970/benefit\\_advice](http://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](http://www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant)

Energy Advice

[energyadvisors@hi.homeenergyscotland.org](mailto: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](http://www.highland.gov.uk/directory_record/1422811/supporting_community_resilience/category/155/grants_for_community_groups)

HTSI Community Group Helpline

Telephone Number 01349 808022