

Community Resilience Group Weekly Briefing - 60 25 March 2022

Covid Update

Case numbers continue to be high across the NHS Highland area. Over the period from 17 March to 23 March there were 4331 new positive cases in Highland reported. The latest 7-day rate is 1839.6 per 100,00 population. Figures are the new number of reported positive cases (either a person's first LFD or PCR positive test including reinfections) in the latest 24-hour period.

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 cases in Highland based on people tested between 13 March 2022 and 19 March 2022

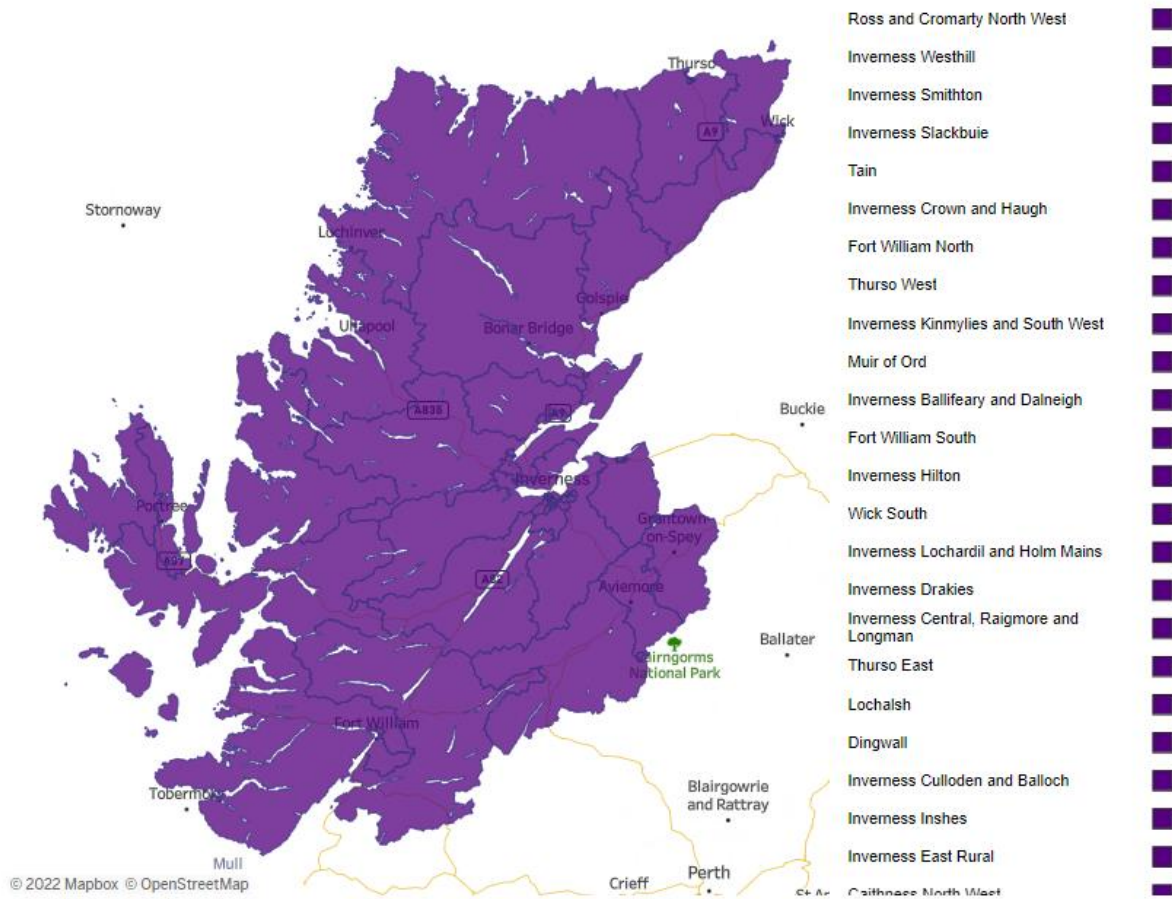
7 day positive cases	7 day positive rate per 100,000 population
4,473	1,899.9

The data for the most recent days are likely to be incomplete, therefore a 3 day lag has been applied to this data.

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 [Neighbourhoods in Highland](#)



Scottish Government Coronavirus (COVID-19) Scotland's Strategic Framework update - February 2022

This update of the Strategic Framework assesses where we are in the pandemic and sets out Scotland's approach to managing COVID-19 and its associated harms effectively for the long term as we prepare for a calmer phase of the pandemic.

<https://www.gov.scot/publications/coronavirus-covid-19-scotlands-strategic-framework-update-february-2022/>

Coronavirus in Scotland

COVID-19 is still a public health risk. You can catch it even if you've been vaccinated or had it before.

By continuing to care for ourselves and others, we can help slow down the spread of the virus, enable workplaces to operate safely and reduce pressure on health services.

To help keep yourself and others safe:

- [get the vaccine](#) or [the vaccine booster](#)
- if you don't have symptoms take [lateral flow tests](#) twice a week, and if visiting someone vulnerable or going to a crowded place
- if you have symptoms - [self isolate and book a PCR test](#)
- you must wear a [face covering \(unless exempt\) in most indoor public spaces and on public transport](#)
- open windows when meeting indoors
- wash your hands regularly, and cover your nose and mouth if coughing or sneezing
- work from home as well as the office if you can – businesses and workplaces should follow the [safer workplace guidance](#)
- use the apps: [COVID status](#) (vaccine passport) and [Protect Scotland](#)

<https://www.gov.scot/coronavirus-covid-19/>

Covid-19 Testing

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 by calling 0800 028 2816 or online <https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-how-to-do-a-pcr-test-at-home>.

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.

Community Testing 28 March – 1 April for those without symptoms (Asymptomatic):

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

Next week, the mobile testing unit “Testalot” will in Fort William and Dingwall to carry out assisted testing and to provide LFD kits. Locations and opening times will be:

Middle Street Car Park, Fort William, PH33 6EU on:

- Monday 28 March 10am - 4pm
- Tuesday 29 March 9am – 2pm

Greenhill Street Car Park, Dingwall, IV15 9JQ on:

- Wednesday 30 March 9.30am – 4pm
- Thursday 31 March 9.30am – 4pm
- Friday 1 April 9.30am - 3pm

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.

We will also be carrying out outreach activities at various locations throughout the Highland area to provide testing advice and to hand out test kits. Dates, times, and locations are as follows:

Tuesday 29th March

- Asda car park, Slackbuie, Inverness, 9am – 12 noon and 12.30pm - 4pm

Wednesday 30th March

- Tesco car park, Latheron Road, Ullapool, 9.30am – 12 noon and 12.30pm – 3.30pm

Thursday 31st March

- Nairn High Street 9am -12 noon
- Ardersier Memorial Hall car park 1pm – 4pm

Friday 1st April

- Inverness Retail Park (Tesco) 9am – 12 noon
- Inverness Retail Park (Cinema side) 1pm – 4pm

For those with symptoms, anyone that becomes unwell should isolate immediately and seek a PCR test. PCR tests can be booked through [NHS Inform online](https://www.nhs.uk) or by calling 119 if you can't book a test online. You may be able to order a PCR test to do at home, depending on availability.

Covid-19 Vaccination Update

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

For details of vaccination clinics in Highland, including drop-in clinics and GP practices supporting the booster roll-out, please check the link below. There are also FAQs on how vaccinations are being delivered in the NHS Highland area.

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

Vaccination Scams

Scammers are using mobile phone numbers to offer Covid-19 tests using a 'vaccinationpass' website which then demands payment.

If you receive a message, call, or link like this, do not respond. Instead, notify www.scamwatch.scot or call 0808 164 6000.

For information on vaccination scams and other Covid-19 related scams, visit the Trading Standards Scotland website <https://www.tsscot.co.uk/coronavirus-covid-19/coronavirus-scams/>.

Highland Weekend of Action for Ukraine.

The Council and its public sector partners across Highland are promoting a Highland Weekend of Action for Ukraine.

The aim is to provide a focus for fundraising action and activity over the weekend of 1 – 3 April 2022 to raise funds to support the people of Ukraine as a result of the current crisis.

The partners are encouraging staff, communities and businesses to share how they could become part of the **#HighlandForUkraine** weekend to raise much needed financial support for the people of Ukraine. This could be through community fundraising events, donating a proportion of business takings, local sponsorship events or collection buckets within premises.

Whatever is done, people are encouraged to use the **#HighlandforUkraine** hashtag to promote their activities and to demonstrate the support of the Highlands for the people of Ukraine at this difficult time.

We know that many of you have already, or are planning, various fundraising activities and events across your communities.

We would appreciate it if you could share this across your communities and wider networks to encourage support for the weekend of action. A flyer is attached with this briefing.

Donating Safely to Charity – Get Safe Online

The ongoing events in Ukraine mean that the work carried out by charities and voluntary organisations is invaluable in helping those in need. Sadly, we are aware that organised criminals are seizing on opportunities for their own gains with the charity sector being an attractive target. Fake appeals, organisations and payment

portals can be tricky to spot, as the time is diligently taken to make them appear as authentic as possible.

Various charitable organisations are reporting fake web pages and social media profiles which are asking for donations. Charities welcome your generosity in their support and by making simple online checks before you donate, you can ensure your money reaches registered charities and genuine appeals.

[Get Safe Online has valuable advice](#) when donating to charities online. Take time to make sure you are safe to proceed, by checking the web links and charities' official web pages for information.

A flyer from SERCO on this topic is attached.

Spring boosters to be rolled out

NIS Highland issued a press release this week about vaccination boosters. All residents in Highland, Argyll and Bute aged over 75 or those who are immunosuppressed are being invited for a spring booster dose of the COVID-19 vaccine.

The Joint Committee on Vaccination and Immunisation (JCVI) has advised that everyone in those cohorts should receive a spring booster dose of the vaccine 24 weeks (six months) after their initial booster.

Residents across NHS Highland will be invited to attend via letter by NHS Scotland (letters in blue envelope). Our initial focus is those at the greatest risk of COVID-19 infection, including those living in care homes.

There is no need to contact NHS Highland or your GP practice, although you will be able to change your appointment date if required. Details of how to change your appointment are included in the letter.

<https://www.nhshighland.scot.nhs.uk/News/Pages/Springboosterstoberolledout.aspx>

NHS knowledge and skills framework for mental health improvement and prevention of self-harm and suicide

Colleagues in NHS Highland have provided a summary (attached) of their knowledge and skills framework for mental health improvement and prevention of self-harm and suicide was co-produced by NHS Health Scotland and NHS Education for Scotland.

The 'informed level' resources may be of interest to groups. These provide the essential knowledge and skills required by all staff working in health and social care as well as most of the wider public health workforce who need to be informed about mental health and wellbeing and be able to respond to someone who is experiencing mental distress, or mental ill health, and who might be at risk of self-harm or suicide.

This level is also relevant to everyone, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and others' mental health and wellbeing. A number of NHS Education for Scotland resources on the Turas Learn platform are publicly available

The attachment also includes information on Skilled Level Resources: Learning Bytes.

Please note you will need to register and log in to Turas Learn to access resources – <https://learn.nes.nhs.scot/>.

Seeking Feedback on the Weekly Resilience Group Briefing - [Survey](#)

As you know, the Scottish Government intend that the remaining legal Covid restrictions end on 21 March with a move to guidance and good practice. This feels like a good point to review the weekly briefing and to ask for some feedback from you all.

We have created a very short online survey seeking your feedback and would be grateful if you could complete it by 31 March 2022. You can find a link to the survey here <https://forms.office.com/r/WuWuczbyL9>.

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