

Community Resilience Group Weekly Briefing - 61

01 April 2022

Covid Update

Case numbers continue to be high across the NHS Highland area. Over the period from 23 March to 30 March there were 3187 new positive cases in Highland reported, compared to 4331 for the previous 7-day period. The latest 7-day rate is 1353.7 per 100,000 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.

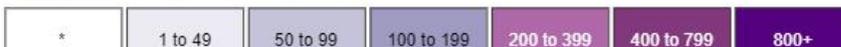
In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area.

7 day positive cases in Highland based on people tested between 22 March 2022 and 28 March 2022

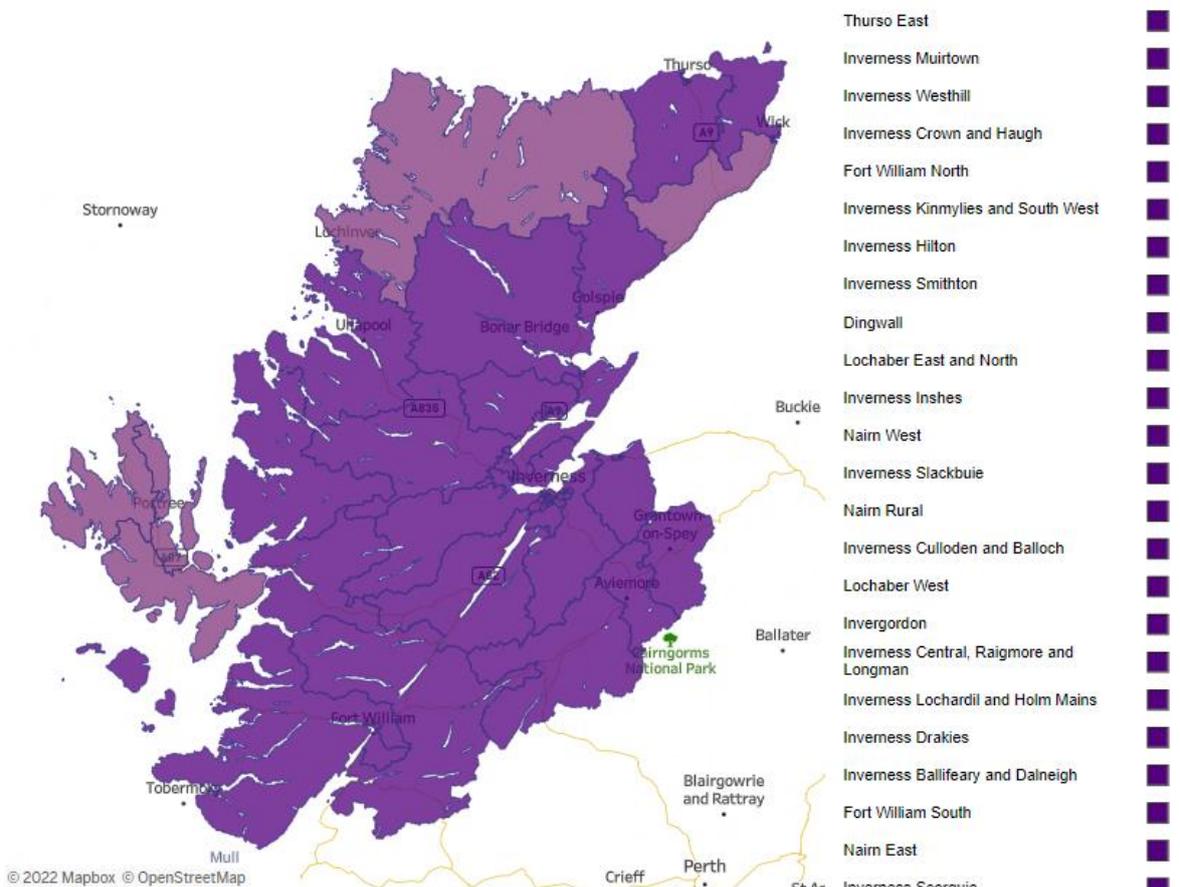
7 day positive cases	7 day positive rate per 100,000 population
3,187	1,353.7

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)

Coronavirus (COVID-19): advice for people on the Highest Risk List

This latest update of the Scottish Government document on the 30 March provides advice to help people on the Highest Risk List make informed decisions and access support services. The key advice is that people on the Highest Risk List can continue to follow the same advice as the rest of the population, unless your GP or clinician advises otherwise.

Read the advice here <https://www.mygov.scot/covid-highest-risk>

Scottish Government messages this week

The First Minister gave a Coronavirus (COVID-19) statement to the Scottish Parliament on 30 March 2022.

<https://www.gov.scot/publications/fm-statement-parliament-march-30-2022/>

Key Points include:

The First Minister set out the timescale for converting the legal requirement to wear face coverings in certain indoor settings into guidance.

The most recent ONS Covid infection survey - for the week ending 20 March - indicated that one in 11 people in Scotland had Covid, with daily case figures suggesting case numbers are high but may be stabilising.

Legal requirements to wear face coverings on public transport and most indoor public settings will be replaced with guidance in the coming weeks.

- From Monday 4 April, the legal requirement to wear a face covering in places of worship or while attending a marriage ceremony, civil partnership registration, funeral or commemorative event will end.
- On 18 April, the requirement to wear face coverings in other indoor areas such as retail spaces and public transport will become guidance.
- From 18 April, people without COVID-19 symptoms will no longer be asked to take regular lateral flow tests. The change forms part of the Test and Protect Transition Plan, which sets out how testing will become more targeted, with the aim of reducing serious harm from COVID-19. The changes to Test and Protect from this date mean that:
 - most people without symptoms will no longer be asked to take COVID-19 tests
 - free lateral flow devices (LFDs) for the purposes of twice weekly routine testing will no longer be available for the general population given the changing advice, but will continue to be free for any purpose for which testing continues to be advised – for clinical care, for health and social care workers and for people visiting vulnerable individuals in care homes or hospitals
 - until the end of April, people with symptoms should still isolate and get a PCR test

- vaccinated close contacts of someone with COVID-19 should continue to test daily for seven days with LFDs.

People who have symptoms of COVID-19 will still be able to book PCR tests in the usual way until 30 April. From that date, test sites will close and people with symptoms will no longer be advised that they need to seek a test. The public health advice for people who feel unwell will be to stay at home until they feel better, to reduce the risk of infecting other people.

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.

From Friday 1st April you can no longer pick up COVID-19 lateral flow tests from pharmacies.

You can still order LFD tests via [nhsinform.scot/testing](https://www.nhsinform.scot/testing) until Monday 18th April. For more information visit [nhsinform.scot/testing](https://www.nhsinform.scot/testing).



Lateral Flow Device (LFD) tests are no longer available from pharmacies.

NHS TEST&PROTECT

Healthier Scotland
Scottish Government

Lateral Flow Tests no longer available from pharmacies

From Friday 1st April you can no longer pick up COVID-19 lateral flow tests from pharmacies.

You can still order LFD tests via [nhsinform.scot/testing](https://www.nhsinform.scot/testing) until Monday 18th April.

For more information visit [nhsinform.scot/testing](https://www.nhsinform.scot/testing).

Community Testing 4-8 April for those without symptoms (Asymptomatic):

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

Next week, we are not deploying any testing units. Instead, with universal testing coming to an end shortly, we will be concentrating on outreach activities in the locations below:

Monday 4 April

- Inverness, Tesco Retail Park, Eastfield, 9.30am-12 noon and 12.30pm-4pm
- Inverness, Tesco Inshes Retail Park, 9.30am-12 noon and 12.30pm-4pm

Tuesday 5 April

- Nairn High Street, 9am-12 noon and 12.30pm-4pm
- Alness High Street, seating area off Bank Lane, 9am-12 noon
- Invergordon Library, 1pm-3-30pm

Wednesday 6 April

- Inverness, B&M Telford Retail Park, 9.30am-12 noon
- Inverness, Tesco Retail Park, Eastfield Way, 1pm-4pm
- Conon Bridge, High Street car park, 9.30am-12 noon
- Dingwall High Street, Museum, 1pm-3.30pm

Thursday 7 April

- Thurso High Street, Museum, 10am-12 noon and 12.30pm-3pm
- Asda car park, Inverness, 9.30am-12 noon and 12.30pm-4pm

Friday 8 April

- Dornoch Castle Street, 9am-12 noon
- Tain High Street, Service Point, 1pm-3.30pm
- Ullapool, Tesco car Park, Latheron Road, 9.30-12 noon and 12.30pm-3.30pm

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](#) 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/>.

Scottish Government COVID-19 Community Pathway Update

The Scottish Government has launched a campaign to highlight the closure of the COVID-19 Community Pathway from Friday 1 April 2022.

The COVID-19 Community Pathway was first set up in March 2020 in response to the Coronavirus pandemic. From 1 April 2022 patients who are unwell with COVID-19 symptoms and call NHS 24 during the in-house period (i.e., Monday – Friday, 8am - 6pm) will be advised to contact their GP practice. 111 will continue to answer calls related to COVID-19 symptoms out of hours.



If you are unwell with COVID-19 symptoms and need medical advice contact your GP practice or call 111 if out of hours

NHS SCOTLAND

Healthier Scotland Scottish Government

Key Messages

- From 1 April, if you are unwell with COVID-19 symptoms and need medical advice, contact your GP practice when open. Only call 111 when your GP practice is closed
- From 1 April, the 111 helpline will continue to answer calls related to COVID-19 symptoms when GP practices are closed
- The NHS Inform coronavirus webpage remains the fastest way to obtain the latest health advice and information. Visit nhsinform.scot/COVID-19

You can help by sharing campaign assets with your contacts via your social media channels <https://sgmarketing-newsroom.prgloo.com/resources/f/covid-19-campaigns/covid-19-community-pathway-closure>.

SSEN encourages applications for its £1m Resilient Communities Fund

With this year's funding pot increased to £1m, SSEN is urging communities across the north of Scotland to submit their applications for the latest round of its Resilient Communities Fund (RCF).

The aim of the fund is to help communities become more resilient in the face of severe weather events and prolonged power interruptions and, following the severe storms which battered the country this winter, SSEN has increased the total amount available in the north of Scotland in 2022 to £1m.

Grants are available from £1,000 up to £20,000 however, in exceptional cases, multi-year and multi-community funding up to a maximum of £50,000 will be considered. The deadline for applications has been extended to 13 May, and the fund is looking to support projects which fall under the two categories of:

- Resilience for Emergency Events

- Vulnerability

For further information please visit <https://www.ssen.co.uk/about-ssen/our-communities/resilient-communities-fund/>.

Scottish Gas Network (SGN) support to disabled customers - Newsletter (attached)

This newsletter includes information on the SGN commitment to support customers in vulnerable circumstances or who need extra support and their work with Scope, the disability equality charity, to raise awareness of their energy advice helpline. This free service offers a wide range of energy and water advice and support, all tailored to individual needs.

SGN has teamed up with utility partners UK Power Networks and Anglian Water to give disabled customers help accessing Scope's Disability Energy Support service. All our teams can refer customers to the service. Find out more [here](#).

Cyber Aware Campaign Launch

The National Cyber Security Centre (NCSC), a part of UK's Government Communications Headquarters (GCHQ), has launched the Cyber Aware Campaign, which aims to help defend the UK public against the actions of cyber criminals by protecting their email accounts. The Cyber Aware campaign will be running in Scotland on Outdoor, Radio and Digital Channels.

We can all protect ourselves and our loved ones from falling victim to online scams, hacking attempts and subsequent financial losses by taking two practical actions can protect your email accounts:

- Strengthening passwords by using 3 random words (3RW)
- Enabling 2-step verification (2SV), also known as multi-factor authentication.

You can also help by sharing the campaign's Cyber Aware messages through your contacts using social media; internal communications and customer/service users.

You can find the Stakeholder Campaign Toolkits at the following links:

- UK-wide assets can be found via the [Cyber Aware Campaign Resource Page](#).
- Safer Scotland dual-branded assets can be found via the [SG Marketing Resource Centre](#).

Highland Poverty Action Network - Money Worries Training

With the cost of living increasing and household budgets under increasing strain, the Highland Poverty Action Network are offering free training to support conversations around money worries. This 45-minute online training session is designed for staff and volunteers of statutory services or community projects and aims to increase understanding of poverty and its impact, outline techniques that can be used to talk

about money worries and increase participants' knowledge of where people in need can go for further help.

The course complements the Worrying About Money? leaflet, produced by the Independent Food Aid Network and HPAN members, which signposts people in financial difficulties to local support in Highland. You can find the Worrying about Money? resources for Highland here <https://www.foodaidnetwork.org.uk/cash-first-leaflets>

The course leaders come from a variety of HPAN members, including NHS Highland Health Improvement, the Trussell Trust, Social Security Scotland and Community Food Initiatives North East. HPAN is an informal network of statutory and voluntary organisations, facilitated by the Highland Third Sector Interface.

Courses are currently scheduled for April, June and August. For information about dates and further details, please contact nhsh.healthimprovementtraining@nhs.scot.

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