

Community Resilience Group Weekly Briefing - 58

11 March 2022

Covid Update

Case numbers remain high across the NHS Highland area. Over the 7-day period up to 10 March there were 3590 new positive cases in Highland compared to 2701 positive cases in the 7-day period up to 3 March. The 7-day rate for this period is 1524.9 per 100,000 population, compared to 1147.3 per 100,000 population the week before. 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 2 March 2022 and 8 March 2022

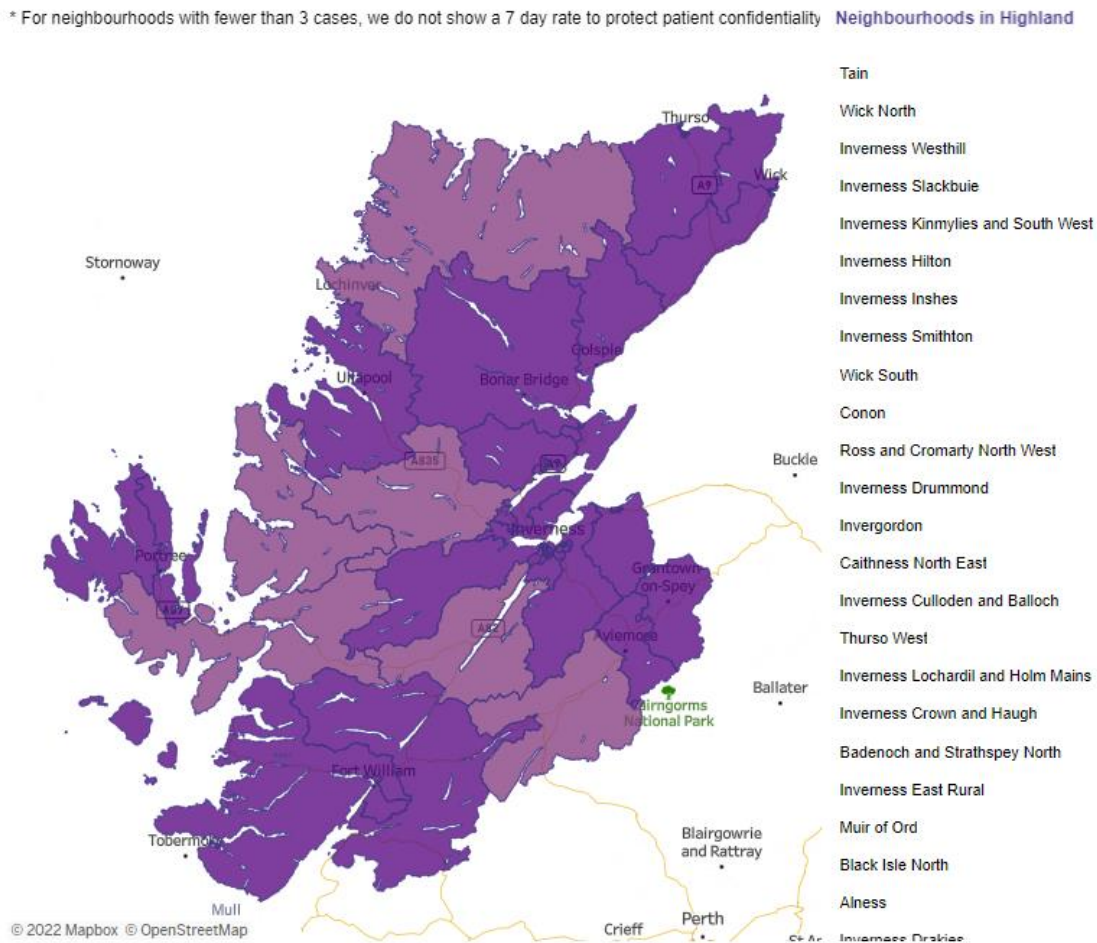
7 day positive cases	7 day positive rate per 100,000 population
3,590	1,524.9

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



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 (COVID-19): staying safe and protecting others

Rules and guidance on how to stay safe and help prevent the spread of COVID-19. Last updated 17 February 2022.

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

Return to pre-pandemic procedures: those with COVID-19 symptoms to contact their GP

From 31 March patients with COVID-19 symptoms will be asked to contact their GP in the first instance instead of NHS 24 during the working day, as they already do for other respiratory conditions. The move comes after a fall in the number of people using the service since the end of December and represents a return to pre-pandemic procedures.

If help and advice is required out of hours, 111 should still be called. NHS Inform's coronavirus webpage remains the fastest way for people to obtain the latest health advice and information.

<https://www.gov.scot/news/those-with-covid-19-symptoms-to-contact-their-gp/>

There was no Covid statement from the First Minister this week

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 14 – 18 March 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 be at Obsdale Road Car Park, Alness IV17 0TY between Monday and Friday and will be providing LFD tests to collect or do on-site in support of our Outreach activities. Opening times will be:

- Monday 14 March 9:30am-4pm
- Tuesday 15 March 9am-4pm
- Wednesday 16 March 9am-4pm
- Thursday 17 March 9am-4pm
- Friday 18 March 9am-3pm

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.

In addition, we continue with our programme of Outreach Delivery, sending small teams to various locations throughout the Highland area to provide testing advice and to hand out LFD test kits for anyone without symptoms which are free to collect. Dates, times, and locations are as follows:

Tuesday 15 March

- Invergordon Library 9am-12noon
- Tain High Street (Service Point) 1pm-4pm

Friday 18 March

- Tain High Street (Service Point) 9am-12noon
- Invergordon Library 1pm-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](https://www.nhs.uk/conditions/coronavirus/covid-19/pcr-test/) 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/>.

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.

This weekly briefing was started in response to feedback from local community resilience groups as one means to improve communication from the Council during the pandemic. The briefing focused on providing updates on the emerging response to the pandemic and advice and information for groups to assist in supporting communities.

We recognise the importance of retaining this means of communication and would hope to continue with the briefing. However, we would welcome your views on what the focus of any briefing should be in the future.

We have created a very short online survey 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>.

COVID Discretionary Business Grant Scheme opens for applications

The Highland Council launched a further round of its Discretionary Business Grant Scheme on 10 March 2022 providing grants of £500 to £2000. This is available for businesses who have witnessed a significant reduction in trade over the December and January period due to the COVID restrictions and guidance to control the Omicron variant.

https://www.highland.gov.uk/news/article/14479/covid_discretionary_business_grant_scheme_opens_for_applications

Birchwood Highland Peer Support (with attachment)

Do you have lived experience of mental ill health? Can you help people going through a similar journey?

Birchwood Highland are seeking people to train become a Peer Supporter. The offer includes 30 hours of free training and mentorship (with expenses covered) This course starts in April 2022, with an option to employ Peer Supporters.

Please contact us for more information or to apply:

recovery.college@birchwoodhighland.org.uk 01463 236507, ask for David Brookfield

HMP Inverness Visitor Centre Spring Newsletter (with attachment)

HMP's Inverness Visitor Centre have asked that their Spring newsletter is circulated. This includes information on the help that the visitor centre can provide in their new

location to offer support and understanding to families and loved ones of those in prison. The visitor centre has an open-door policy, and also delivers one-to-one support, which can be booked by contacting by telephone or email.

For more information, please contact: Sarah: 07889 603888 Heather: 07717 780465

Highland Council agrees support for Ukraine

Members of The Highland Council agreed to hold an emergency debate at the beginning of the Council meeting on 10 March 2022 to discuss the situation in Ukraine and consider ways in which the Council can support those affected by the crisis.

The Council agreed to directly promote ways to donate financially to support people directly affected by the invasion of Ukraine. Key avenues for donation were highlighted as:

- Disaster Emergency Committee (DEC) <https://www.dec.org.uk/>
- UNICEF www.unicef.org.uk/donate/donate-now-to-protect-children-in-ukraine
- SCIAF (The Scottish Catholic International Aid Fund) www.sciaf.org.uk/get-involved/appeals/741-ukraine-appeal
- Blythswood <https://blythswood.org/donate-to-ukraine-appeal/>

In addition, the Council will work with community planning partners to engage with the community, public and private sector on a **Highland Weekend of Action for Ukraine** to promote and encourage fundraising activity across Highland during first weekend of school holidays 1 - 3 April 2022. Further information on this will be circulated in next week's briefing.

The debate also included discussion about humanitarian support; refugees support and support for staff, young people and the wider public and in particular, for those with families and friends involved in the crisis.

Colleagues at High Life Highland would like to find out if anyone directly affected by the current situation in Ukraine (for example, with family in or leaving the country) would be interested in meeting together for mutual support at the Cameron Youth Centre in Inverness. Information is on the High Life Highland [Facebook page](#) or for anyone interested please contact susan.appleby@highlifehighland.com for details of dates and times.

<https://www.highland.gov.uk/news/article/14477/highland-council-agrees-support-for-ukraine>

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