

Community Resilience Group Weekly Briefing - 57

4 March 2022

Covid Update

Over the 7 day period up to 3 March there were 2701 new positive cases in Highland compared to 2360 positive cases in the 7 day period up to 24 February. The seven-day rate for this period is 1147.3 per 100,000 population, compared to 1002.4 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) 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 23 February 2022 and 1 March 2022

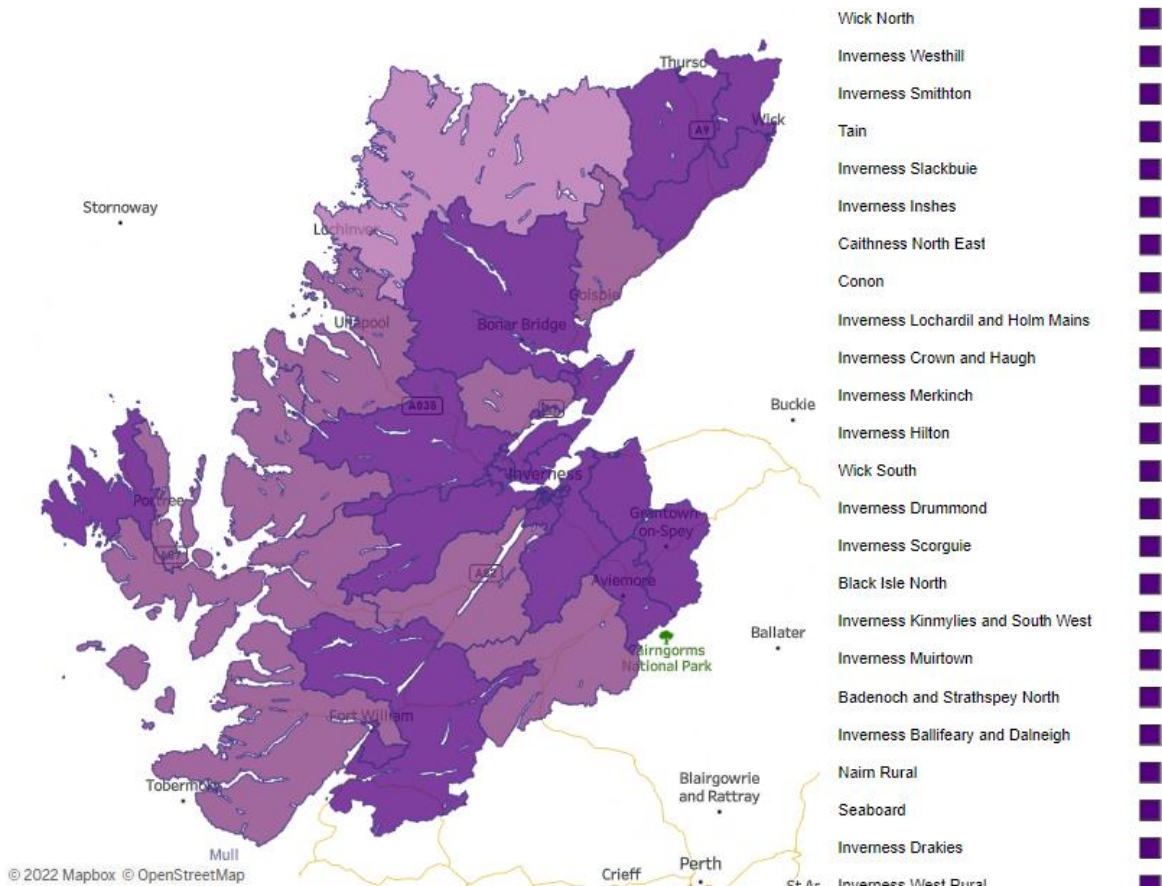
| 7 day positive cases | 7 day positive rate per 100,000 population |
|----------------------|--|
| 2,701 | 1,147.3 |

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/>

Living safely with Covid

A new staged approach to easing protective measures will help Scotland manage and recover from the ongoing coronavirus (COVID-19) pandemic. Published 22 February 2022. <https://www.gov.scot/news/living-safely-with-covid/>

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/>

There was no First Minister Covid statement 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 7 – 11 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 Tesco’s car park, Inverness Retail Park, between Monday and Friday, where we will be offering assisted testing and issuing LFD tests kits in support of our Outreach activities. Opening times will be as follows;

Monday 7 March, 9.30am–4pm
Tuesday 8 March, 9am-4pm
Wednesday 9 March, 9am-4pm
Thursday 10 March, 9am-4pm
Friday 11 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 which are free to collect. Dates, times, and locations are as follows:

Friday 11th March

- Nairn High Street 9am – 12 noon
- Ardersier Memorial Hall Car Park 1pm – 3pm

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/>.

North Highlands & Islands Climate Hub

Community Fridge and Larder Information Events, Wednesday 9 March

Looking to reduce food waste in your community, or looking for your next community project? Come along to the North Highlands & Islands Climate Action Hub information event on community larders and fridges featuring guest speakers (tbc) with information on funding, advice, and support.

- Afternoon session, 2pm-4pm
<https://www.eventbrite.co.uk/e/community-fridge-larder-info-afternoon-session-tickets-274231723467>
- Evening session, 7pm-8pm
<https://www.eventbrite.co.uk/e/community-fridge-larder-info-evening-session-tickets-275511401017?aff=ebdsoporgprofile>

Housing & Energy Advice Drop- In, Merkinch Community Centre, Inverness Tuesday 8th March 2022, 10am-3pm (Flyer attached)

- Local Highland Council Housing Officers for the Merkinch and South Kessock areas will be available to provide advice and Information available on all aspects of Housing
- A Home Energy Specialist delivering Energy Advice will also be available. Home Energy Scotland are a Scottish Government Funded organisation that provide will also attend to give free and Impartial Advice & Support on making your homes easier to heat and helping you to save money, make your home warmer and more comfortable, reduce your carbon footprint. Individual Energy Advice Sessions will address issues around energy saving, fuel poverty related issues & also some of the various forms of Financial support available.

Opportunity: New community reporting role for NW Highland

Highland News Group have obtained funding for a new community reporting role for NW Highland area. As part of a project with Meta – formerly Facebook – and the NCTJ, the leading professional training body for journalists in the UK, Highland News and Media (HNM) is looking for a trainee community news reporter.

This new role aims to help the area be better served by news media and extend the depth of coverage in parts of the Highlands which have been historically under-served. The new trainee reporter will cover the north-west Highlands, including the Lochinver area.

The Community News Project was originally launched in 2019 as a two-year pilot programme designed to support local journalism and improve the diversity of journalists in UK newsrooms by recruiting and training at least 80 community reporters towards NCTJ qualifications.

Unlike most positions within the industry, no previous journalism experience or specific qualifications are necessary, and the successful candidate will be given full training by the NCTJ as part of the role.

For more information about the role and to apply, visit: www.hnmedia.co.uk/careers

Census Scotland 2022: Census scams warning

This week, the Census Scotland warned that during the census in 2022, it is likely that scams pretending to be the census will increase.

Some scams may involve letters, text messages and emails demanding payment of a fake £1000 fine.

A common scam is a message that claims information is missing from your census or that there are errors in your submission which need to be confirmed.

These are fake requests from scammers.

If you receive anything suspicious that claims to be from the census, [contact us](#).

How to spot a scam

Scams almost always ask for either:

- payment of money for a fine or fee
- personal financial information, such as your national insurance number, bank details, or debit and credit card details

Census Scotland will never ask for money or personal financial information. So if you do receive something asking for these, you can be sure it is a scam. Find out more here <https://www.scotlandscensus.gov.uk/taking-part-in-the-2022-census/census-fraud/>

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