

Community Resilience Group Weekly Briefing - 50

14 January 2022

Covid Update

As of this week, the Scottish Government has made some changes to their published data in line with their recent guidance that those without symptoms testing positive with a lateral flow device no longer need to get a confirmatory PCR test. This means that the current daily numbers are capturing fewer positive cases than before.

Over the last 7 days there have been 2009 new positive cases in Highland up to 13 January. The seven-day rate for this period is 853.3 per 100,000 population.

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 seven-day PCR test positivity rate on was 18.9% on 11 January.

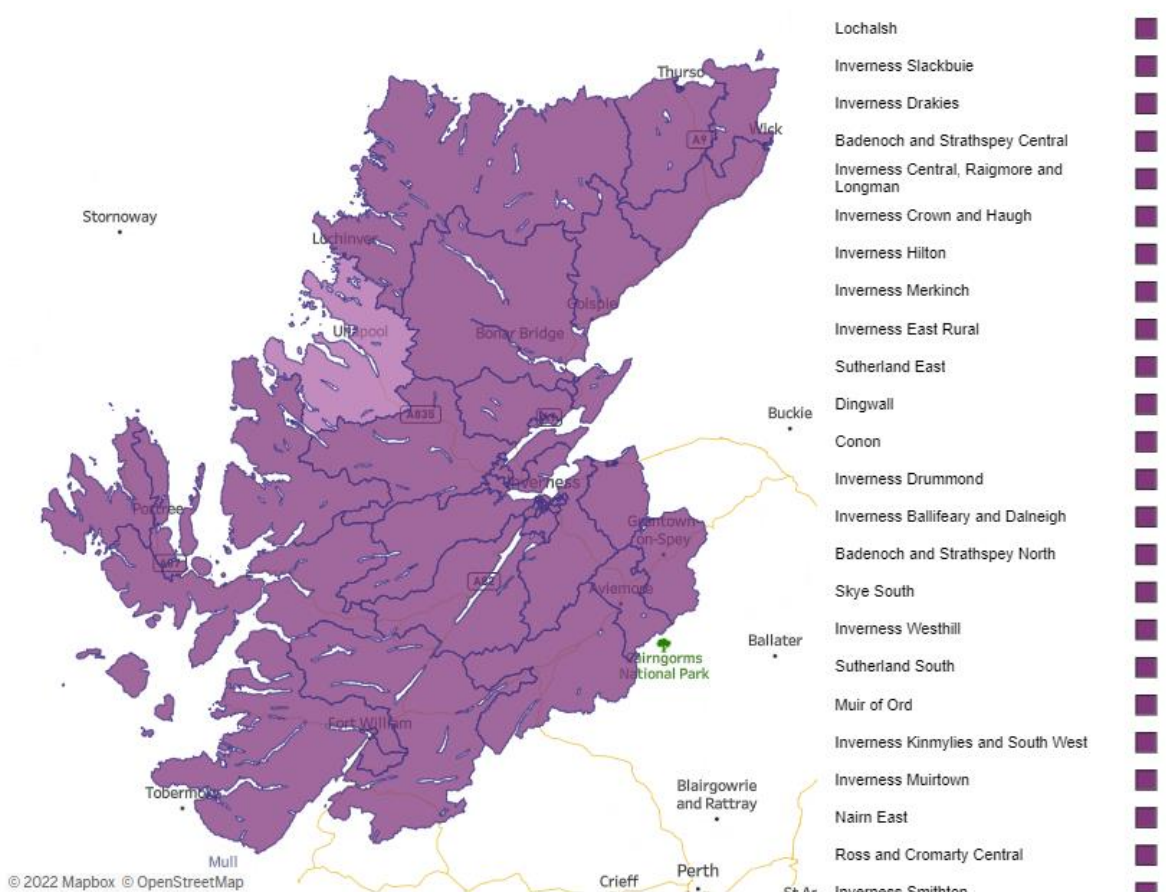
7 day positive PCR cases in Highland based on people tested between 5 January 2022 and 11 January 2022

7 day positive PCR cases	7 day positive PCR rate per 100,000 population	7 day PCR test positivity rate
2,009	853.3	18.9%

7 day positive PCR 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 Guidance on Coronavirus (COVID-19): staying safe and protecting others

The Scottish Government revised its rules and guidance on how to stay safe and help prevent the spread of COVID-19 on 13 January 2022. You can find the most recent version here:

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

Scottish Government messages this week

The First Minister gave a Coronavirus (COVID-19) statement to the Scottish Parliament on 11 January 2022

<https://www.gov.scot/publications/coronavirus-covid-19-update-first-ministers-statement-11-january-2022/>

Key Points include:

- Restrictions on large outdoor events in Scotland, including football matches and concerts, are to be lifted from next Monday.
- The First Minister told the Scottish Parliament that the limit of 500 people would be removed.
- Event organisers will now have to check the vaccine certification of at least 50% of attendees, rather than the current 20%, or at least 1,000 people - whichever figure is higher.
- From Monday, the definition of "fully vaccinated" for the purpose of vaccine passports will include having a booster if the second dose was more than four months ago.
- The first minister also said the vaccine passport scheme could be extended to more venues.
- Restrictions on indoor events and venues will remain in place until at least 24 January
- For now, the requirement to wear face coverings, work from home, and meet in groups of up to three households will remain.

The First Minister stated that the latest data gave "some hope that cases may be at or close to the peak". Cabinet will review the data again next week, it is hoped that this will allow other protective measures to be lifted - limits on indoor live events, table service in hospitality and distancing in indoor public places - from 24 January.

The First Minister closed with a reminder of the steps we can all take help stem transmission:

- Get fully vaccinated as soon as you can – if you haven't done so already, please do that and do it this week.
- Try to limit your contacts for a further period.
- If you are meeting other people socially, test before you go, every time.

And take all the other precautions we know make a difference.

- If you are meeting indoors, limit the number of households in the group to 3 at most. And keep windows open.
- Work from home whenever that is possible.

- Wear a face covering on public transport, in shops, when moving about in hospitality.
- And follow all advice on hygiene.

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 for those without symptoms (Asymptomatic): Outreach Delivery 17-21 January

The Highland Council and NHS Highland are working in partnership to continue our programme of Outreach Delivery, sending small teams to various locations throughout the Highland area to provide testing advice and to hand out test kits.

Details of dates, times and locations for next week 17-21 January are below.

Alternatively test kits can be ordered online <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or collecting through your local pharmacy:

Outreach delivery locations 17-21 January:

DAY	DATE	OUTREACH TIMES	LUNCH TIME	AREA
Monday	17/01/2022	0830-1200	1200-1230	CRADLEHALL COURT INVERNESS
Monday	17/01/2022	1300-1530		CULLODEN CENTRAL SHOPPING AREA
Monday	17/01/2022	1030-1500	1230-1300	RIVERSIDE CAR PARK WICK
Monday	17/01/2021	1030-1500	1230-1300	MIDDLE ST CAR PARK FORT WILLIAM
Tuesday	18/01/2022	0830-1530	1230-1300	INSHES RETAIL PARK INVERNESS
Tuesday	18/01/2022	0930-1200	1200-1230	FOUNTAIN RD CAR PARK GOLSPIE

Tuesday	18/01/2022	1300-1500		STATION SQUARE BRORA
Tuesday	18/01/2022	1030-1200	1200-1230	VILLAGE CAR PARK BROADFORD
Tuesday	18/01/2022	1300-1500		STATION RD CAR PARK KYLE
Wednesday	19/01/2022	0830-1530	1200-1230	TELFORD RETAIL PARK INVERNESS
Wednesday	19/01/2022	0930-1200	1200-1230	QUEEN ST CAR PARK TAIN
Wednesday	19/01/2022	1300-1530	1230-1300	CASTLE STREET DORNOCH
Wednesday	19/01/2022	1030-1500	1200-1230	BRIDGE CAR PARK THURSO
Thursday	20/01/2022	0830-1200	1230-1300	MERKINCH COMMUNITY CENTRE
Thursday	20/01/2022	1300-1530		BALLOAN PARK INVERNESS
Thursday	20/01/2022	0900-1530	1200-1230	GREENHILL STREET DINGWALL
Thursday	20/01/2022	0900-1530	1200-1230	AVIEMORE RETAIL PARK
Friday	21/01/2022	0830-1500	1200-1230	INVERNESS RETAIL PARK
Friday	21/01/2022	0900-1500	1200-1230	FALCONERS LANE CAR PARK NAIRN
Friday	21/01/2022	0930-1200	1200-1230	STATION SQUARE BRORA
Friday	21/01/2022	1300-1500		FOUNTAIN RD CAR PARK GOLSPIE

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.

Please note that outreach delivery for LFDs 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.

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/>.

Opportunity to represent your local community with Interim Community Council elections

Community Councils are voluntary organisations that express the views and concerns of local people within their area across a wide range of issues from new buildings and roads to local services and facilities. If you want to support your local community, please consider standing for your Community Council.

Nominations are being invited from people seeking election to 15 Highland Community Councils. You must be registered in the current Electoral Register for the Community Council area and be 16 years old and over. The 15 Community Councils cover areas in Sutherland, Ross and Cromarty, Wester Ross, Isle of Skye, Inverness, Nairnshire, Badenoch and Strathspey and Lochaber, listed below along with the number of vacancies to be filled:

Acharacle (5)
Cawdor and West Nairnshire (5)
Duror and Kentallen (5)
Fortrose and Rosemarkie (6)
Kinlochbervie (6)
Kinlochleven (5)
Marybank, Scatwell and Strathconon (6)
Nairn West and Suburban (6)
Nethybridge (6)
Shieldaig (7)
Slackbuie (5)
Smithton (6)
Spean Bridge, Roy Bridge and Achnacarry (9)
Staffin (5)
Strathdearn (6)

Nomination forms and copies of the scheme for the establishment of Community Councils can be obtained by:

- downloading from The Highland Council website https://www.highland.gov.uk/info/799/elections_and_voting/643/community_councils
- requesting by email to: election@highland.gov.uk ; or
- contacting the appropriate Ward Manager www.highland.gov.uk/elections

Completed nomination forms must be received by the appropriate Ward Manager by 12 noon on Tuesday 1 February 2022. Ward Managers will accept correctly completed emailed copies of the form containing the signature of the candidate and witness.

If any of the Community Councils receive valid nominations that exceeds its membership number then an election will take place on Thursday 3 March 2022 via postal ballot.

https://www.highland.gov.uk/news/article/14282/opportunity_to_represent_your_local_community_with_interim_community_council_elections

Introduction to Community Resilience

The Highland Council's Resilience Team have compiled a short video on an introduction to community resilience which is intended to inform Communities. The video can be found on the Highland Council website on the Emergency Planning

pages https://www.highland.gov.uk/info/1226/emergencies/72/emergency_planning and at <https://youtu.be/T2zLd-FWv28>.

The Resilience Team will be working on a follow up video, intended to support and assist communities in writing a community resilience plan.

Money Counts Course Level 1 and 2

This course is aimed at anyone who is in a position to have a brief conversation with individuals around money worries, and aims to:

- Increase understanding of poverty and its impact
- Increase confidence to ask about money worries
- Increase knowledge of support services for money matters

Dates and times of the level 1 course level 1:

- 31st Jan 10.00 – 10.45am
- 2nd Feb 2.00 – 2.45pm
- 8th March 10.00 – 10.45am

Dates and times of the level 2 course:

- 16th Feb 10.00 – 11.30am
- 29th March 10.00 – 11.30am

Details of how to register on the NHS Turas platform and find the course are in the attached flyer. The course has been developed in collaboration with NHS Highland, the Trussell Trust, Highland Council and Social Security Scotland.

For any enquiries contact, please email:

nhsh.healthimprovementtraining@nhs.scot

Public Health Scotland online public health learning hub

Public Health Scotland (PHS) has launched a new online public health learning hub to support those working in our public services. The Introduction to Public Health learning hub will allow those working in local government, NHS, third sector and community-based organisations to learn more about factors that influence health. It will also provide guidance on how to embed health and wellbeing into professional roles to ultimately improve population health and reduce health inequalities.

The new hub is an evidence-informed resource with examples of real-life practice to engage learners, including talking heads, animations and reflective activities. Further information and access to the learning hub is available via the links below.

- [PHS news story - Improving public health in Scotland: new learning hub](#)
- [Access the Introduction to Public Health learning hub](#)

From January 2022, PHS will be hosting a series of live online learning sessions to focus on helping people to consider what public health means for them in their job role. These learning events will be promoted nearer the time on PHS social media channels (e.g. [Twitter](#) and [Instagram](#)) and on the [PHS Virtual Learning Environment](#)

Support in Mind Rural Community Engagement Fund

Support in Mind Scotland has been funded by the Scottish Government to help improve the mental wellbeing of people in rural communities as we recover from the pandemic.

This Grants Scheme is designed to fund creative local ideas that develop as communities work together to protect and support the people most excluded as we recover from Covid. Local groups and organisations across Scotland's Rural Communities can apply for micro grants of up to £2,500 to support and promote mental health recovery following the pandemic in Scotland's rural communities through community engagement and support approaches.

The grants are specifically aimed at people who face additional inequalities in achieving good mental health whilst recovering from the pandemic and are particularly aimed at:

- People who are marginalised and experience health inequalities due to factors such as poverty and social deprivation.
- People who face multiple layers of inequality within specific marginalised groups:
 - Refugees and Asylum Seekers
 - Young Carers
 - LGBTI+ communities

There are 3 application rounds, the first closes on 31 March 2022. Further details of how to apply and eligibility for the fund are in the attached flyer. If you have any queries, contact rnovak@supportinmindscotland.org.uk.

CORRA Foundation Winter Support Small Grants Fund.

CORRA Foundation have announced that their Winter Support Small Grants Fund has reopened.

The fund is open to charities and constituted groups with an income of less than £100,000 who work closely with local people on low incomes. The groups can receive a grant of up to £5000 to be distributed in cash or vouchers to people on low incomes.

The fund will close on 2nd February 2022. However, if a high number of applications are received, the fund will close before that date. Therefore, CORRA encourage potential applicants to apply as soon as possible.

Please find more information here:

<https://www.corra.scot/grants/winter-support-small-grants-fund/>

[Highland hospitality businesses invited to apply for funding](#)

Hospitality businesses who lost bookings during the Christmas/New Year period are to secure grant support from the Scottish Government. Business will receive either a grant of £4,500 or £6,800 depending on their rateable value.

To be eligible the hospitality business must be registered as either a public house; restaurant; cafe; or other licensed premises classed as hospitality such as sports and social clubs; nightclubs, and hotels with bars and restaurants.

Eligible businesses that have previously received a grant via the Council, will be written direct to by the Council and invited to complete a short online form if they wish to receive grant support. Businesses are urged to complete and submit the online form as soon as possible.

If a hospitality business does not receive a direct email from the Council, and thinks they may be eligible, they should go the Scottish Government's Find Business Support website <https://findbusinesssupport.gov.scot/coronavirus-advice>

Young Persons' (Under 22s) Free Bus Travel Scheme

All young people and children aged 5-21 years can apply for a card from 10 January to access the Young Persons' (Under 22s) Free Bus Travel Scheme from 31 January. Full details: <https://www.transport.gov.scot/concessionary-travel/young-persons-free-bus-travel-scheme/#overview>

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