

# Community Resilience Group Weekly Briefing - 32 27 August 2021

## Covid Update

Over the last 7 days there have been 832 new positive cases in Highland (to 24 August), an increase from last week when 412 were reported. This means the latest 7-day rate per 100,000 has increased from 175 per 100,000 last week to 353.4 per 100,000 as of 24 August. It remains important to be careful and stick to the Scottish Government guidelines.

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 test positivity rate on was 8.8% on 24 August, up from 6.5% on 17 August.

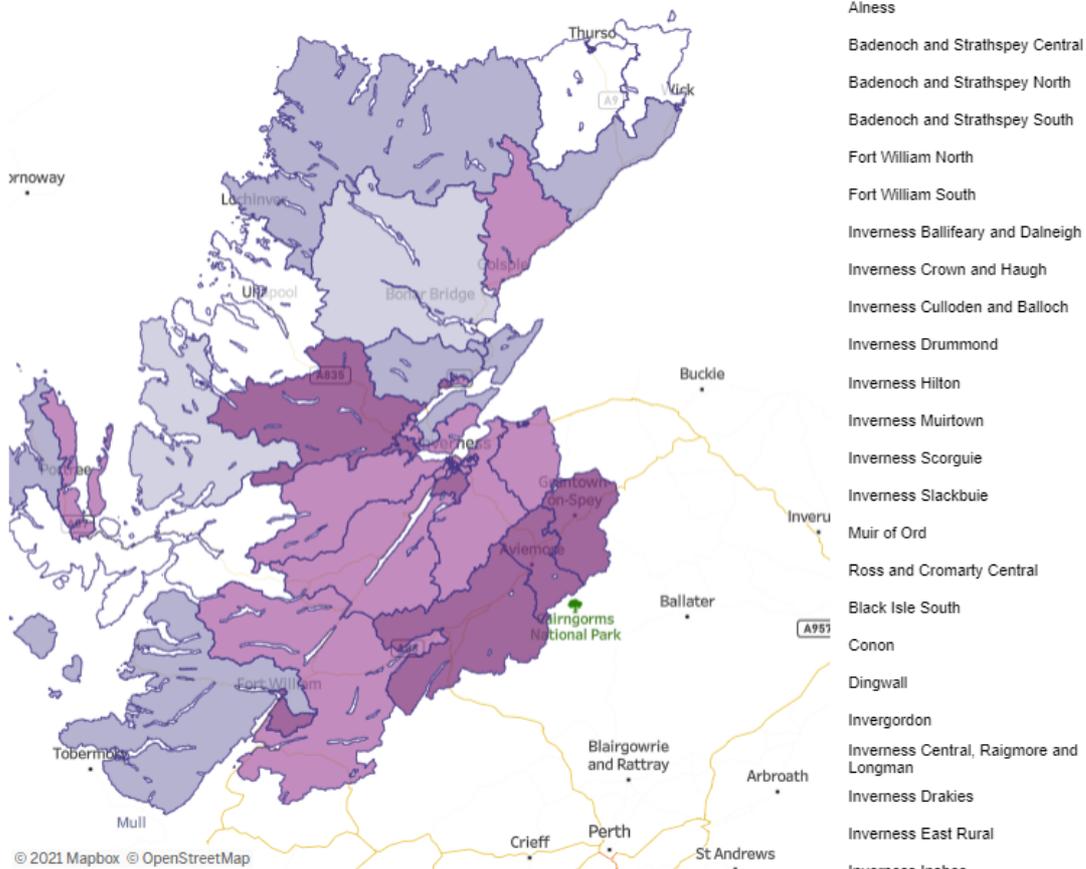
7 day positive cases in Highland based on people tested between 18 August 2021 and 24 August 2021

7 day positive cases	7 day positive rate per 100,000 population	7 day test positivity rate
<b>832</b>	<b>353.4</b>	<b>8.8%</b>

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.



## **Scotland has Moved Beyond Level Zero**

From 9 August 2021 the whole of Scotland moved to beyond Level 0. You can find Scottish Government guidance for everyone on how to stay safe and prevent the spread of COVID-19 here.

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

People at highest risk (those formerly classed as 'shielding) from Covid are advised to follow the same advice as the rest of the population. You can find advice for people at highest risk here <https://www.mygov.scot/covid-highest-risk>

## **Asymptomatic Testing**

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](http://www.nhsinform.scot/testing), or by calling 119.

Test kits are also available at Community testing sites. The details for where these are next week is outlined below.

## **Symptomatic Testing**

If you do believe you have symptoms, please self-isolate and book a PCR test. Postal PCR kits are available through NHS Inform either online [here](#) or by calling 0800 028 2816.

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.

## **Community Testing 23 – 27 August for those without symptoms**

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

Next week a mobile testing unit will be in Grantown on Spey.

The mobile testing unit "Testalot" will be in the Burnfield car park at Burnfield Avenue Grantown on Spey, PH26 3HH:

Monday 30 August, 11am - 4pm

Tuesday 31 August – Thursday 2 September, 9.30am – 4pm

Friday 3 September, 9.30am – 2.30pm

Just to emphasise that there is no specific outbreak 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.

Please note that these drop-in sessions for community testing 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.

Those who attend a COVID-19 Mobile Clinic will also have the opportunity to enter a free monthly draw to win an Amazon Kindle e-reader (10<sup>th</sup> generation, with 6” backlit display) after completing an exit survey. The winner will be drawn by random at the end of the month.

I would appreciate it if you could encourage people across your networks to attend.

### **Vaccination Update**

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

### **Vaccination of 16-18 year olds**

From 7 August, 16-18 year olds are now eligible for vaccination and will be directed to the drop in clinics - see NHS Highland website for details <https://www.nhshighland.scot.nhs.uk/COVID19/Pages/Vaccination.aspx>.

### **Launch of Long COVID e-Learning Self-Management Resource**

NHS Highland is working in partnership with Let's Get On With It Together (LGOWIT), to support a series of online self-management modules for the public across a range of areas including coping with loss, embracing change, and living well.

In light of the ongoing pandemic a new module has been introduced to help support people who are living with the debilitating effects of Long COVID.

LGOWIT is a project managed by a partnership of public, private and third sector organisations across the Highland Council area and is active in promoting and supporting self-management of health for people living with long term conditions.

Further information on how to sign up for the module can be found on the LGOWIT website at [www.lgowit.org](http://www.lgowit.org) or email [lgowitkirsteen@highlandtsi.org.uk](mailto:lgowitkirsteen@highlandtsi.org.uk) or call 07454 905 383.

### **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](mailto:policy6@highland.gov.uk)

### **Helpful Links**

Welfare Support Team - [www.highland.gov.uk/directory\\_record/102970/benefit\\_advice](http://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](http://www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant)

Energy Advice  
[energyadvisors@hi.homeenergyscotland.org](mailto: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](http://www.highland.gov.uk/directory_record/1422811/supporting_community_resilience/category/155/grants_for_community_groups)

HTSI Community Group Helpline  
Telephone Number 01349 808022