

Community Resilience Group Weekly Briefing - 25 9 July 2021

Covid Update

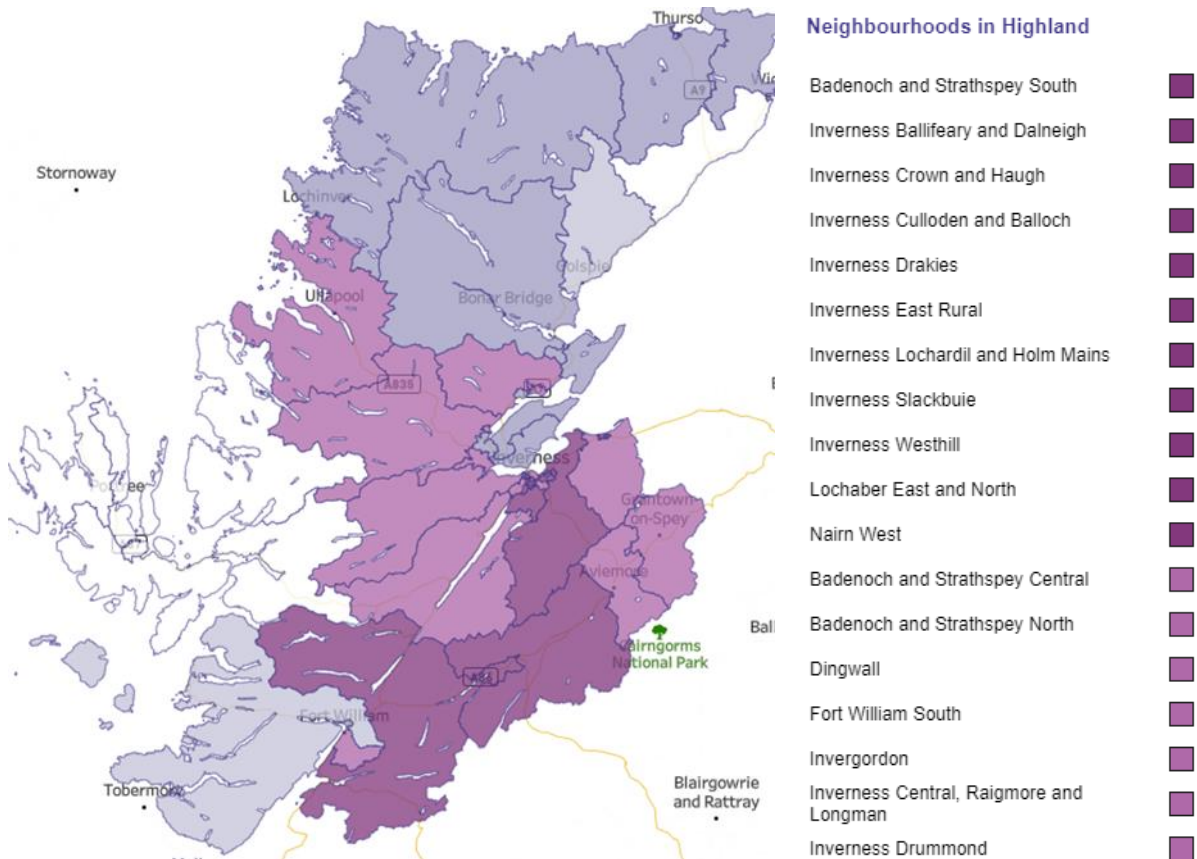
There continues to be a significant increase in the numbers of covid cases reported across the country including within Highland. Over the last 7 days there have been 615 new positive cases in Highland (to 7 July), a further increase from last week when 565 were reported. This means the latest rate per 100,000 has increased from 239.6 per 100,000 last week to 260.8 per 100,000 as of 5 July.

In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area. This reflects the increase in reported numbers of cases over the last week.

7 day positive rate per 100,000 population

*	1 to 49	50 to 99	100 to 199	200 to 399	400+
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* For neighbourhoods with fewer than 3 cases, we do not show a 7 day rate to protect patient confidentiality.



Symptoms and PCR Testing

The message from NHS Highland is to continue to remain vigilant for any symptoms. The typical symptoms are a new continuous cough, a high temperature or fever and a loss of, or change in, normal taste or smell (anosmia). However, people with COVID-19 can present with a wide range of symptoms including headache, sore muscles and joints, tiredness, sore throat, cold-like symptoms and diarrhoea and vomiting.

Anyone that becomes unwell should isolate immediately and seek a PCR test. Tests can be booked through NHS Inform online or by calling 0800 028 2816.

Asymptomatic Testing

As cases rise, it is important to test yourself even if you 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. The details for where these are next week is outlined below.

Community Testing 12 July – 16 July

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

Next week there will be two units deployed for community testing.

- Inverness – “Jabernaut” will be at Inverness Retail Park Monday to Friday, opening hours 09.30 – 16.30 (09.30 – 13.00 Friday).
- Aviemore - “Testalot” will be at Aviemore Retail Park Monday to Friday, 09.30 – 16.30

Just to emphasise that there is no specific outbreak in these communities 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.

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

Drop-in vaccination clinics for first dose – Inverness and Wick

Any adult aged 18-39 that has not already received an appointment for a first vaccine can also get their first vaccination from one of NHS Highland's drop-in clinics in Inverness and Wick. Please attend if you have not received an appointment or you were unable to attend your scheduled appointment.

Drop-in clinics do not require an appointment and you can arrive at any time during opening hours. Please wear loose clothing or short sleeves, and be advised that you may have a short wait when you arrive depending on demand.

Please note that these clinics are not available to people who require a second dose. Locations and times for the drop-in clinics are:

Tulloch Caledonian Stadium, Inverness IV1 1FB

Saturday 10 July 9am-5pm

Wick Riverview Practice, Martha Terrace, Wick KW1 5EL

Saturday 10 July 9am-5pm

Sunday 11 July 9am-5pm

Smithton Church, 1 Murray Road, Smithton, Inverness IV2 7YU

Saturday 17 July 9am-4pm

For anyone who has not yet received an appointment for their first dose and are unable to attend one of the drop-in clinics or live in another part of Highland, please visit [NHS Scotland's Appointment Checker](#) or call the COVID-19 Vaccination Helpline on 0800 030 8013.

Vaccination Update

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

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

Resilience Network Contacts

Should any group not already be involved with these networks, the contact details for each is below.

- Caithness –If any groups aren't involved and wish to be please contact Alan Tait at Caithness Voluntary Groups allan@cvg.org.uk
- Sutherland – If any groups aren't involved and wish to be please contact Karina Ross at Highland and Islands Enterprise karina.ross@hient.co.uk
- East Ross – Helen Ross, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Black Isle - If any groups aren't involved and wish to be please contact Asia Cielecka at communities@black-isle.info
- Wester Ross and Dingwall – Dot Ferguson, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Skye and Raasay - If any groups aren't involved and wish to be please contact Fiona Thomson at Skye Community Response Development Team fiona@portreeandbraes.org
- Lochaber – Emma Tayler, Assistant Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- B&S –If any groups aren't involved and wish to be please contact Karen Derrick enquires@vabs.org.uk
- Inverness City – David Haas, City Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Inverness Rural – Charles Stephen, Ward Manager, will facilitate this network. For future involvement in this network please contact policy6@highland.gov.uk
- Nairn – Emma Tayler, Ward Manager, will facilitate this network. For future involvement in this network please 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