

Community Resilience Group Weekly Briefing - 63 29 April 2022

Covid Update

The daily COVID-19 data is now available on [Public Health Scotland's COVID-19 Daily Dashboard](#). Case numbers continue to reduce, however there is still a risk of transmission.

Since the last briefing on 8 April, the number of new positive cases over a previous 7-day period has reduced from 2262 to 6 April, to 910 up to 28 April. The latest 7-day rate is 386.5 per 100,000 population up to 28 April, compared to 960.8 per 100,000 population reported to 6 April.

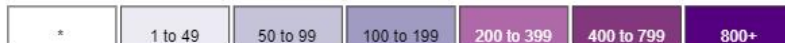
Figures are the new number of reported positive cases (either a person's first LFD or PCR positive test including reinfections) in the latest 24-hour period. In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area.

7 day positive cases in Highland based on people tested between 19 April 2022 and 25 April 2022

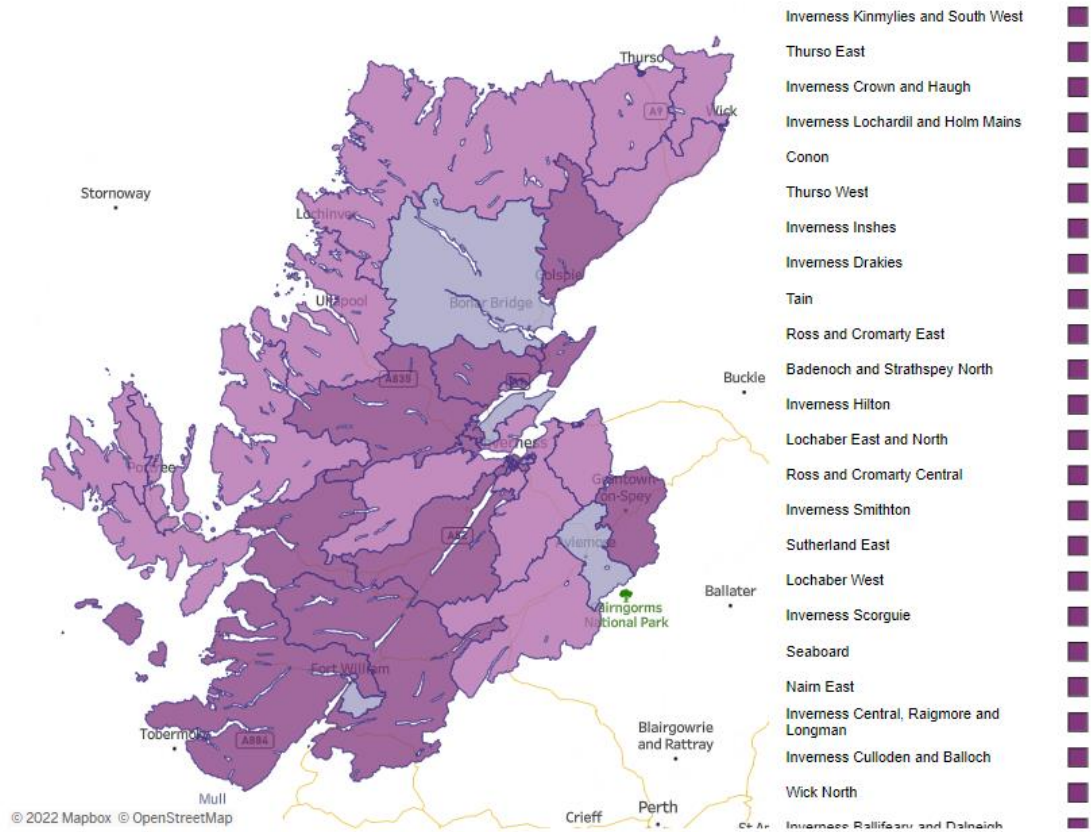
7 day positive cases	7 day positive rate per 100,000 population
965	409.9

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)

There have been no new Scottish Government announcements.

The Coronavirus (Covid-19): Staying at home guidance has been updated on 28th May to explain changes to testing, contact tracing and isolation guidance that will come into effect from 1 May 2022.

<https://www.gov.scot/publications/coronavirus-covid-19-getting-tested/>

Key points are that:

- Testing in Scotland is changing, thanks to our widespread vaccination coverage and access to new Covid treatments.
- From 1 May 2022, most people no longer need to take a COVID-19 test and should follow guidance on staying at home if unwell.
- Testing is only available to people with symptoms of COVID-19, and in a limited number of other circumstances.
- Testing remains available to specific groups including for clinical care, for health and social care workers and for people visiting care homes or hospitals.
- If you are [planning international travel](#) and need to provide evidence of negative testing/vaccine status, you need to arrange a private test.
- There is separate guidance for people who have been informed by the NHS that they are at highest risk of becoming seriously unwell and who might be eligible for new COVID-19 treatments.
- There is also additional guidance for those working in health and social care settings.

Covid-19 Testing

Testing in Scotland is changing. This is because most people in Scotland are vaccinated and there are [new coronavirus treatments available](#).

Testing is now only available for people [with symptoms of coronavirus](#), and in a limited number of circumstances for people [who do not have symptoms](#).

If you have symptoms, testing can be carried out at home or at coronavirus testing centres across Scotland.

Most people no longer need to test regularly when they do not have coronavirus symptoms. Lateral flow device (LFD) tests are now being used in a targeted way, to protect the most vulnerable

Please check NHS Inform for up-to-date guidance on Covid-19 testing arrangements.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing>

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>

Voters reminded to make their vote count

Voters taking part in the forthcoming Highland Council election on Thursday 5 May are reminded that when filling in their ballot papers they should use numbers against the name of candidates and not a cross.

The system of voting for local government elections is the Single Transferable Vote (STV). Voters need to mark their choice of candidates in numerical order, using 1, 2, 3 and so on.

Voters can make as many or as few choices as they wish putting the number 1 in the voting box next to their first choice; a 2 in the voting box beside their second choice; a 3 in the voting box next to their third choice and so on.

To assist voters the Council has produced a short video to provide information on how to ensure their vote counts. This can be viewed on the Council's website – <https://youtu.be/gfoUCuy0Snk> (external link). Other helpful information for voters can be found by visiting www.highland.gov.uk/voter

[https://www.highland.gov.uk/news/article/14552/voters reminded to make their vote count](https://www.highland.gov.uk/news/article/14552/voters_reminded_to_make_their_vote_count).

New Highland Youth Convener Sought

The search is on for a new Youth Convener to champion the cause of young people in the Highlands.

The Highland Youth Convener is a sounding board for youth issues in the Highlands and has a direct line into policy makers and decision takers.

The Youth Convener is a unique role in that the post holder is a member of The Highland Council's Education Committee, with full voting powers and also works with the High Life Highland Youth Services Team in developing Highland Youth Parliament and other initiatives that increase youth involvement in decisions that affect them.

Head of Adult Learning and Youth Work for High Life Highland Mark Richardson said: "Young people have the right to a voice to highlight what they need and to shape the services in their lives.

"The Youth Convener role provides a significant platform for that to happen. Over a 12 month period it is a superb opportunity for someone to provide a full-time face, voice and connection for young people and link to services for them across the Highland area."

A key requirement of the role is an awareness of issues affecting young people and an ability to represent their views. Good communication skills are required, as is the ability to work with and relate to a wide range of people and organisations.

Young people involved in the Highland Youth Parliament have highlighted their priority issues, including mental health concerns due to COVID, isolation and academic stress, the effects of exam challenges due to the pandemic and employment concerns.

The closing date for applications is Thursday, May 12 and interviews will take place in two stages in June.

For more information, visit www.highlifehighland.org/recruitment

Kooth - online counselling service for young people

NHS Highland has commissioned the online counselling service Kooth, a service delivered by Kooth Digital Health. Kooth is an integral component of Highland's mental health provision offering a digital counselling and emotional well-being service for young people.

Kooth is a free online counselling and emotional well-being support service providing young people aged 10-18 years (up to 19th birthday) across the Highlands with a safe and secure means of accessing support with their emotional health and wellbeing needs from a professional team of qualified counsellors.

Kooth has no referrals, thresholds or waiting lists. Young people can access this service anonymously by signing onto the Kooth site at www.kooth.com. Kooth provides unique out of office hours' provision and is open 7 days per week, 365 days a year, with live support and counselling available from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays. Kooth provides added value with moderated, scheduled forums and self-help articles (many written by service users) to provide peer led and self-help support.

Find out more here <https://www.kooth.com/>

Mental Health Delivery Group newsletter

This newsletter is from the Highland Community Partnership Mental Health Delivery Group and aims to share best practice; information; ideas and resources to support people and communities in Highland to benefit from good health and wellbeing. We ask that you please share it across all corners of your community, workplaces and networks.

The contents of this newsletter include:

- Online Mental Health and Wellbeing Training - for individuals and community groups
- Stress Awareness Month - stress.org.uk resources
- MikeysLine - Men's Group at The Hive
- Trauma Informed - A Highland Journey of Hearts & Minds and Culture & Practice
- Director of Public Health Report 2021: Suicide and Mental Health

- Maternal Mental Health Awareness Week 2-8 May 2022
- Mental Health Awareness Week 2022 - Loneliness
- Mental Health and Wellbeing website - relaunch May 2022
- Meet the MHDG Partners
- The Mental Health Delivery Group (MHDG) Explained

You can find the newsletter online at
<https://sway.office.com/JRdYkX6CXoruqhJA?ref=email>

SSEN Stakeholder Annual Engagement Plan

Each year, SSEN reviews the feedback it gathers from stakeholders, to identify the common themes that you have encouraged us to engage on and areas where you want us to implement improvements or play a more active role in industry change.

We publish these in a stakeholder consultation called our Draft Annual Engagement Plan, which includes a summary of our proposed stakeholder engagement initiatives, and we welcome your views on this plan.

Our 2022/23 Draft Annual Engagement Plan is published online <https://www.ssen-transmission.co.uk/our-stakeholder-engagement/stakeholder-annual-engagement-plan/>, with the consultation open until Monday 2 May 2022.

Providing feedback is easy using our short **online form**.

Alternatively, you can respond directly to your SSEN Transmission contact or you can email us at **Transmission.Stakeholder.Engagement@sse.com**, where you can leave a request for us to call you back to give verbal feedback.

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.

HTSI Community Group Helpline
Telephone Number 01349 808022