

Community Resilience Group Weekly Briefing - 64

6 May 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.

The number of new positive cases over a previous 7-day period has reduced from 910 to 28 April, to 593 up to 4 May. The latest 7-day rate is 251.9 per 100,00 population up to 4 May, compared to 386.5 per 100 000 population reported to 28 April.

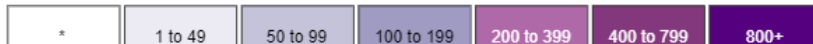
Figures are the new number of reported positive cases (either a person's first LFD or PCR positive test including reinfections) in the latest 24-hour period. In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland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

7 day positive cases in Highland based on people tested between 26 April 2022 and 2 May 2022

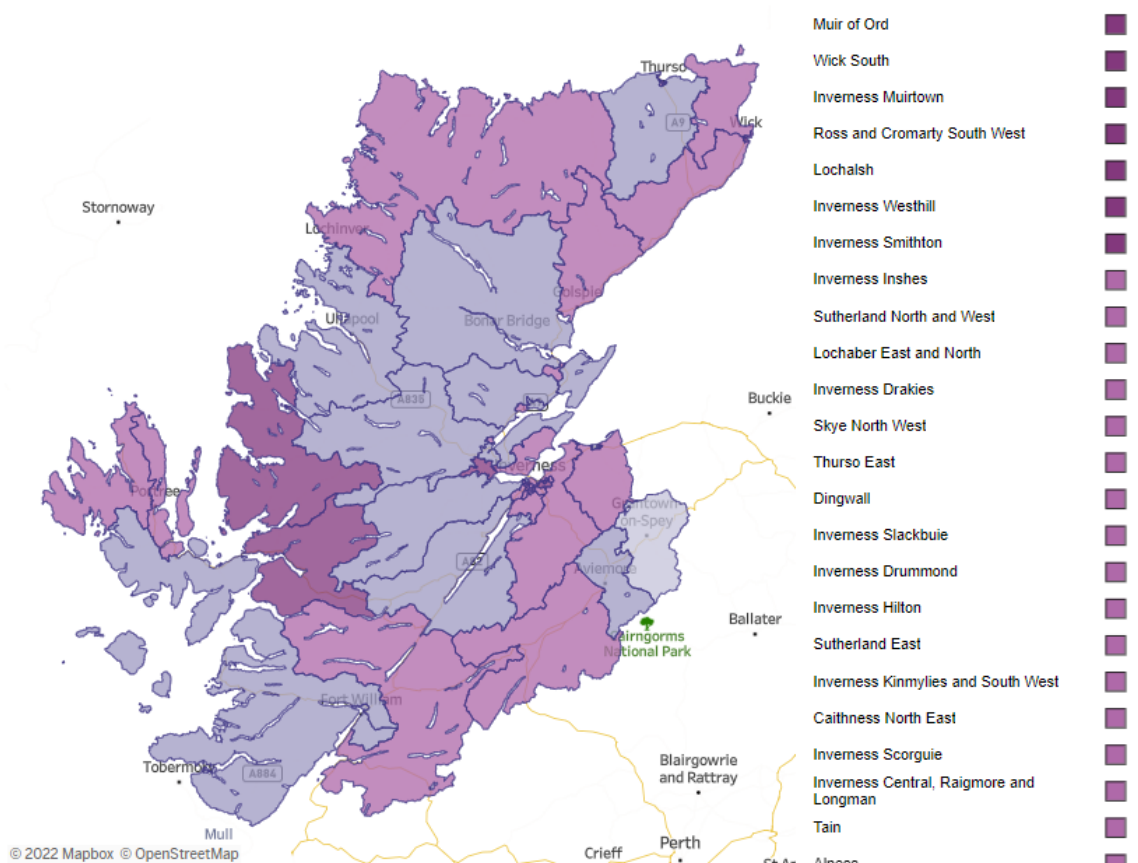
7 day positive cases	7 day positive rate per 100,000 population
593	251.9

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 [Neighbourhoods in Highland](#)



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/>

All covid rules and restrictions have been lifted in Scotland, but the virus has not gone away.

Use 'Covid sense' to help protect yourself and others:

- [get your vaccine](#) when offered to ensure you are fully protected
- stay at home if you're unwell with symptoms or have a fever
- open windows when socialising indoors
- [wear a face covering](#) in indoor public places and on public transport
- wash your hands to protect yourself
- take an LFD test before visiting someone in a hospital or care home

Care for yourself and others to help slow down the spread of the virus and reduce pressure on our health services.

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

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>

Money Counts Course Level 1 and 2 updated dates (flyer attached)

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:

- 4 July 2pm – 2.45pm
- 15 August 2pm – 2.45pm
- 28 September 2pm - 2.45pm
- 10 October 10am – 10.45am

Dates and times of the level 2 course:

- 14 June 10am – 11.30am
- 7 September 2pm - 3.30pm
- 16 November 2pm – 3.30pm

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

Her Majesty The Queen's Platinum Jubilee – tree planting

Many of you will already be involved in planning events such as street parties or tree planting to celebrate the Queen's Platinum Jubilee. We wish you well with any local celebrations but also want to remind you that, if you haven't yet planned anything, autumn is an excellent time for tree planting. Planting a tree for the Jubilee is a great way to celebrate the Jubilee and contributing to the Queens Green Canopy - as well supporting climate action.

To participate in this project, community groups are advised to purchase their own trees from a reputable nursery. Schools or community groups can apply for free saplings through the Woodland Trust partnership on the following website -

<https://www.woodlandtrust.org.uk/plant-trees/schools-and-communities/>

The Highland Council is supportive of developing a Queen's Green Canopy in celebration of the Jubilee. A number of local initiatives have already been promoted and supported by the Council with tree planting taking place in Inverness and Caithness. For example:

- Inshes District Park in Inverness will contribute to tackling climate change through the planting of around 9,000 native trees and shrubs as part of the [Nature Rich Greenspace](#) project.

- Highland schools including Thurso High have planted trees gifted by the Woodland Trust, and Merkinch Primary School was one of the first schools to receive a tree from the Queen's Green Canopy initiative

Guidance for preparing, planting and maintaining a commemorative tree is available at: <https://queensgreencanopy.org/get-involved/plant/>. The Council has produced [Supplementary Guidance](#) for Development which encourages open space and tree planting in new residential developments. We have also prepared some tree planting and maintenance specifications for small (bare-root) trees and for larger specimen trees (root-ball) for additional assistance (attached).

As noted, communities can access trees directly from the Woodland Trust but applications for funding trees can also be made for [Ward Discretionary Funding](#).

The Ofgem Energy Industry Voluntary Redress Scheme (Energy Redress Scheme)

The above scheme has recently opened the first funding round in phase two of the scheme. A total of £27 million is available as grants to charities and community energy groups that support households most at risk from cold homes and high energy bills across England, Scotland and Wales.

Charities can apply for grants to deliver energy related projects through four different funding streams. As part of phase two, funding is now also open to community energy groups, including community interest companies, co-operative societies and community benefit societies – who can apply to two of the funding streams: the Carbon Emissions Reduction Fund and Innovation Fund.

- The Main Fund contains £18 million - aimed at projects seeking grants between £50,000 and £2 million that will support households in vulnerable situations.
- The Small Project Fund contains £1 million – aimed at projects seeking grants between £20,000 to £49,999 that will support households in vulnerable situations.
- The Innovation Fund contains £4 million – aimed at projects that will develop innovative products or services to benefit households. Applicants can apply for grants between £50,000 to £1 million.
- The Carbon Emissions Reduction Fund contains £4 million – aimed at projects that empower householders to reduce their carbon emissions and engage positively with the transition to net zero. The fund awards grants between £50,000 to £1 million.

For further information on the scheme visit

<https://energyredress.org.uk/announcements/ps27-million-available-charities-and-community-groups-support-vulnerable-energy>. The deadline for applications is 6 June.

Ideas Fund: Connecting communities with researchers to explore mental wellbeing in the Highlands and Islands

The [Ideas Fund](#) supports communities currently underrepresented in research across the Highlands and Islands to connect with researchers and lead projects which explore and try out ideas that address issues around mental wellbeing.

As the regional development coordinator for the Fund, Science Ceilidh is supporting both the first cohort's Community of Practice learning around community-led public engagement with research and sharing this wider with strategic stakeholders.

The Second Round of The Ideas Fund is now open and is currently looking for community groups in the Highlands and Islands of Scotland who are interested in building relationships with researchers to develop and try out ideas which address local issues around Mental Wellbeing.

Led by the British Science Association and funded by Wellcome, the scheme will be supporting up to 7 groups through an "incubator" process from July to September with a small grant of £3000 which includes being matched with a relevant researcher and tailored support to develop an idea in partnership before the opportunity to propose a larger grant to support your project.

Find out more or register for the local Highlands and Islands workshops and support available before the deadline Wednesday 8 June, noon at the following link <https://www.scienceceilidh.com/ideasfund>.

2022 Scottish Mental Health Arts Festival Highland

The 2022 Scottish Mental Health Arts Festival Highland takes place during May and opens this week. You can find information on some of the events that are planned at the following link <https://smhafhighland.wordpress.com/events/>.

The events include a series of free mindfulness taster sessions run by the Highland Mindfulness Group in a range of locations (flyer attached).

Please contact individual event organisers with any queries or contact the SMHAF Highland team on smhafhighland@gmail.com

NW Sutherland - Support in Mind Survey

For anyone living in NW Sutherland, Support in Mind is including this location in a short survey they are conducting as part of their Rural Community Engagement Project, asking whether Covid-19 has affected people's mental health. The information will be fed back to the Scottish Government. You can find the survey at the following link <https://forms.office.com/Pages/ResponsePage.aspx?id=HzqFo7IOq0CvBvyO0erH3W-EKd69Jn9K0YM9CWVBUOEg4TUFWV0YzVUZRNuZDV05VS1RJNFIHQSQIQCN0PWcu>.

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