

C-19 Cumbria Community Resilience Group Update on Key Issues – 1 February 2021

If you feel there are any actions from the last meeting that haven't been adequately covered in this update, please either contact me advance (CarolynO@cumbriacvs.org.uk / 07776 594252) or raise them during Monday's meeting.

Coronavirus Restrictions

The whole of England is still in National Lockdown; this is expected to remain in place for a number of weeks yet, with a recent announcement that schools will remain closed to most pupils until at least 8 March.



The full national lockdown guidance can be found here:

<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

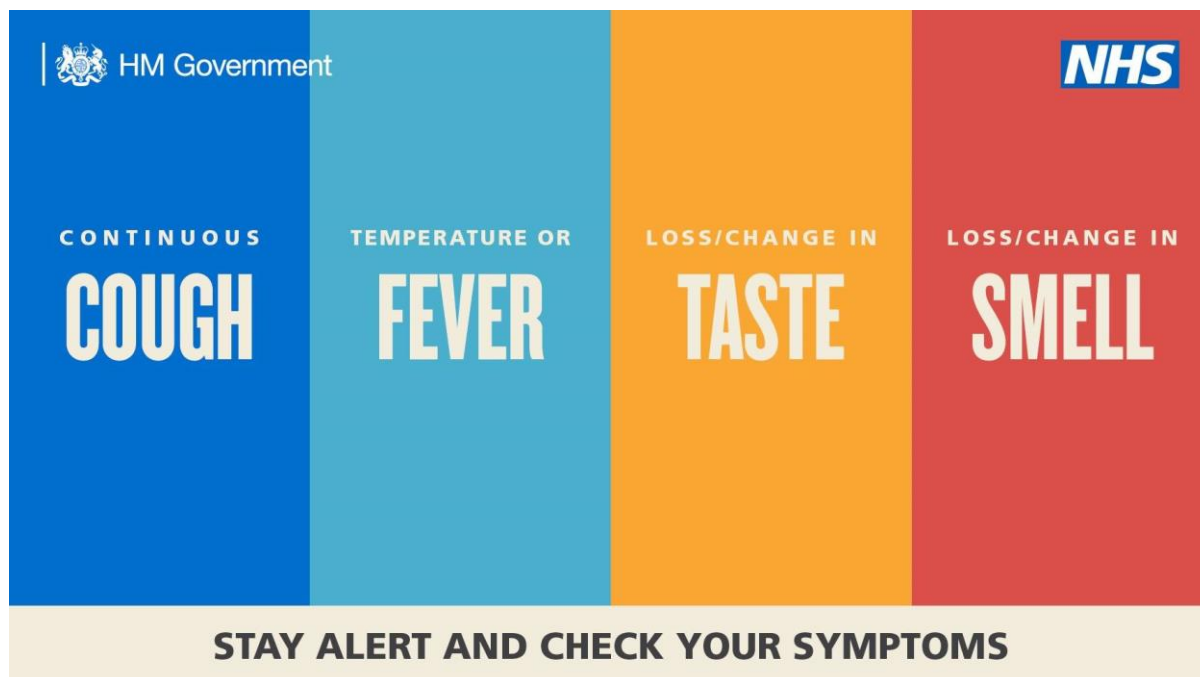
Infection rates are now falling across Cumbria, but the rates are still very high compared levels over the summer. You can find information on local infection rates, hospital admissions, etc, on the Cumbria County Council website:

<https://www.cumbria.gov.uk/StopTheSpread>

Colin Cox, Cumbria's Director of Public Health, will be doing another Facebook Live Q&A session on **Wednesday 3 February at 7pm** – join by visiting the Cumbria County Council Facebook page on the evening: <https://www.facebook.com/CumbriaCC>

Stop the Spread

The majority of cases within Cumbria are now caused by the new variant. This means that it is more important than ever for all of us to follow the basic “hands, face, space” steps to protect each other from infection – and to self-isolate and book a Coronavirus test if we experience any of the main Coronavirus symptoms, however mild.



You can book a Coronavirus test on the NHS website:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

If people are unable to access the internet, they can book a test by calling **119**

You can find out the location of test centres across Cumbria (some fixed sites, some mobile testing units) on the North Cumbria NHS website, but tests still need to be booked via the NHS website or 119.

<https://northcumbriaccg.nhs.uk/covidtesting>

People on low incomes who need to self-isolate may be able to get a £500 grant from their District costs to cover the loss in their income if they are unable to work from home.

The **Germ Defence** website helps people to think about how they can reduce their risk of infecting others, particularly within their home (for example, if they have tested positive and need to protect other members of their household from infection:

<https://germdefence.org/>

The summary factsheet is embedded below.



Germ Defence
Reducing Illness Sumi

Help and Support

Cumbria COVID-19 Support Line (0800 783 1966) can help people struggling as a result of Coronavirus and the lockdown restrictions. This might be because:

- They are struggling to afford food or other essentials
- They have coronavirus, are self-isolating, and need help with shopping
- They are shielding, and need food or prescriptions delivered
- They can't work out where best to get information and advice

**IT'S TOUGH RIGHT NOW.
THERE IS HELP IF YOU
NEED IT.**



You can also find information on the support available on the Cumbria County Council website:
<https://cumbria.gov.uk/welfare/>

A booklet on the help and support available in Cumbria will be delivered to households via Royal Mail during the week commencing 8 February.

Laptops for schools

Cumbria County Council is working with local school leaders to get IT equipment to children who are struggling to access remote education. There is more information here:
<https://www.cumbria.gov.uk/coronavirus/schools.asp>

**Laptops for
schools –
could you
donate?**



Every Mind Matters

Public Health England has launched an updated Every Mind Matters campaign to help people to look after their own mental health, and that of their friends and family, through the challenges of the latest national lockdown and beyond.

There are things we can all do to look after our mental wellbeing. Every Mind Matters can get you started with a free NHS online plan, showing you simple steps to help manage anxiety, sleep better and boost your mood.

Get your own Every Mind Matters mental health action plan today – visit the Every Mind Matters website to find this, and many more resources:

<https://www.nhs.uk/oneyou/every-mind-matters>



You can find more resources to publicise the campaign on the Public Health England website (you'll need to register, but it's free):

<https://campaignresources.phe.gov.uk/resources/campaigns/82-every-mind-matters/resources>

And the toolkit, with ideas around how to raise awareness, is embedded below:



Every_Mind_Matters_
2019_Partner_Toolkit.

Public Health England Psychological First Aid Course

Don't forget that Public Health England have also produced a free, 3 hour "Psychological First Aid" online course, aimed at volunteers and staff working with the public during the Coronavirus pandemic.

You don't need any specialist knowledge to complete it, and you can access it here:

<https://www.futurelearn.com/courses/psychological-first-aid-covid-19/>

Vaccination

The vaccination programme is going well across Cumbria, with parts of the county mentioned by the Prime Minister for achieving particularly high vaccination rates.

Information on the vaccination programme in North Cumbria can be found here:

<https://northcumbriaccg.nhs.uk/covidvaccine>

And for South Cumbria area, information is here:

<https://www.healthierlsc.co.uk/CovidVaccination>

All of Cumbria's Primary Care Networks (PCNs) – groups of GP practices working together in a local area – are now vaccinating patients. The PCNs are working together to offer the vaccine from one local hub, so people might have to go to a different building to their usual GP practice – and some PCNs have now started vaccinating their housebound patients at home.

People may also be invited to vaccination appointments at the hospital hubs; this will often be health and care workers.

There will be additional vaccination centres opening in Kendal and Ulverston this week.

Patients are urged not to contact their practice as they will be called when it is their turn. We know many people are keen to find out when they'll be vaccinated, by calling the practice is adding pressure and causing delays for those seeking medical support. Primary care teams are still seeing their patients as usual while delivering the vaccine and they appreciate people's patience and support. The graphic on the next page shows the priority groups for vaccination.

Many of these GP-led sites have used local volunteers to help with car parking and to direct people around the site. Their support has been invaluable. If existing community groups are interested in helping in this way over the next few months, we suggest that they get in touch with their local GP practice to offer their support.

In South Cumbria, individuals who are interested in volunteering at the larger sites can register on the LVP website:

<https://lancsvp.org.uk/opportunities/covid-vaccination-internal-marshall-3/>

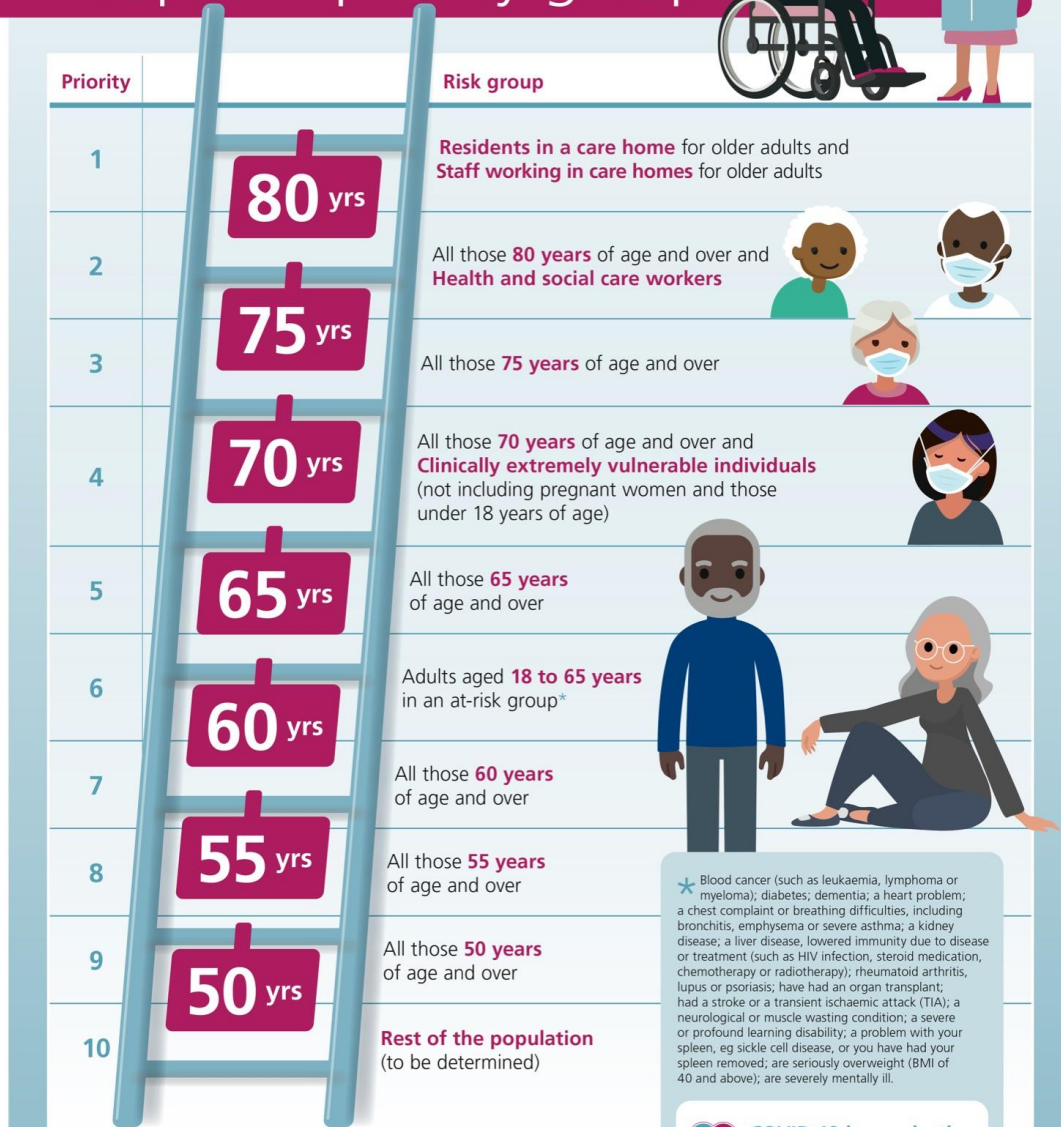
In North Cumbria, arrangements for volunteering at the larger vaccination sites are still developing, and we'll keep you updated.

You can find the Public Health England resources on the Coronavirus vaccine here if you want to share them locally and on social media:

<https://coronavirusresources.phe.gov.uk/covid-19-vaccine/>

COVID-19 vaccination

First phase priority groups



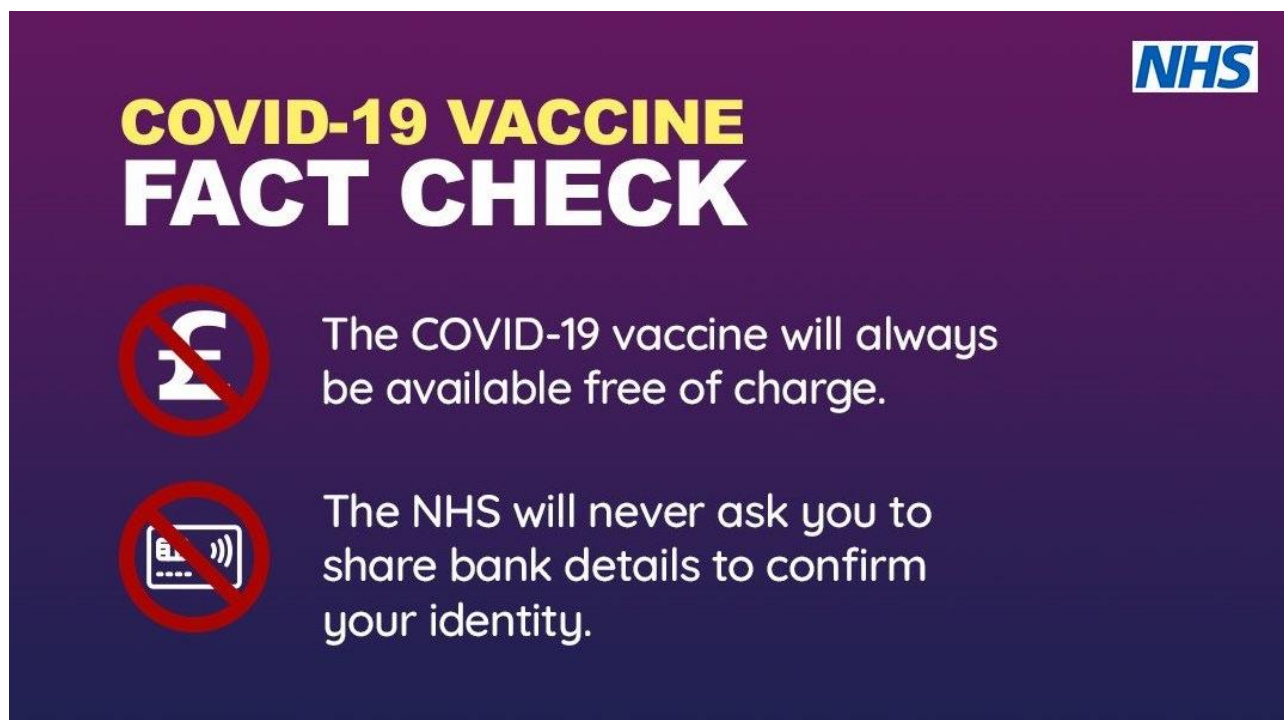
* Blood cancer (such as leukaemia, lymphoma or myeloma); diabetes; dementia; a heart problem; a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma; a kidney disease; a liver disease, lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy); rheumatoid arthritis, lupus or psoriasis; have had an organ transplant; had a stroke or a transient ischaemic attack (TIA); a neurological or muscle wasting condition; a severe or profound learning disability, a problem with your spleen, eg sickle cell disease, or you have had your spleen removed; are seriously overweight (BMI of 40 and above); are severely mentally ill.



COVID-19 immunisation
Enjoy life. Protect yourself.


Scams


Unfortunately, there are once again a number of scams in circulation, both in relation to vaccination and Coronavirus more generally, and these appear to be circulating in Cumbria.



The graphic is a purple-to-blue gradient rectangle. In the top right corner is the NHS logo. The main title 'COVID-19 VACCINE FACT CHECK' is in large, bold, yellow and white text. Below the title are two items, each with a red prohibition sign over an icon. The first item shows a pound symbol (£) and states 'The COVID-19 vaccine will always be available free of charge.' The second item shows a smartphone with a payment symbol and states 'The NHS will never ask you to share bank details to confirm your identity.'

**COVID-19 VACCINE
FACT CHECK**

 The COVID-19 vaccine will always be available free of charge.

 The NHS will never ask you to share bank details to confirm your identity.

For more information on scams and how to report them, visit the Action Fraud website:
www.actionfraud.police.uk

Remember that you don't need to wait until the next meeting to raise any problems you're experiencing.

Please feel free to raise issues in the Local Resilience Group meetings, with the Area Teams, or to contact me directly: CarolynO@cumbriacvs.org.uk / 07776 594252

And please feel free to circulate this update to others, particularly voluntary organisations and community groups involved in the response to Coronavirus.