



Dear Colleagues,

Thank you to all those involved in the covid vaccination work, including preparing our main vaccination centre in Elgin. The pace of delivering on a new programme has been astounding. A number of agencies are involved so a real team effort.

We know that the rates of community transmission of covid have been higher than ever in Moray and we cannot let our guard down.

The chance of spread into care homes and people's own homes increases, and we are seeing that effect now. We will work closely across all parts of the system to support the good management of these incidents.

I appreciate that this is an anxious time for many staff working in care. Please do consider accepting the covid vaccine if you have not already.

Thank you for everyone's continued hard work across the system. It feels tough with a second covid wave and all that entails, both at work and outside of work.

Working together we will accomplish much and that is evident daily throughout Moray.

**Simon Bokor-Ingram,
Interim Chief Officer**

Covid vaccination programme - Since the vaccination programme commenced in December, our focus has been on offering immunisation to the priority groups as set out in the national guidance and we continue to make strong progress in this area.

All older people's care homes in Moray have now been visited by our vaccination teams to offer the 1st dose of the vaccine. The first GP-led vaccination clinics for people in our communities aged 80 and over started last week with more taking place over the coming days. All will be completed by 27 January.

District Nurses, supported by the vaccination team, will visit housebound patients to ensure they receive their vaccine.

Additional capacity will be provided with the opening of the Fiona Elcock mass vaccination centre on 25 January. Members of the Armed Forces are providing logistical advice and support. Four smaller community centres will be brought into operation in Forres, Speyside, Buckie and Keith for those that cannot use our main centre in Elgin.

People will be contacted by the NHS with the offer of an appointment when it is their time to get the vaccine. The community are also reminded of the importance of continuing to follow the guidance to control the virus.

Care homes – The Care Home Oversight Group continues to meet on a daily basis for assurance of the adherence to infection prevention and control guidance, and to provide proactive support to all our care homes so they can protect our most vulnerable residents.

Enhanced clinical support is currently being provided to care homes where covid has been detected or is suspected

Testing expansion – In addition to the staff already being regularly tested, those working in a range of community-based care services will have access to testing by the end of January to increase protection for those providing care and those receiving it.

Supplies of lateral flow devices (LFDs) will be distributed to those working in services including care at home, sheltered housing, adult day services and personal assistants. Some services will also be given the opportunity to undertake regular PCR testing (where the swab is sent to a lab).

Colleagues in all sectors who have collected or taken delivery of their LFD kits are reminded they must complete the [Moray registration form](#). There is a requirement to carry out testing twice weekly. Results from LFD testing – whether positive, negative or inconclusive – must be recorded using the NHS Scotland COVID-19 Testing Results Portal: www.covidtestingportal.scot.

Information and support is being provided to external service providers and PAs.

Re-mobilisation of day services – Adult day centres can continue to operate throughout the current lockdown where they are essential for the wellbeing of the person attending, or their carer.

Learning disability day services which were remobilised at the end of last year remain open and continue to be guided by infection protection and control measures which includes the need for service-level and individual-level risk assessments and measures to manage physical distancing and transport.

Day services for older people were not able to remobilise in 2020 and remain suspended. The Day Service Remobilisation Group continues to meet weekly and the situation will be kept under review.

Support for unpaid carers – An investment of £750,000 in Scotland's local carer centres will increase support for unpaid carers of all ages, helping them to take a break from caring and access other much-needed help.

The Scottish Government funding recognises some of the challenges faced by unpaid carers, with many regular sources of support having stopped or moved online due to the pandemic. It also comes in response to concerns about increasing

pressure on carers, particularly while many traditional respite breaks are restricted or unavailable.

In Moray, Quarriers carer support service and our teams continue to work with individuals and their family members/carers who are unable to access their usual social care support to explore alternative ways of staying connected, supporting wellbeing and of having a break from their caring role.

Cervical Cancer – It's Cervical Cancer Prevention Week and it is always a good idea to be symptom aware and know when to speak to your GP.

Do you:

- Attend your cervical screening when invited ?
- Know the symptoms of cervical cancer ?
- Know where to find support and further information ?

Cervical screening has resumed in Scotland. However, it will take some time to fully restore the service. A project is underway in Moray to provide additional smear test clinics. More details will be announced shortly.



These are usually caused by something other than cancer but it's important to have them checked.

You should speak to your GP if you have:

- an unusual discharge
- bleeding after sex
- bleeding between periods
- bleeding after the menopause

NHS 24 **NHS inform**

The infographic is a blue rectangle with a pink border. It contains text about cervical cancer symptoms and logos for NHS 24 and NHS inform.