

Vaccination programme - Over 1,000 vaccinations were carried out in a single day at the Fiona Elcock Centre in Elgin on Monday as the Moray programme keeps momentum. Local figures show just under 50,000 people have now received their first dose and 21,200 their second.

From the pharmacy and vaccine delivery teams, to the administration and booking teams, facilities teams, vaccinators, nursing leads and volunteers, we continue to be hugely grateful to all who are contributing to the progress of the programme.

Second dose appointments have been issued to those in the 65-69 age group with those over the age of 45 are being invited to roll up their sleeves for their first dose of a Covid-19 vaccine as we continue to move through the age groups.

The aim is for all adults in Scotland to be vaccinated by the end of July, depending on vaccine supply. Those aged 45-49 years will be followed by the 40-44 cohort, then 30-39 and then 18-29.

Those under 30 will be offered Pfizer or Moderna vaccines in line with the latest guidance from the Joint Committee on Vaccination and Immunisation.

A targeted campaign is being launched to encourage younger people to take up the vaccine following national research that suggests the under-50s are more likely to be hesitant, leading to high levels of missed appointments.

We continue to urge everyone to attend their vaccination appointment if they can do so. If not, please contact the service at the earliest opportunity to rearrange or cancel.

As part of our contingency planning, the Moray booking team holds a reserve list of keyworkers who can be offered on the day appointments to minimise any wastage of vaccine supply.

Moray rates – Positive cases of Covid-19 have been recorded in 7 of Moray's 24 defined neighbourhoods over the past week. The 42 cases give a local positivity rate of 2.5 per cent which is far above the national figure of 1.3 per cent.

With infection rates remaining stubbornly high at a time when restrictions are starting to ease, it is vital people do not become complacent with the risk that the rates continue to rise and Moray does not move down the Covid protection levels at the same time as other local authority areas.

All of Scotland is now at Level 3. It is anticipated that all areas will move through the levels as follows:

- 17 May – Level 2
- 7 June – Level 1
- Late June – Level 0

Home testing kits - Everyone in Scotland now has access to rapid coronavirus testing, even if they have no symptoms, to help find cases that might be missed.

Free lateral flow home test kits can be ordered [online](#) for people who do not already have access to asymptomatic testing in their workplace or community, to test themselves twice a week.

The expansion builds on the existing testing strategy and aims to find cases that would otherwise go undetected, so that anyone who tests positive for Covid-19 can self-isolate and avoid transmitting the virus to those around them.

Support for people who need to self-isolate is available, including a £500 self-isolation support grant for low income workers. People who do not have family or community support can also call the National Assistance Helpline on 0800 111 4000, or contact via text phone on 0800 111 4114.

Anyone who receives a negative result should continue to follow the restrictions and guidance currently in place, including FACTS.

Hospital visiting – Following the Scottish Government’s updated advice, hospitals are now welcoming back regular visitors from this week with patients allowed one named visitor by appointment.

The support and comfort visitors bring to patients is recognised but the reintroduction of visiting will continue to be carefully managed to make sure patients, staff and members of the public are as safe as possible.

To reduce risks and protect everyone concerned, a staged approach to the reintroduction of visiting will be adopted. Visiting in this first phase will be by appointment only and visitors must contact the ward in advance to arrange a time to visit to ensure physical distancing can be maintained in all ward areas.

Visitors are asked to follow existing infection prevention and control measures such as face coverings, distancing and hand hygiene, and to consider taking a LFD test. Testing is not mandatory, however, and is not required in order to visit.

Virtual visiting will continue. Further advice is available on the NHS Grampian website [here](#).

Support for care homes - The requirement to provide enhanced clinical and professional oversight for Care Homes, introduced in May 2020, will continue at least until March 2022.

The Cabinet Secretary for Health and Sport wrote to HSCP Chief Officers, Chief Social Work Officers, Nurse Directors, Directors of Public Health and NHS and Local Authority Chief Executives last month to caution that although significant progress has been made, the pandemic is not over and challenges will continue in the short and medium term.

Local partnerships are to continue to support areas including: resident and staff health and well-being; the return of routine activities; re-introduction of health, social

care and other services in care homes, such as visiting; and monitoring sustainability and resilience of the social care sector as it adjusts to new business as usual.

The Moray oversight group will take forward these instructions and work in partnership with providers to consider how current approaches may be progressed to ensure the highest standards of person-centred care continue to be provided to the most vulnerable people in our communities.

Staff wellbeing – The pressures of the Covid-19 pandemic have affected every one of us, both at home and at work. It's normal to feel anxious, sad or overwhelmed in response to such stressful circumstances, but these feelings can be difficult to manage at times.

There are some simple steps you can take to self-manage your own wellbeing and there is also support available from colleagues. But it can be hard to navigate all the different offers of help out there.

That's where the We Care website for health and social care staff comes in. All partnership managers and staff are urged to make time to check out the wealth of resources available on the site - <https://www.nhsgrampian.org/your-health/wecare/>



The infographic features a smiling sun on the left, a rainbow arching across the top, and a blue cloud at the bottom. The word "Sleep" is written in large yellow letters on the cloud. The Healthpoint logo is in the center, with the tagline "WALK-IN FOR INFORMATION". Below the logo, the text asks if the reader has difficulty falling or staying asleep and provides a link to a list of tips and apps. A QR code is on the right. The infographic lists symptoms of poor sleep, possible reasons, and tips for better sleep, and provides contact information for the healthpoint service.

healthpoint
WALK-IN FOR INFORMATION

Sleep

Do you have difficulty in falling asleep or staying asleep? Please see list of top tips and some useful apps / websites for you to access.

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/insomnia>

Do you have any of the following?

- find it difficult to fall asleep or find it difficult to stay asleep
- lie awake for long periods at night
- wake up several times during the night
- wake up early in the morning and not be able to get back to sleep
- not feel refreshed when you get up
- feel tired and irritable during the day and have difficulty concentrating



Possible reasons for Poor Sleep

- Feeling stressed or anxious
- Sleeping environment, maybe the room is too light, too noisy or an uncomfortable bed
- Life style factors such as shift work, alcohol, or caffeine before bed can affect our sleep
- Sleep apnoea/ snoring or pain can affect our sleep

So how can we go about getting a better night's sleep?

- setting regular times for going to bed and waking up, incorporating changing shifts
- relaxing before bed time – try taking a warm bath or listening to calming music
- using thick curtains or blinds, an eye mask and earplugs to stop you being woken up by light and noise
- avoiding caffeine, nicotine, alcohol, heavy meals and exercise for a few hours before going to bed
- not watching TV or using phones, tablets or computers shortly before going to bed
- writing a list of your worries, and any ideas about how to solve them, before going to bed to help you forget about them until the morning

For further information please contact the healthpoint service @ 01343 567842 or email: gram.healthpointelgin@nhs.scot