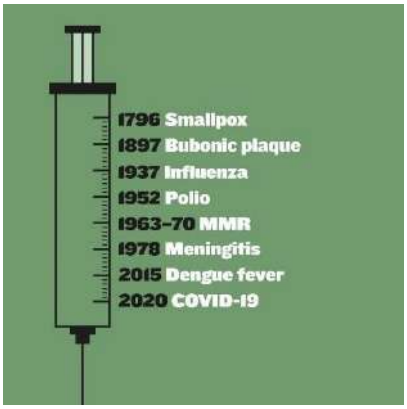
Covid News and Support for Vulnerable Residents **Week Commencing February 22nd 2021**

Around 1.7 million additional people in England are now being advised to shield from coronavirus until the 31St March, increasing the number of clinically extremely vulnerable individuals already on the shielding list. The updated figure was announced following use of a new assessment model to identify people who may be at an increased risk of becoming seriously unwell from coronavirus. All new people added to the list will soon receive a letter from the NHS explaining why they are being advised to shield.

Clinically extremely vulnerable members of the public are strongly recommended to stay at home at all times, with the exceptions of exercise or to attend essential health appointments, and to only work from home where possible.

Vaccine Update

There have been 183,328 doses given in Coventry and Warwickshire with 92.55% of the over 80s vaccinated, 98.63% of 75-79 vaccinated, and 81.58% of 70-74 vaccinated. This is above the national average on the 70-79 cohorts and on the over 80s. Along with Birmingham and Solihull, Coventry and Warwickshire are in the top 10 nationally for % of vaccinations of 70-74s. (NHS England for Coventry and Warwickshire)



People aged over 65 should begin to receive the national booking letters inviting them for a vaccine at a large vaccination centre (the nearest for residents in Coventry and Warwickshire are Millennium Point in Birmingham and Stoneleigh Park near Kenilworth). It should be noted that travelling to a large vaccination centre is a choice and people will also be invited by their local vaccination centre. **The important message for the over 65s is for them to wait until to be called by the NHS.**

Frontline health or social care workers are now able to book an appointment through the national booking system. For a limited period, eligible staff will be able to self-book a vaccination at a vaccination centre or community pharmacy led local vaccination service. This for people who have direct contact with patients, clients or service users at higher risk of coronavirus.

Community Transport

Being vaccinated is an essential reason to travel. Residents can ask a member of their family or support bubble to take them. To stay as safe as possible when sharing a vehicle, it is advised to wear a face covering, sit as far apart as possible, open windows for ventilation and wipe down surfaces. If a resident has no other means of transport, please contact NHS Volunteer Responders or your local voluntary transport service.

NHS Volunteer Responders
To book transport call 0808 196 3646. For queries or to cancel an appointment call 0808 196 3382

Voluntary transport services in Warwickshire
Rugby, Warwick and Stratford areas contact: VASA 01789 262889 and press option 1, Monday to Friday, 9am to 4pm
Or email transport@vasa.org.uk
Nuneaton and Bedworth contact Volunteer Friends (Medicar): Use 024 7664 0088 – Monday to Friday, 9 30am to 12 30pm
Or email: info@volunteerfriends.org.uk
North Warwickshire contact Beeline: 01827 717074 - Monday to Friday 9am to 1pm

WCC Covid Support Hotline for Clinically Extremely Vulnerable (CEV) Residents

If COVID-19 is affecting you and you have no support from friends or family, call 0800 408 1447

The hotline is open:

- Monday to Thursday - 9am to 5pm
- Friday - 9am to 4.30pm
- Saturday - 9am to 3pm
- Sunday - 10am to 1pm

let's do the right thing for Warwickshire

Stay at home

Protect the NHS

Save lives

Support for Families

Information for families about available assistance can be found at **www.warwickshire.gov.uk/childrenandfamilies**.
Anyone struggling with finances at the moment can find out about support at **www.warwickshire.gov.uk/facinghardship** or call Warwickshire's Local Welfare Scheme on 0800 407 1447.

Support for Carers at Home

Carers Trust Heart of England's CRESS team offer a free service available at short notice to carers who need emergency cover and relief for carers. **Tel:** 02476 632972 **Email:** contactus@carerstrusthofe.org.uk

Mental Health Support for Young People in Coventry and Warwickshire

For anyone under 18 experiencing a mental health crisis, contact the RISE Crisis team by freephone 08081 966798 (select Option 2). This is service is available 24 hours/day, 7 days a week, with an advice-only service outside core hours of 8am-8pm.

Other local and national mental health support and helplines:

- ChatHealth is a free service that enables 11 – 18 year olds across Coventry and Warwickshire to send confidential SMS text messages to School Nurses who will provide impartial advice and support.
  For Warwickshire, text 07507 331 525. For Coventry, text 07507 331 949
- Childline call 0800 1111
- Samaritans call 116 123
- Crisis Messenger: text YM to 85258
- Papyrus Hopeline UK (suicide prevention helpline) call 0800 068 4141 or text 07860 039967

Adult Mental Health Support in Warwickshire

Mental Health Helpline and webchat – confidential, and freely available 24/7
Access a team of trained and experienced support workers on 0800 616 171 or Time Online webchat
www.mhm.org.uk/coventry-warwickshire-helpline

Wellbeing for Warwickshire – Hubs offer telephone support to anyone who feels they are in need. To talk to a member of staff or book an appointment, call the Hubs Team on 024 7771 2288 or email wbw@cwmind.org.uk.

If you need immediate support, call Samaritans – 116 123
For urgent medical needs call your GP, or NHS 111. If you are in a life-threatening situation call 999.

Become A Covid-19 Community Champion



Help people to stay safe and well during the pandemic by training to be a COVID-19 Community Champion. Delivered online over 3 sessions, you will hear from professionals and community groups on a number of topics such as; the test and trace programme, risk factors and measures to control the spread of the virus, local support services, supporting vulnerable people, ideas about engagement activity and stories from others who are active their communities.

If you live in Warwickshire, are over 18, and want to know more about this free course, call Mike Slemensek on 01926 737767 or email mikeslemensek@warwickshire.gov.uk



Community Testing

Tests for those without symptoms of Covid-19 are available for booking between 8.15am and 8pm, Monday to Friday and 10.15am to 4pm on Saturday and Sunday. The service uses the fast turnaround lateral flow test kits, which can deliver results in around an hour**.** Tests can be booked at: https://www.warwickshire.gov.uk/covidcommunitytesting