

**COMMUNITY LEADERS WEEKLY MESSAGE – INFORMATION TO SHARE AS A LEADER,
INFLUENCER AND A TRUSTED VOICE WITHIN THE ISLINGTON COMMUNITY**
1st February – 7th February 2021

Latest news updates

Covid-19 Vaccine update

The NHS Covid-19 vaccination programme is well under way in London. In the past week, a [new large-scale vaccination centre at The Francis Crick Institute](#) in Somers Town has opened, offering up to 1,000 vaccinations per day, and run by colleagues at UCLH. This is in addition to the vaccination sites in general practices and local hospital hubs, as well as the roving team that have been working in care homes and now with housebound individuals. The NHS will [contact](#) you when it is your turn to be vaccinated.



You can find out more about the vaccine roll-out on the NHS [website](#).

Events taking place this week:

- An [open discussion](#) about the Covid-19 vaccine, chaired by Lord Woolley KT (3 February at 6:30pm)
- North Central London Clinical Commissioning Group will join [Healthwatch Islington](#) to talk about the vaccination programme (4 February, 10:30am – 12:30pm).

Continue to protect yourself and community

The full vaccine roll-out will take some time. Cases in Islington remain high and it is vital that everyone who lives and works in both boroughs acts now to help control the spread of the virus and save lives by:

- washing your **hands** regularly with warm, soapy water or use a sanitiser
- wearing a **face** covering (both nose and mouth) in indoor public spaces, unless you're exempt - consider wearing one if you are visiting a person with underlying health conditions, along with taking other precautions
- creating **space** - stay 2 metres from people outside your household or in your support bubble
- **Ventilate** indoor spaces – open windows to provide fresh air in enclosed spaces



- Check your **symptoms** – if you start to develop any coronavirus symptoms make sure you self-isolate and book a test online or by calling 119.

We need to keep following this advice because coronavirus usually spreads through the droplets produced when an infected person coughs, sneezes or talks, or by touching an object or surface that has the virus on it and then touching your own mouth, nose or eyes.

Myth busting

Let's bust some Myths

Every week we will bust myths which you are hearing in your communities. If you hear something that doesn't sound right or you're not sure what the truth is, [get in touch](#) and we'll help sort the facts from the fiction!



I don't want to get the Covid-19 vaccine because I'm not sure whether it is safe



All the vaccines available for the public have been approved by the Medicines and Healthcare products Regulatory Agency (MHRA), the national authority for ensuring safety, quality and effectiveness. The vaccines for COVID-19 followed the same approval process for all other medicines, drugs and vaccines that are approved for use in this country – such as paracetamol, ibuprofen, hay fever tablets and the contraceptive pill.



The vaccine was approved too quickly to be safe



Scientists and researchers have been studying coronaviruses for many years and so the vaccine development process did not start from scratch. In addition, clinical trials were able to be completed quickly due to large financial support from governments and a large volume of participants were recruited to help in a short space of time. The process is just as rigorous as usual, and no corners have been cut in the process. Lots of people and leading scientists came together to support this work.

Spotlight on...

Taking care of our mental health and wellbeing

While everyone's experience will be different, it's so important we continue to look after and be kind to ourselves. If you're feeling overwhelmed, anxious, sad or lonely, please know you are not alone

[Time to Talk Day](#) takes place on Thursday 4 February and the theme this year is 'the power of small'. Small conversations about mental health really do have the power to make a difference. Here are some [resources](#) to help get the conversation started.



This week we celebrate [Children's Mental Health Week](#) (1 – 7 February 2021) and the theme is 'express yourself'. There are a number of free [resources](#) that can be adapted for use in school, for home-schooling, online lessons or independent learning. There is also an [online conference](#) running on Friday 5 February (2:00pm – 4:45pm), focusing on creativity as a healing tool and connecting the mind, body and imagination.

Barnardo's BOLOH helpline service supports children, young people and their families from Black, Asian and other ethnic communities who have been disproportionately affected by the Covid-19 pandemic. Information, resources and interpreters are available for a number of languages, which can be found on their [website](#).

There is further support available for adults and children:

1. Speak to your GP – they're still open and running in a Covid-safe way
2. Access advice or self-refer yourself for free, confidential support through <http://icope.nhs.uk> or call them on 02033176670
3. If you're aged between 11-18 and worried about your mental health, or worried about somebody else's then Kooth offers free, confidential support online at <http://kooth.com>
4. Whatever you're going through, the Samaritans is still here to listen – call 116 123 for free, day or night.
5. [One You Islington](#) provides simple tips and advice to take better care of your mental health and wellbeing.
6. You can find out more about how to access mental health support including crisis support on the [Islington Council](#) website.
7. You can also access other help and support through [We are Islington](#) helpline on 020 7527 8222, 7 days a week, 9am-5pm.
8. [CARIS Islington](#) is offering counselling for any type of loss or trauma related to Covid-19 for those with a connection to Islington. Residents can refer themselves to sessions which are currently held by phone or virtually. To find out more, you can [email](#) or call on 020 7281 5200

Resources which can be shared with communities

Help raise awareness of the latest information and guidance

Please share these key messages:

- share this guide on the Covid-19 vaccine for older adults translated into [Kurdish](#) and [Urdu](#)
- share this guide on why you have to wait to receive your Covid-19 vaccine translated into [Kurdish](#) and [Urdu](#)
- share this guide for all women of childbearing age, those currently pregnant or breastfeeding, translated in [Kurdish](#) and [Urdu](#)
- share this guide about what to expect after your Covid-19 vaccination, translated into [Kurdish](#) and [Urdu](#)
- share these resources about [vaccine fraud](#) and what to look for to protect against scams
- share these [videos](#) explaining how the vaccine is given, which has been translated in Arabic, Bengali, Gujarati, Polish, Punjabi, Romanian, Spanish, Swahili, Turkish, Urdu and Yoruba
- share these [short films](#), which include conversations about vaccine research, developed by National Institute for Health Research
- retweet this [tweet](#) where Dr Bola Owolabi, from NHS England provides reassurance of vaccine safety and encouraging uptake



Some people are being asked to self-test for COVID-19 to help them stay safe and stop the spread of the virus. This is a new service and you will be contacted if you are being offered a rapid self-test kit. Instructions are available in [English](#), [Welsh](#), [large print](#), [easy read](#), [Arabic](#), [Bengali](#), [Chinese](#), [Gujarati](#), [Polish](#), [Punjabi](#), [Romanian](#), [Somali](#), [Turkish](#) and [Urdu](#)

If you live/ work in Islington, please:

- share this Covid-19 vaccine [factsheet](#) developed by Healthwatch Islington
- signpost people to the [translations webpage](#) on the council website which has a range of Covid-19 advice produced in different languages

What is the current situation in Islington?

Weekly Incident rate (new cases) per 100,000 population for the week 18/01 – 24/01

Islington = 313.4 per 100,000 ▼
London = 447.8 per 100,000

An incident rate of above 50 per 100,000 means that community transmission has increased. Change in cases compared to the previous week:

Increased ▲ No change ● Decreased ▼

Deaths due to COVID-19 for the week 18/01 – 24/01

Islington = 27

London's R number = 0.6 to 0.9

An R number between 0.6 and 0.9 means that on average every 10 people infected will infect between 6 and 9 other people. If the R value is above 1 the pandemic is growing, if it is below 1 the pandemic is shrinking.

Current guidelines and Public Health Advice

Latest Government Guidance – National Lockdown

National Lockdown rules introduced on the 4 January are still in place. Coronavirus cases remain high so it is important to help control the spread of coronavirus.



Please do all you can to follow lockdown restrictions and public health advice to keep yourself and loved ones safe, including:

- Stay at home unless you're leaving the house for a permitted reason in which case, stay local
- Only leave home to exercise once a day - alone, with your household, support bubble or 1 person from another household
- You must work from home if you can
- You must not socialise indoors or outdoors with anyone you don't live with or are not in a support bubble with
- You must only travel for a permitted reason and walk or cycle where possible
- Schools and colleges will not return to full face-to-face education after the February half-term and that the current attendance restrictions will remain in place until 8 March at the earliest, except for children of critical workers and vulnerable children. Early years settings also remain open.

The full guidance can be found on the [Gov.uk website](#). [Support bubble](#) and [childcare bubble](#) rules remain in place.

COVID-19 Health Champions Programme



Encourage your colleagues, friends and families to become Covid-19 Health Champions

With the current lockdown and the rollout of Covid-19 vaccine it is more important than ever to stay up to date with the latest information on the pandemic. The more communities we reach the more likely we are to make sure everyone knows how to stay safe, what the rules are and where to go for extra support.

Please encourage your colleagues, friends and families to sign up using this [registration form](#). Then they can receive these updates too!

If you know a young person ages 16-18 who might be interested in becoming a Youth Covid-19 Health Champion please ask them to sign up using this [registration form](#).

Thank you!

As always if you have any questions or feedback please do not hesitate to get in touch by emailing kevin.turner@islington.gov.uk

