

Welcome!

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Joanne Watson

Systems Medical Director, Torbay and
South Devon NHS Foundation Trust

David Gledhill

Helpline Operational Manager, Torbay
Community Development Trust



TORBAY COUNCIL

Outline of the session

- Welcome
- COVID Champs – overview
- How to sign up
- Update on Covid-19 in Torbay
- Hospital Update
- Local Helpline
- Questions
- Feedback

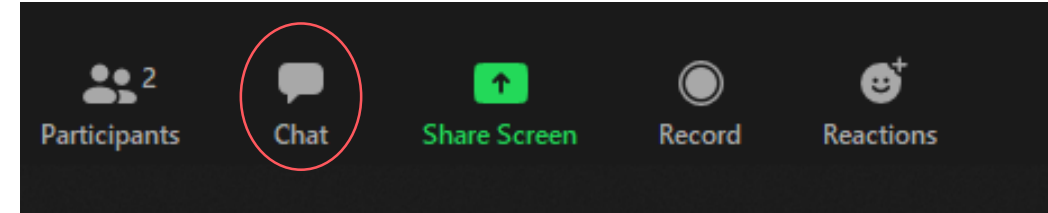


Webinar Etiquette

- Please stay on mute unless speaking
- If you want to speak please raise your hand (further slide gives instructions)
- If your signal is poor, the host may disable your video (if on) as this helps with band width
- Please post questions in the chat
- Open forum, please be friendly and kind
- If not relevant to others, please email Champions@torbay.gov.uk

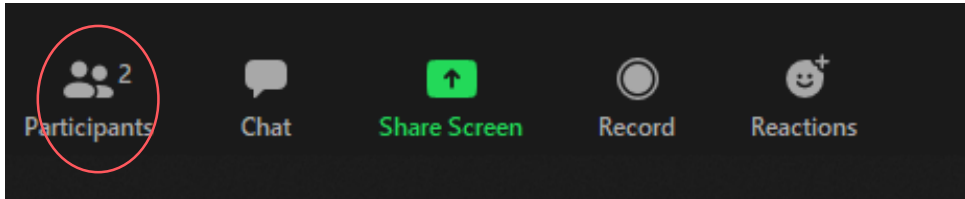
If you have a question...

If you have a question please write it in the chat:

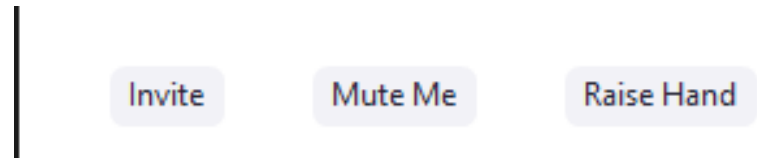


If you want to speak, please raise your hand by:

1) Click on participants at the bottom of your screen



2) Your participant screen will pop up with the option to 'raise hand'



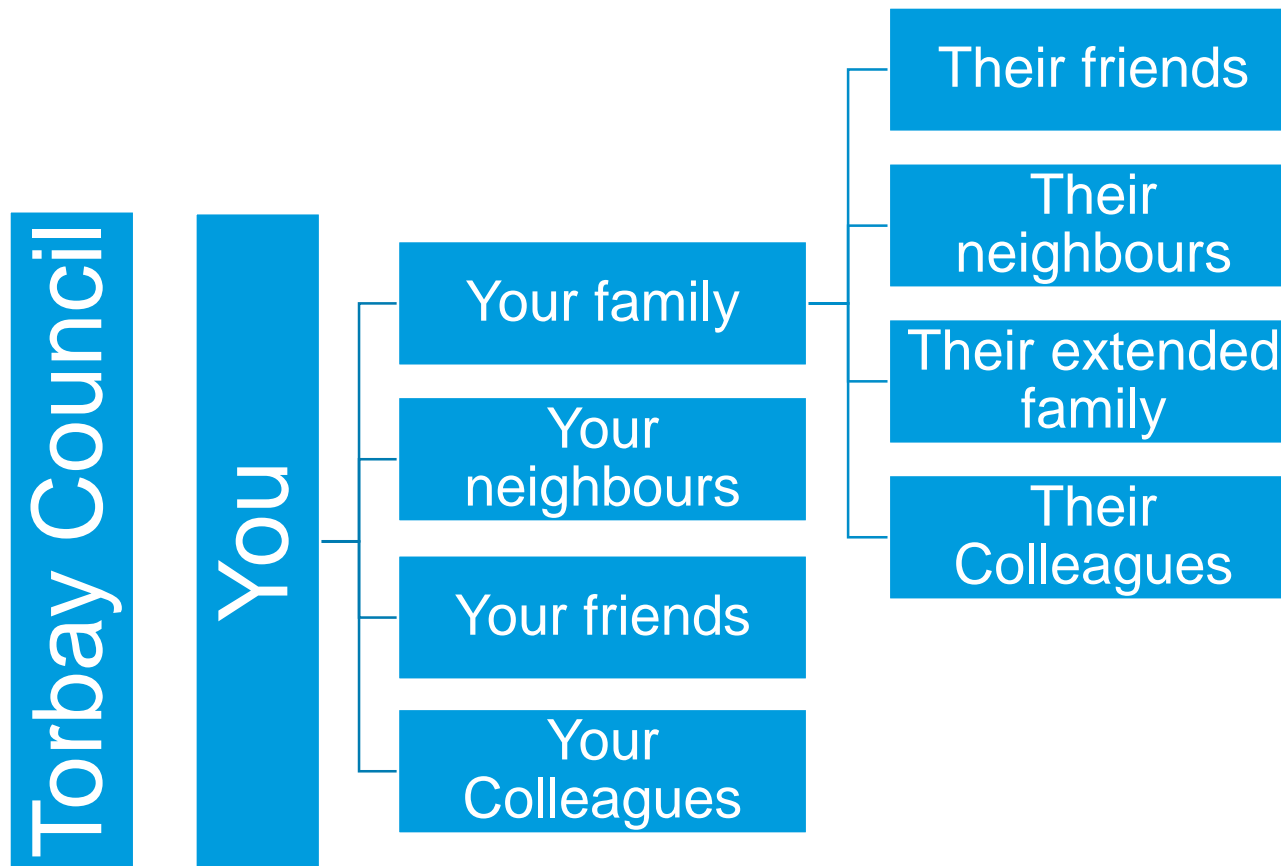
3) Click on 'Raise Hand' to enable the host to see you; a blue hand will then appear



4) The host will unmute you after inviting you to speak

**What are we
asking you to do?**



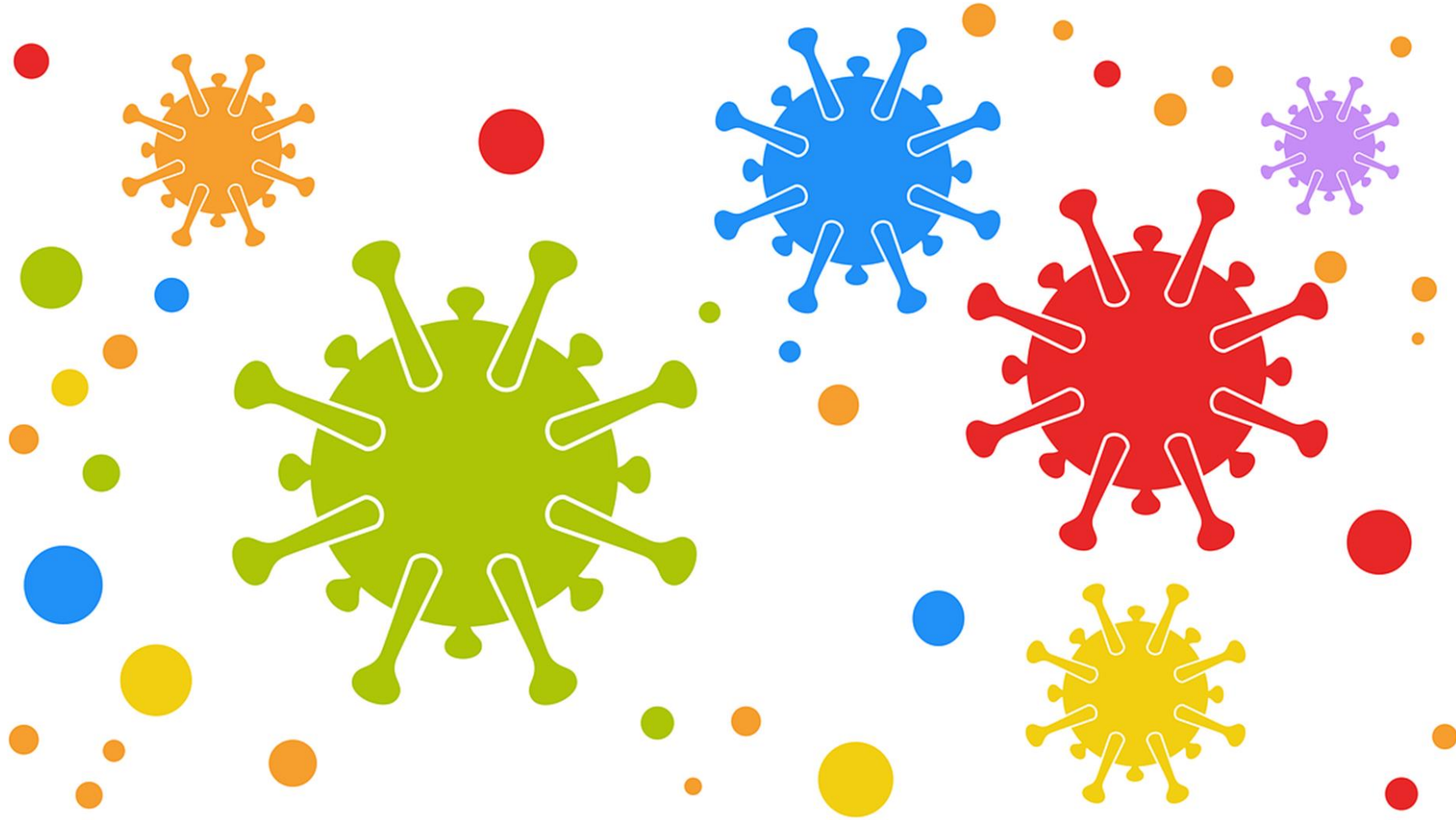


Share credible COVID-19 information, however you want!



- Learn about COVID-19 and how to stop the spread
- Share credible information with others
- Support others to access credible information, advice and support.

Any Questions?



Sign up to be a champion!

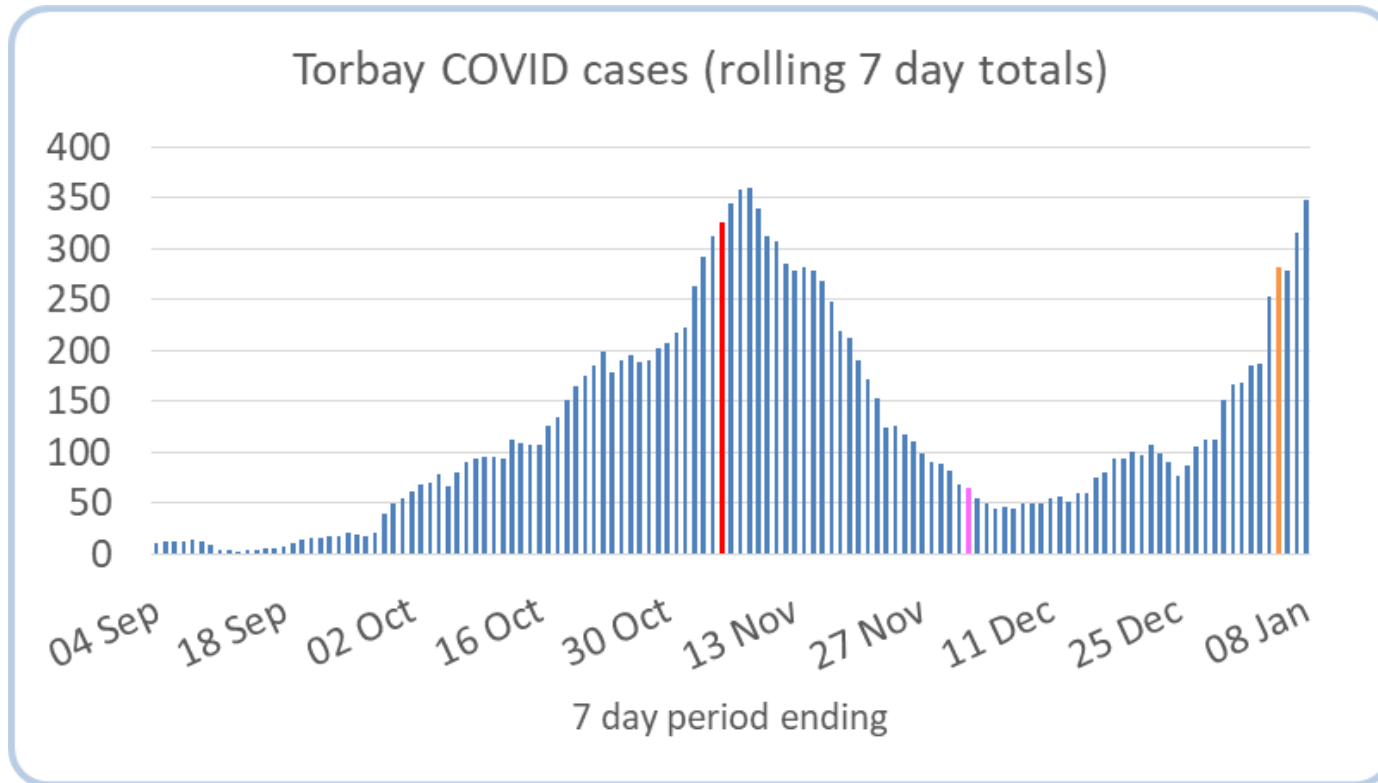
<https://www.torbay.gov.uk/covid-champions>



Torbay and COVID-19



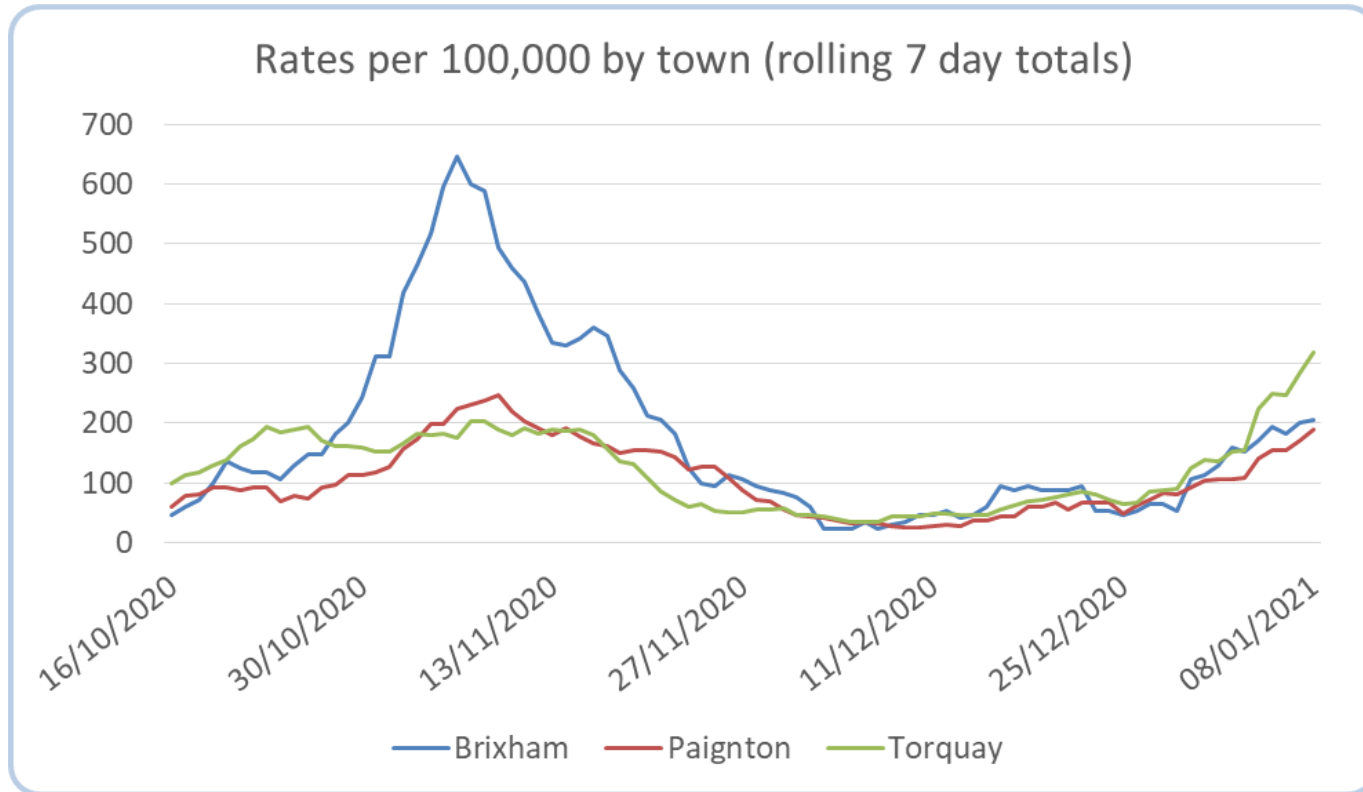
COVID Cases – Local



- The latest data is for the 7 day period ending 8th January. Number of cases is 348 (255.4 per 100,000 people)

Source: <https://coronavirus.data.gov.uk/>

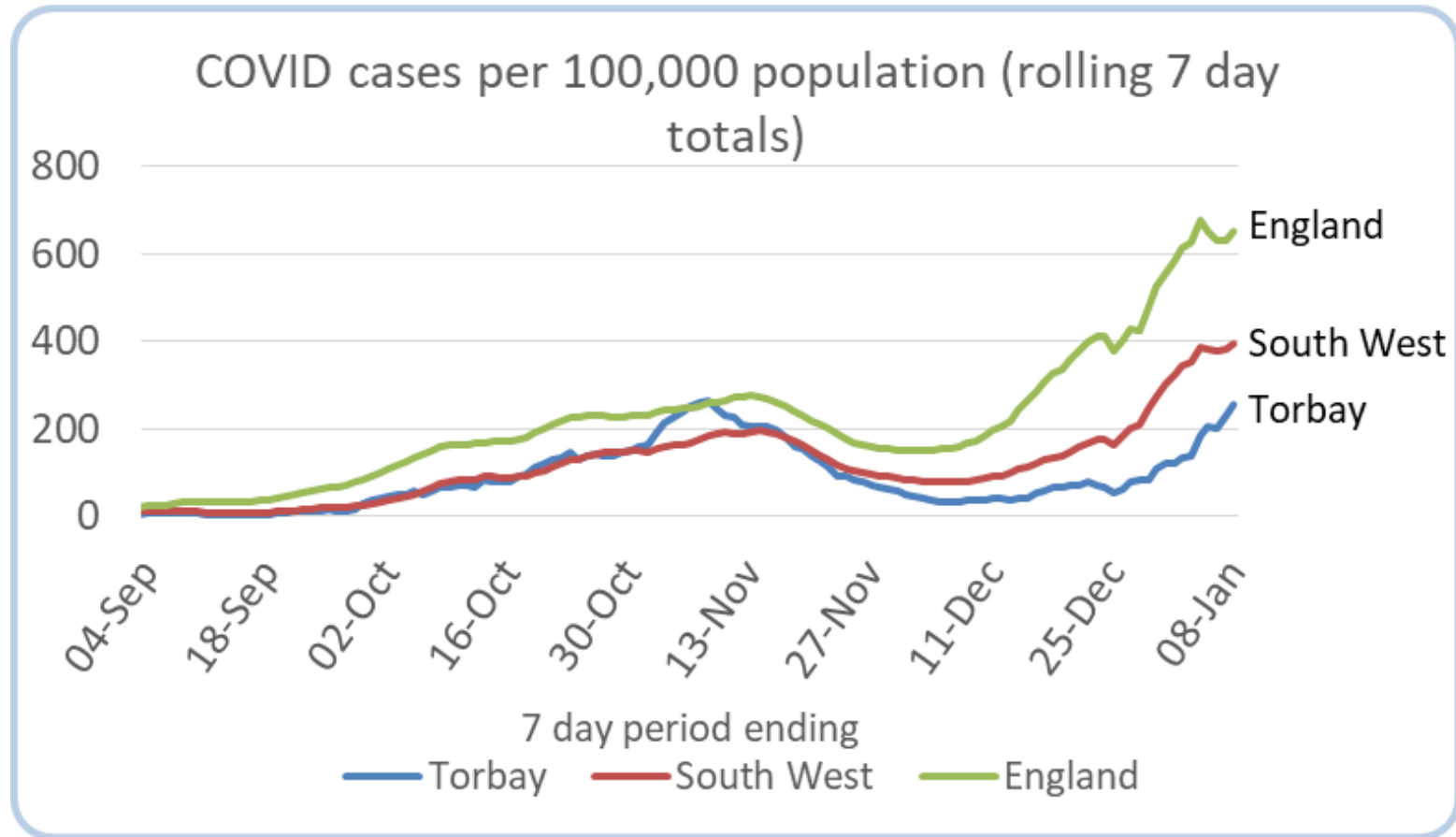
COVID Cases – Local



- The increases in rates are more evenly spread through the 3 towns in the current rate increase. The 2 significant Care Home outbreaks have both occurred within Torquay.

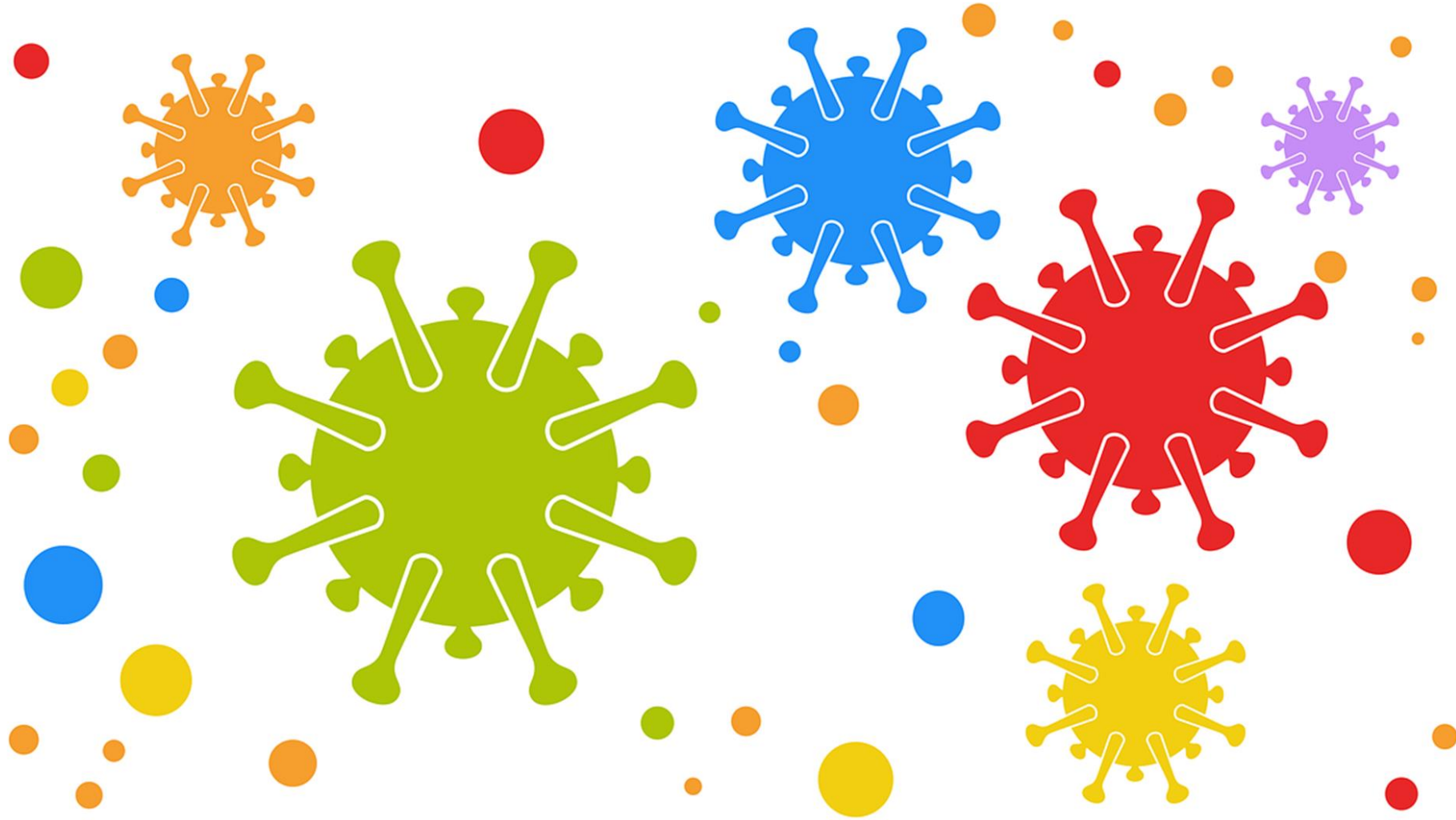
Source: <https://coronavirus.data.gov.uk/>

COVID Cases – Local



Source: <https://coronavirus.data.gov.uk/>

Any Questions?



Vaccinations



Nationally

- **Pfizer BioNTech and AstraZeneca/Oxford**
- **Priority groups:**
 - **80+**
 - **Healthcare workers**
- **Second dose delayed for up to 12 weeks**
- Priority groups for coronavirus (COVID-19) vaccination: advice from the JCVI, 30 December 2020 - GOV.UK (www.gov.uk)

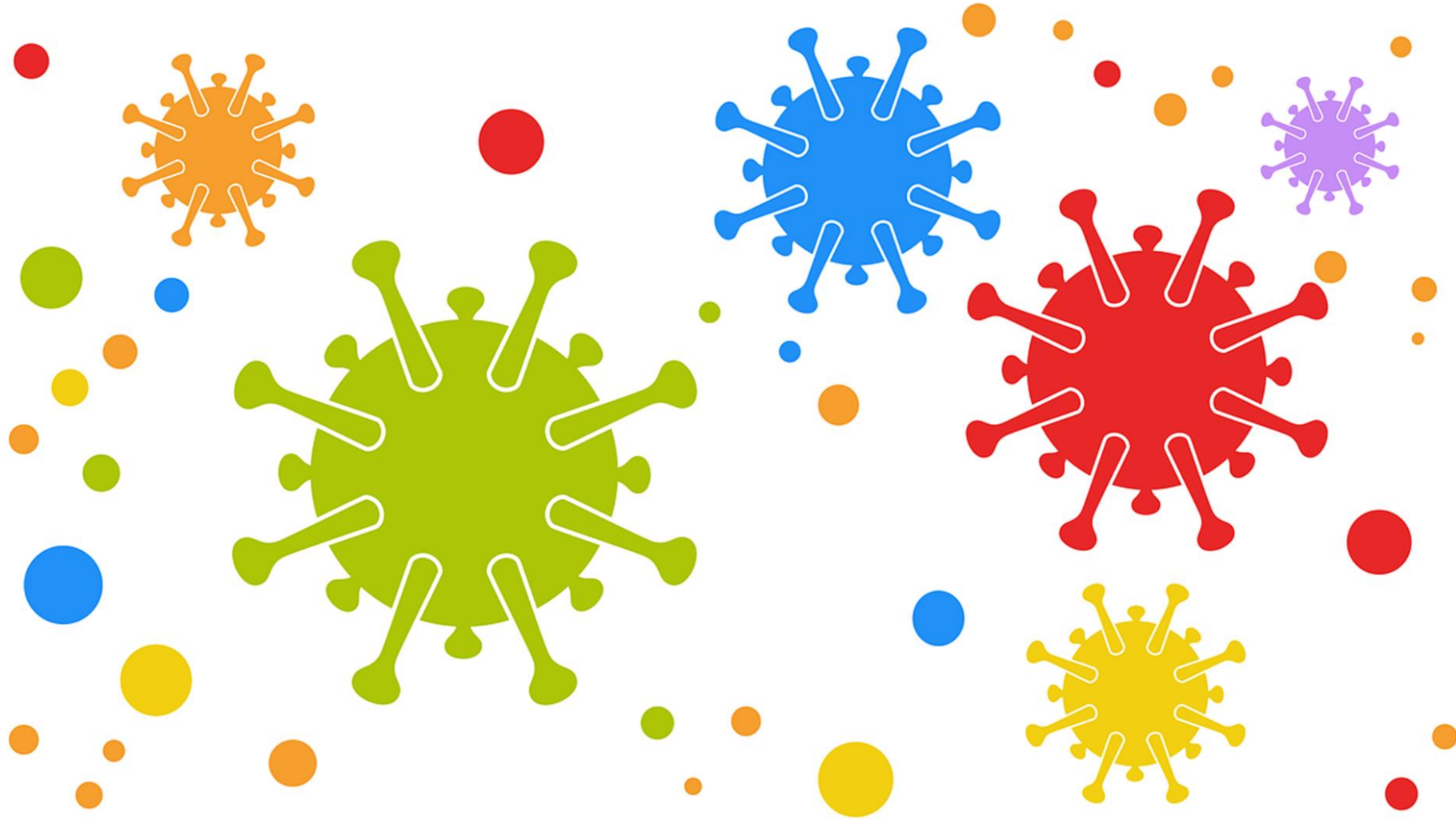
Torbay

- Vaccination programme underway
 - 4 hospitals in Devon
 - GP Practices
 - Care homes led by GPs
- Led by the Clinical Commissioning Group. Visit their webpage for more information
- www.togetherfordevon.uk/priorities/coronavirus-covid-19/delivering-an-nhs-covid-19-vaccination-programme
- You will be contacted by your GP when it is your turn

Behaviour after vaccination

- You must continue to adhere to social distancing and face covering rules after vaccination:
 - Immunity takes time to develop
 - We do not know if the vaccines prevent transmission

Any Questions?



Update from the hospital

Joanne Watson

Systems Medical Director, Torbay and South Devon NHS Foundation Trust



Local Helpline

Jess Slade

Helpline Operational Manager, Torbay
Community Development Trust



Torbay Community Helpline

One call - that's all

01803 446022



Local Helpline

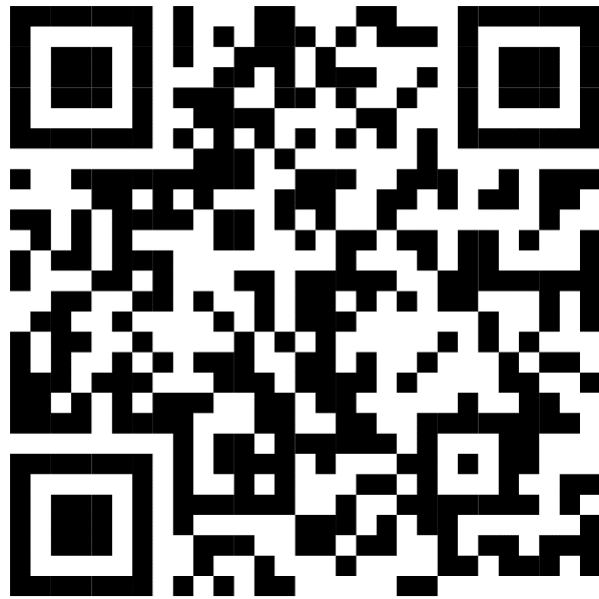


- Please call 01803 446022 (10am-6pm Mon – Fri & 9:30am-12:30pm Saturdays)
- OR use the online form at www.bit.ly/torbayhelpline

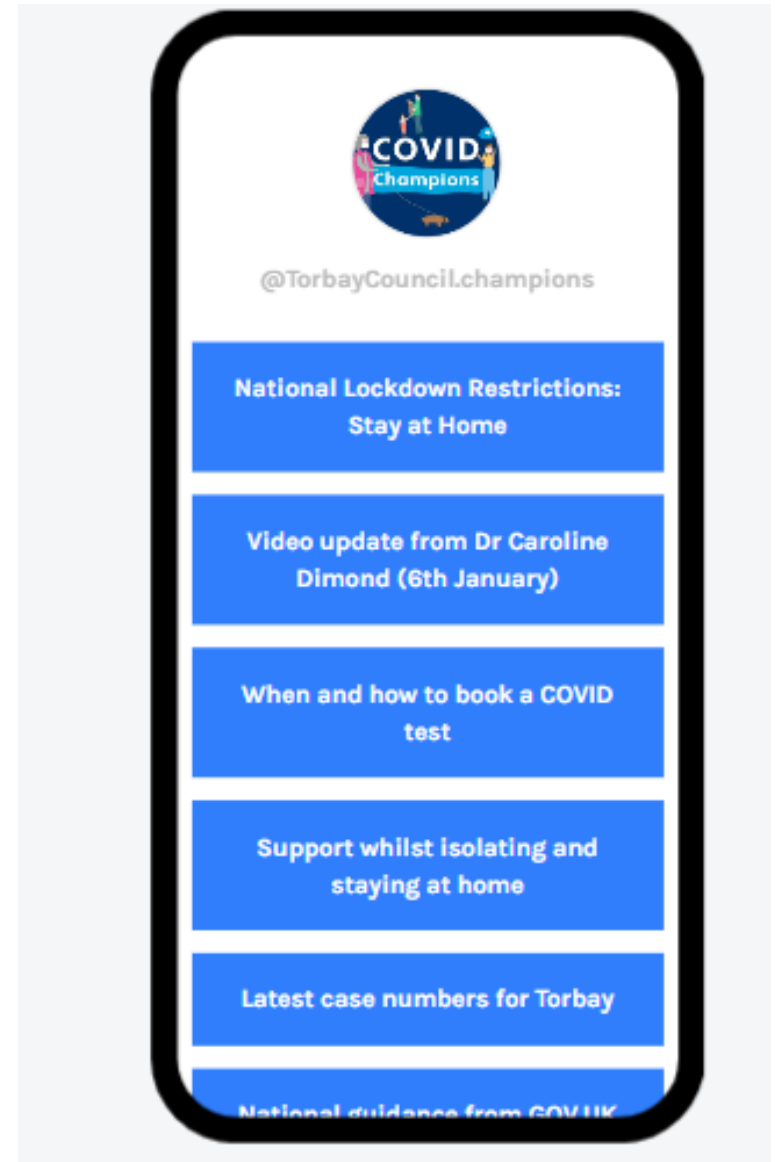
Resources and next steps



COVID Champions Linktree



<https://linktr.ee/TorbayCouncil.champions>



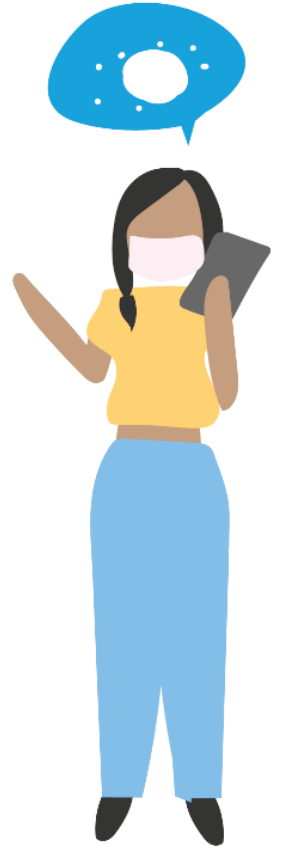
Credible sources of information

- www.torbay.gov.uk/coronavirus
- www.gov.uk/coronavirus
- www.nhs.uk/coronavirus
- www.who.int/coronavirus

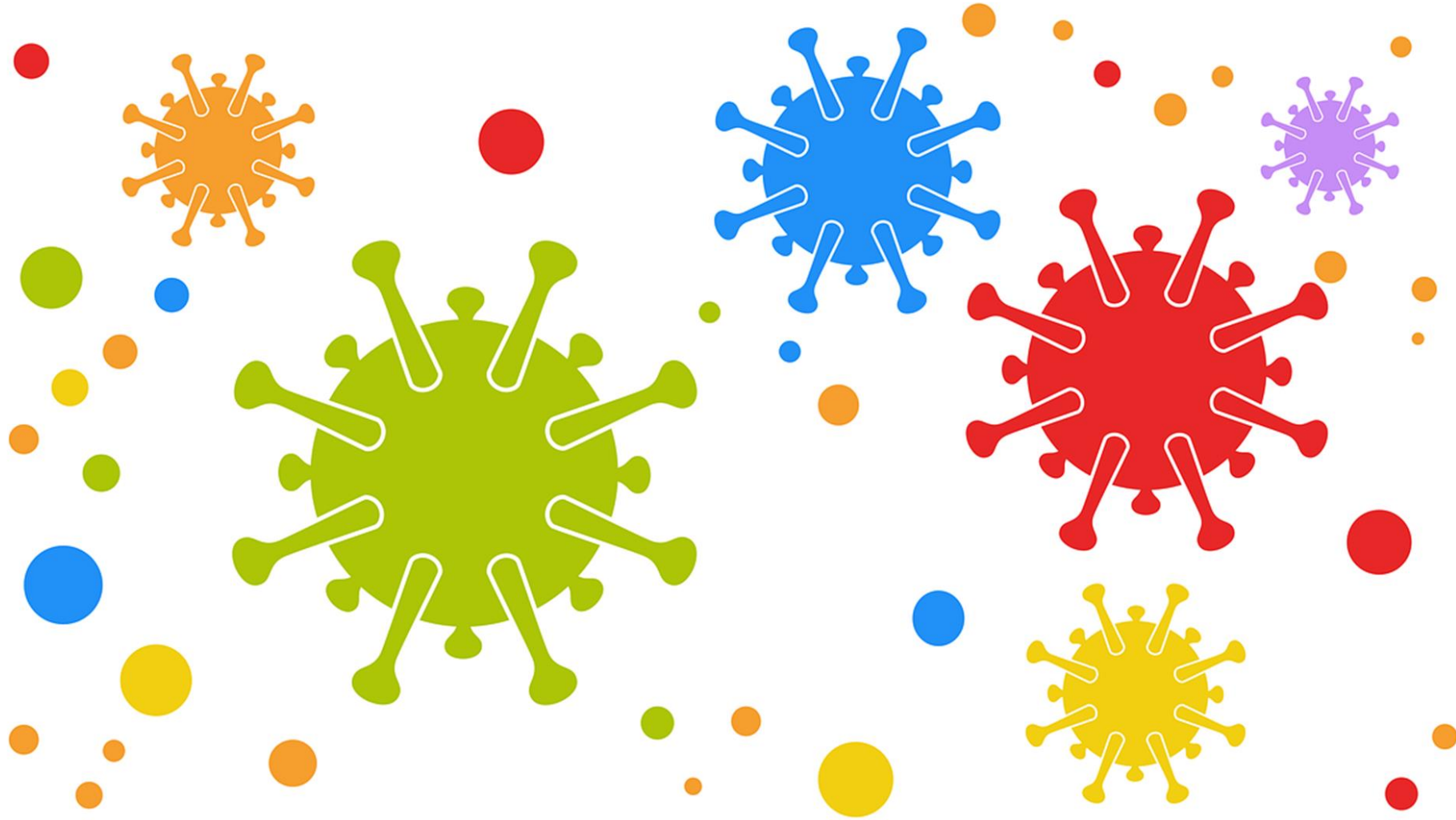
- Like our Facebook page: www.facebook.com/torbaycouncil
- Follow us on twitter: @Torbay_Council
- Email us Champions@torbay.gov.uk

What do you get as a Champion?

- A fortnightly bulletin, which will update you with the latest developments and guidance
- A fortnightly online forum meet-up, to enable you to participate in discussions, share ideas and have opportunity to feedback what you have found to work or not work so well
- Access to resources
- Support from us via Champions@torbay.gov.uk



Any Questions?



Question Themes



Mental health and wellbeing resources

- <https://healthwatchtorbay.org.uk/meetings-reports/information-advice-on-coronavirus-covid-19/covid-19-local-resources-4/>
- <https://www.mind.org.uk/coronavirus-we-are-here-for-you/>
- <https://www.talkworks.dpt.nhs.uk/>
- <https://andysmanclub.co.uk/clubs/>
- <https://www.torbayandsouthdevon.nhs.uk/services/mental-health/>
- The Mental Health Matters Devon Helpline provides free 24/7, 365 days mental health help on 0800 4700317.
- Checkpoint offers free and confidential information, advice and support services for children and young people aged 8–17yrs. Call 01803 200100 or the Checkpoint website.
- The Silver Line provides free 24/7 information, friendship and advice to older people. Call 0800 470 8090 or The Silver Line website for online support and lots of self-care resources and tools.
- <https://www.torbay.gov.uk/health-and-wellbeing/public-health/coronavirus/physical-and-mental-wellbeing/>

Long Covid

- Joanne Watson advised that the term refers to a wide range of symptoms with degrees of impact. The hospital is currently receiving around 8 referrals a week from GPs regarding Long Covid.
- National research has found that around 10% of people with Covid symptoms experience them for 12 weeks or longer. read more here:
- <https://www.ons.gov.uk/news/statementsandletters/theprevalenceoflongcovidssymptomsandcovid19complications>

Travelling between tiers for specific reasons

- Currently country is in national lockdown and we are all 'staying home' - only leaving the house for specific reasons.
- When leaving home for exercise we need to 'stay local'. this means in your village/town/immediate surrounding area.
- There are exemptions to the staying home restrictions which do enable people to travel. These are listed here: [National lockdown: Stay at Home - GOV.UK \(www.gov.uk\)](#)
- You are able to move home during lockdown. Guidance regarding home moving is here: <https://www.gov.uk/guidance/government-advice-on-home-moving-during-the-coronavirus-covid-19-outbreak>