

# (COVID) Community Champions

## Briefing

w/c 11 July 2022



### COVID-19 Data – National & Local

- Surrey's [COVID-19 Intelligence Summary Report](#) is published every two weeks.
- [National data](#) on cases, vaccine, deaths is updated weekly, also available in easy-read version
- [Public Health England Campaign Resource Centre](#)
- **COVID-19 Cases & Deaths**
  - The ONS estimates that the percentage of people testing positive for COVID-19 has increased in England in the week ending 29th June 2022. It is estimated that **4.0%** of the population in England and **3.7%** of the population in the South-East had COVID-19
  - The estimated **R number** for the South-East is **1.1 to 1.4**. There is a high degree of uncertainty around this estimate due to highly variable transmission across the region.
- **COVID-19 Vaccinations**
  - Up to 26th June, **967,124 (85%)** people aged 12+ in Surrey have received the 1st dose of a vaccination for COVID-19, and **929,822 (82%)** people in Surrey have received the 2nd dose. **771,190 (68%)** people aged 12+ in Surrey have received a booster or third dose of a vaccination and **99,829 (82%)** people aged 75+ have received a spring booster dose.
- **COVID-19 Hospitalisation**
  - COVID-19 hospital admissions have increased in Surrey and in England, with **363** in Surrey hospitals this week (27th June 2022 to 3rd July 2022).

**Key Message: COVID cases are on the increase! Help protect yourself and your loved ones over the summer by practising key safe behaviours including regularly washing your hands, staying at home if feeling unwell and let in fresh air when meeting others indoors.**

#### Staying safe during summer

In recent weeks we have seen a rise in COVID cases in the South East and across the country, with a shift in the dominant strain from the Omicron BA.2 variant. The latest data indicates that Omicron BA.4 and BA.5 now account for more than half of rising COVID-19 cases in the UK and are driving the recent increase in infections. Remember we can all play our part to help protect yourself, your family and your community. For more information visit [🏠 Staying Safe During Summer - UK Health Security Agency \(blog.gov.uk\)](#). For the most up-to date guidance click [here](#).

#### Remember the safe behaviours to protect yourself and your family from COVID-19 infection

1. Get vaccinated to reduce your risk of becoming seriously ill
2. If you feel unwell and have flu-like or COVID-19 symptoms and a high temperature avoid close contact with others and stay at home if you can
3. Let in fresh air when you meet others indoors, especially if they're at high risk from COVID-19
4. Wash your hands regularly and cover your mouth and nose if you cough or sneeze
5. Wear a face mask in crowded and enclosed places



Share: As we enjoy summer and all the festivals, holidays and staycations that come with it, please remember that COVID is still here and it's important we all continue to practice key safe behaviours to protect ourselves and the most vulnerable. [GOV.UK](#)

# COVID-19 Vaccination

## Local Vaccine Information

NHS Surrey Heartlands CCG	Frimley Health & Care ICS
<ul style="list-style-type: none"><li>• <a href="#">Frequently Asked Questions</a></li><li>• <a href="#">Vaccination Programme Updates</a></li><li>• <a href="#">Vaccination Sites</a></li><li>• <b>Vaccination helpline (not booking service):</b> 0300 561 2500 9am-4pm (Mon-Fri) syheartlandscg.vaccination@nhs.net</li><li>• <b>Twitter:</b> @SyHeartlandsCCG</li><li>• <b>Facebook</b> @NHSSurreyHeartlandsCCG</li></ul>	<ul style="list-style-type: none"><li>• <a href="#">Frequently Asked Questions</a></li><li>• <a href="#">Vaccination Programme Updates</a></li><li>• <a href="#">Vaccination Sites</a></li><li>• <b>Twitter:</b> @FrimleyHC</li><li>• <b>Facebook:</b> @FrimleyHealthandCare</li></ul>

### COVID-19 Vaccination for children 5 -11 years old

Children aged 5 to 11 are eligible to have the COVID-19 vaccine. Parents and guardians can [Book online](#) or search for a [walk-in site](#).

- You can book your child's 1st dose online from the day they turn 5.
- You can usually book their 2nd dose from 24 hours after they had their 1st dose.
- You'll be offered appointment dates from 12 weeks after their 1st dose.

In the [Guide for Parents of Children aged 5 to 11](#) parents and guardians can find useful information and resources to take an informed decision.

### Travel outside the UK recommendations

If you're planning to travel outside the UK, check health information for your destination before you go. You may need vaccines to protect you from serious diseases found in some parts of the world and may also need medication, for example to protect you against malaria.

Check the advice for your destination on [TravelHealthPro](#) and speak to your practice nurse, GP, pharmacist or a travel clinic ideally 4-6 weeks before travel to get appropriate advice for your trip. They can give you information about vaccinations and any extra precautions or medication you might need to take.

Be sure to [check the COVID-19 rules and entry requirements](#) for the country you are travelling to.

Read more about [travel illnesses, vaccinations](#) and [travel health advice](#).



Share: Before traveling outside the UK remember to check the COVID-19 rules and entry requirements for the country you are travelling to. [GOV.UK](#)

## COVID-19 Testing

Order a [free NHS COVID-19](#) test or call 119 if you're [eligible](#).

[SignVideo](#) is a free online British Sign Language interpreter service for 119.

[Finding and Choosing a COVID-19 Test Provider – Guidance](#)

## Community Champions in Mole Valley – CSVA

The Community Champions scheme run by [Central Surrey Voluntary Action](#) (CSVA) has played a vital role in sharing key COVID messages, as well as health and wellbeing information to the wider community. Now CSVA is expanding the coverage linking in with events and networking through different areas in Mole Valley, Elmbridge and Epsom & Ewell. One of the new initiatives in Mole Valley is the **Friendship and Fishing Group project**, that has been running for 10 weeks now, with another 10 weeks planned. The group meets every Friday at Henfold Lake from 10.30 am – 1.30 pm. Run by Qualified Angling Coaches, all equipment provided and transport to the lake are provided by partners, Mole Valley Life Community Transport.

So far, CSVA has had 16 participants and average 6 people per session. The fishing sessions are great for contributing to improve people's well-being by keeping them active, learning new skills and connecting with their peers.

The group is open to all Surrey residents over 18 years old, and welcome people with disabilities.

For more information follow the link <https://www.centralsurreyvoluntaryaction.co.uk/home/about-us/projects/mole-valley-friendship-and-fishing-group>

## Beat the heat – staying safe in hot weather

The heat can affect anyone, but some people run a greater risk of serious harm. As our climate changes, hot spells are expected to be more frequent and more intense. **During this hot weather, you can help protect yourself and others by:**

- Looking out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk
- Staying cool indoors – closing curtains on rooms that face the sun can keep the temperature lower in indoor spaces
- Drinking plenty of fluids and avoiding excess alcohol
- Never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- Try to keep out of the sun between 11am to 3pm, when it's strongest
- Walking in the shade, applying sunscreen regularly can protect your skin, and it's helpful to wear a wide brimmed hat while outside on sunny days

[Heat exhaustion](#) is a heat-related illness that can occur after you've been exposed to high temperatures. Learn the symptoms and what to do if you or someone else shows signs of heatstroke during a heatwave [here](#)



Share: Let's look out for each other during the hot weather - the heat can affect anyone, but for some it can have serious effects on their health. Follow the recommendations on [GOV.UK](#)