

(COVID) Community Champions

Briefing

w/c 22 August 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 decreased in England in the week ending 6th August 2022. It is estimated that **2.6%** of the population in England and **2.6%** of the population in the South-East had COVID-19
 - The estimated **R number** for the South-East is **0.7 to 0.9**. There is a high degree of uncertainty around this estimate due to highly variable transmission across the region.
- **COVID-19 Vaccinations**
 - Up to 16th August, **967,795 (85%)** people aged 12+ in Surrey have received the 1st dose of a vaccination for COVID-19, and **932,641 (82%)** people in Surrey have received the 2nd dose. **774,686 (68%)** people aged 12+ in Surrey have received a booster or 3rd dose of a vaccination.
- **COVID-19 Hospitalisation**
 - COVID-19 hospital admissions have decreased in Surrey and in England, with **179** in Surrey hospitals this week (8th August to 14th August 2022).

Key Message: COVID-19 hasn't gone away. Vaccination continues to offer effective protection against serious illness and death from COVID-19.

First bivalent COVID-19 booster vaccine approved by UK medicines regulator

On 15th August, [The Medicines and Healthcare products Regulatory Agency](#) (MHRA) approved the use of Moderna's updated version of the COVID-19 vaccine for adult booster doses, after it was found to meet the UK regulator's standards of safety, quality and effectiveness.

This new updated COVID-19 vaccine targets two coronavirus variants (known as a "bivalent" vaccine). In each dose of the booster vaccine, 'Spikevax bivalent Original/Omicron', half of the vaccine (25 micrograms) targets the original virus strain from 2020 and the other half (25 micrograms) targets Omicron.

The MHRA's decision is based on data from a clinical trial which showed that a booster with the bivalent Moderna vaccine triggers a strong immune response against both Omicron (BA.1) and the original 2020 strain. In an exploratory analysis the bivalent vaccine was also found to generate a good immune response against the Omicron sub-variants BA.4 and BA.5.



Share: Vaccination remains the best form of defence against getting seriously ill with COVID-19. If you're eligible and haven't had it yet, book online or find a walk-in centre. Visit <http://nhs.uk/covidvaccine>

COVID-19 Vaccination

Local Vaccine Information

NHS Surrey Heartlands	Frimley Health & Care
<ul style="list-style-type: none">• Frequently Asked Questions• Vaccination Programme Updates• Vaccination Sites• Twitter: @SurreyHeartland• Facebook @SurreyHeartlandsHCP	<ul style="list-style-type: none">• Frequently Asked Questions• Vaccination Programme Updates• Vaccination Sites• Twitter: @FrimleyHC• Facebook: @FrimleyHealthandCare



NHS Autumn Booster Vaccination rollout

- Following the [updated advice from the JCVI](#), the NHS has now set out plans for the next phase of the COVID-19 vaccination programme
- [The Autumn COVID Booster](#) Programme starts week **beginning 5 September** with care home residents among the first to get vaccinated
- The NHS will invite other eligible groups to book appointments for 12 September onwards. Please wait to be contacted.
- As with previous campaigns, the oldest and most vulnerable will be called forward first, with people able to book in online or through 119 for as long as it has been three months since their last dose.
- The NHS will continue to advise local sites to allow immunosuppressed patients to self-declare and attend walk-ins to make getting the extra protection as easy as possible.

COVID-19 VACCINE

AUTUMN BOOSTERS

- ▶ Residents and staff in older adult care homes
- ▶ Frontline health and social care workers
- ▶ People aged 50 and over
- ▶ People aged 5-49 in a clinical risk group
- ▶ Household of immunosuppressed people
- ▶ Unpaid carers aged 16-49

Remember:

COVID hasn't gone away so it's important to get every vaccination you're eligible for, including boosters

A booster dose increases your protection against serious illness.

It's never too late, you can get your first, second or booster dose of COVID-19 vaccine now. [Book online](#) or search for a [walk-in site](#).



Share: An autumn booster will be offered to people at higher risk to extend their protection against getting seriously ill from COVID-19. Vaccinations begin from 5 September & the NHS will contact eligible people when it's time to come forward. Visit [NHS.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](#)

Surrey Community Action – Be a Community Champion

[Surrey Community Action](#) is looking to grow the Community Champions network, particularly from people who are part of residents' groups and faith groups. They are particularly keen to recruit people who are in under represented groups, to help give them a voice and empower their communities. Training and support will be provided.

A Community Champion is a local volunteer who will help residents in their own community to stay up to date with the latest advice about COVID, health matters, wellbeing, food poverty, and benefits to help provide a consistency of messages to all Surrey residents.

Champions will become part of the Surrey Community Champions Network, providing the opportunity to share issues and ideas with each other and Council representatives, so we can all listen and try to help people to stay as safe and strong as possible. Being a Champion is a great way to make a positive impact on your community.

WHO ARE WE LOOKING FOR?

Surrey Community Action wants to grow the Community Champions network, particularly from people who are part of residents' groups and faith groups. We are particularly keen to recruit people who are in under-represented groups to help give them a voice and empower their communities. Training and support will be provided.

WHAT IS A COMMUNITY CHAMPION?

A Community Champion is a local volunteer who helps residents in their community to stay up to date with the latest advice about Covid and other health matters, wellbeing and sources of financial support.

Champions will help people to get clear and trustworthy information from reliable sources and will feedback problems and concerns to local councils and health authorities.

Volunteers will become part of the Surrey Community Champions Network, so they can share ideas and ideas with one another and with local authorities to help communities to stay as safe and strong as possible.

Being a Champion is a great way to make a positive impact on your community.

WE NEED

People who:

- Have good social and listening skills
- Are able to give and receive feedback
- Are reliable and dependable
- Can work alongside others in a non-judgemental and respectful way
- Are willing to appreciate people's right to make decisions for themselves
- Have a sensitive and caring attitude towards others

IS THIS YOU? GET IN TOUCH

CONTACT DIANNE ROBERTS

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Swim Healthy in rivers, lakes and the sea

During warm weather, going for a swim can provide much welcomed relief. However, open water swimming can increase the risk of gastrointestinal illnesses, or stomach bugs. If you are going into open water to cool-down, take care and follow the below safety advice to reduce the risk of getting ill.

Before you swim in rivers, lakes and the sea consider:

- choosing the location carefully and avoid swimming in water with blue-green algal blooms or scums in freshwaters, check the [water quality information](#).
- Avoid bathing on higher risk days, by checking the [pollution risk forecast](#)
- covering cuts, scratches or sores with a waterproof plaster before swimming
- wearing appropriate protective clothing such as a wetsuit, gloves or protective footwear

After swimming, you can minimise the risk of becoming ill by:

- cleaning your hands thoroughly with soap and water ensuring that all wet sand is removed from hands before eating or handling food
- thoroughly cleaning cuts or abrasions using soap and water
- handle your wetsuit with care after use. Rinse it with clean water as soon as is practicable after swimming. Clean with detergent and rinse as advised by the manufacturer. Always wash your hands with soap and water after handling or cleaning your wetsuit. Allow the suit to dry thoroughly before reuse.

What to do if you become unwell

If you do become unwell with diarrhoea or any other symptoms, seek medical help and let them know you have been open water swimming. Do not swim again until you have had no diarrhoeal symptoms for at least 48 hours, or for a longer period if advised by a doctor. Further information visit: [Swim healthy – GOV.UK](#)



Share: Open water swimming can increase the risk of gastrointestinal illnesses, or stomach bugs, especially during summer. If you are going into open water, take care and follow safety advice to avoid getting ill. Visit [Swim healthy – GOV.UK](#)