

COVID-19 Brief

coronavirus



Here is the brief for Wednesday 29 December 2021.

First Minister Update The Scottish Parliament was recalled for a virtual session earlier today as Nicola Sturgeon updated MSPs on the current Covid-19 situation and urged members of the public to “get boosted by the bells”.

Ms Sturgeon thanked everyone involved in the delivery of the vaccination programme and to everyone coming forward to be boosted. She reiterated that getting a booster doesn’t mean you won’t get COVID-19, but it reduces the chances of it, significantly enhances your protection against serious illness and “it could literally save your life”.

In recent weeks there has been a huge increase in appointments in all health board areas, with 75% of those eligible for a booster having now received one. She said the Scottish Government wants to get to, or as close as possible to, having 80% of eligible adults boosted by the Bells, adding that across Scotland we have enough capacity to do this but need high demand from the public.

She urged anyone who hasn’t been boosted, or jabbed at all, to book an appointment or attend a walk-in clinic and that anyone with an appointment for January should reschedule to this week.

Grampian data The local update since December 25. Repeat tests are included in both categories. The figure for the “daily number of new people tested” is only for the number of tests for people who have not been tested previously.

	Daily number of new people tested (PCR)	New cases in past 24 hrs	Daily no. of contacts isolated in past 24 hrs	Patients in hospital	Patients in ITU	Deaths in hospital
Sat 25/12	971	455	165	38	6	2 <small>Deaths on 24th & 25th Dec</small>
Sun 26/12	591	674	55	36	5	0
Mon 27/12	853	819	123	37	4	0
Tues 28/12	666	935	195	38	4	0
Weds 29/12	418 <small>646 avg daily tested last 3 days</small>	1292 <small>Up 357 from 28/12/21</small>	247 <small>Up 52 from 27/12/21</small>	41 <small>Up 3 from 28/12/21</small>	5 <small>Up 1 from 28/12/21</small>	0 <small>Last recorded death 25/12/21</small>
	<small>Tests reported from Illuminate up to 3pm on 26/12/21 NB tests refreshed daily due to lag in reporting</small>	<small>Reported by Scottish Govt up to 8am today</small>	<small>Reported from CMS up to midnight</small>	<small>Confirmed patients from Trakcare according to new definitions from 15/9</small>	<small>Confirmed from Trakcare as per SG definitions - Includes patients who were +ve >28 days. ECMO patients included if flagged for COVID-19</small>	<small>Confirmed from Trakcare</small>
	7 day rolling positivity rate on 26/12 14.12%					

We Care Wellbeing Wednesday The We Care mailbox and our anonymous feedback form will still be open for any questions or queries during the Christmas break. To get in touch with the team please email gram.wecare@nhs.scot or complete our anonymous form at <https://forms.office.com/r/xgrcdtqKQg>.

We recognise that Christmas can be a stressful time for some, we hope that you can find time to rest, reflect and recharge with your colleagues and family. Support is available throughout the Christmas period if you wish to reach out and talk to someone:

Support available 24/7 throughout Christmas and New Year	
Samaritans	Freephone 116 123 or email jo@samaritans.org (response time to email is 24 hours).
National Wellbeing Helpline	Support line available for everyone working in health and social care services. Freephone 0800 111 4191
NHS 24 Mental Health Hub	Freephone 111 for urgent mental health assessment and support
Shout	Text "Shout" to 85258 to chat to a trained volunteer via text
Stay Alive app	A downloadable app for resources related to suicide prevention and support https://www.stayalive.app/
Prevent App	A downloadable app which includes a list of contact points for suicide https://www.preventsuicideapp.com/suicide.html

Other support available during the Christmas period	
Breathing Space	Freephone helpline and webchat open Monday – Thursday 6pm-2am, Friday-Sunday 6pm-6am. Tel 0800 83 85 87 . Webchat: www.breathingspace.scot
Frontline 19	Self-referral for national telephone/video psychological support for frontline/patient facing staff. Assigned within 7 days of referral.
Psychological Resilience Hub	Online self-referral for telephone support in the New Year for concerns related to covid-19. https://www.nhsgrampian.org/covid-19/information-for-nhs-grampian-staff/subpages/mental-health-and-psychological-wellbeing-support-for-staff/
Chaplaincy	Confidential and independent support from skilled listener Chaplains. Phone 01224 5(53316) or call switchboard on 0345 456 6000 to page the 24/7 on-call Chaplain on 880349 .
Go Health Services & Occupational Health Service	Online referrals and contact via phone at 01224 5(55749) excluding public holidays. http://nhsgintranet.grampian.scot.nhs.uk/depts/Occupational%20Health%20Service/Pages/Counselling.asp

Tune of the day For today's song we turn to delightful British rockers Thunder and the joyfully catchy [Resurrection Day](#). The song is a tribute to one of the band's guitarists, Ben Matthews, and his successful battle with cancer.

We're always on the look out for your suggestions of a great song to end the day (or start it, depending on when you read this brief) so just drop us a line via gram.communications@nhs.scot That's also your first port of call if you've got any queries or an item to share.