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Welcome to the latest edition of our NHS Grampian newsletter, which aims to keep you informed through regular updates and articles of interest regarding the health and care of the Grampian population.

## Covid-19 & flu vaccination update

### Vaccination progress across Grampian

We continue to make good progress in rolling out the winter vaccination programme. Almost 174,000 flu vaccinations have been done in Grampian, including 27,000 in the last week. We are nearing the completion of the 70s+ population where over 80% have had their booster. 43% of 65-69 year olds and 27% of 60-64 year olds have also now had the booster jab.

We are receiving many enquiries about Booster doses and whether they appear on the app, including boosters received in England. The app is developed by a national team, rather than NHS Grampian and they are aware of this - particularly as it is being indicated for entry requirements to some countries.

A recent publication from the Office of National Statistics concluded that the age-adjusted risk of deaths involving COVID was 32 times greater in unvaccinated people than in fully vaccinated individuals. We know

from studies that the protection from vaccination needs to be topped up from about 5 months after the second dose. So this programme of vaccination is of critical importance.

Letters to all people over 60 have been sent, and 16-59 year olds with underlying health conditions will be the next group to be appointed. We have 17 military colleagues helping us with the vaccination programme until the 1st of December enabling us to offer appointments more quickly for those who are eligible.

### 'Flu/COVID booster online booking opens

People aged 50-59, unpaid carers aged 16 and over, and those aged 16 and over who are household contacts of immunosuppressed individuals, are now able to book their 'flu and COVID booster online. This is done via the same website health & social care staff use to book vaccinations. If you are or know someone in the above categories [please share this link](#).

### Key things you can help with:

Please remember not to contact your GP Practice if you have a query or wish to change an appointment. Instead contact the National Helpline on 0800 030 8013

We have also developed a new Vaccination web site, <https://www.grampianvax.com/> here you will find information on who is entitled to 'flu/COVID-19 booster, how they will get their appointment, and how to rebook.

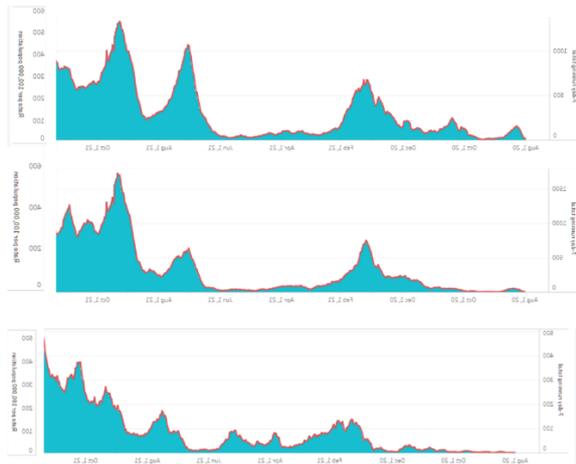
## Public Health Update (as at 12 November 21)

### Grampian cases remain high

The 7 day case rate per 100,000 in Grampian on 10<sup>th</sup> November was 348 (close to the

Scottish average of 358) although our local rates show a slight increase in recent days.

Most notable are the differences in each of our local authority areas. Aberdeen City remains stable, Aberdeenshire has come down from previous peak to a plateau level. Moray case numbers are rising sharply.



Different dynamics are evident, with City is showing a sharp rise in cases under 20 years, with a decrease in groups over 60. Shire is showing reducing or stabilising cases across most age groups. Moray shows a sharp rise in the under 20s and in 40-59 year olds.

The overall rise is driven by cases in young people between 4-12 years old. Lateral flow testing in schools has been increasing again but so has test positivity which is 22% in 4-18 year olds, compared to 9% for the Grampian population overall.

Across Grampian, 368 pupils and staff were in school during their infectious period in the week ending 9<sup>th</sup> November. And 12 schools with 10 or more pupils infected in the past 7 days – 11 of these are primary schools.

### **Moray showing a deteriorating picture**

Moray warrants particular attention this week because of the sharp rise in cases. The 7 day case rate is 412, some 15% higher than the Scottish average. Our proxy for  $R_t$  (the estimated dissemination ratio) has been above 1 for three consecutive weeks and is increasing. Testing has been increasing but so has test positivity. Increased cases are

affecting those under 19 years particularly. 189 pupils and staff in Moray were at school during their infectious period in the last 2 weeks, of which 66% related to primary schools.

The increase in cases in Moray is also affecting 30-49 year olds with a steep rise in the past week. Hospital admissions of Moray residents have been at higher levels over the past 2 months, with 16 new admissions in the past week alone. And occupancy levels are the highest seen since the start of the pandemic.

You may have read the recent P&J article about the Moray surge in cases in the spring. This was published just as we are seeing a spike in cases and once again attention is focussed on young people and schools, with the added risk of spreading infection to parents and vulnerable people.

### **Feature – ANCHOR centre construction reaches key milestone**



The new ANCHOR centre, under construction at Foresterhill, has marked a significant milestone with the completion of the steel frame. This means the construction team can begin to erect the building's external walls and pour the concrete floors as this three-storey facility continues to take shape. The facility will bring together oncology and haematology day-patients and outpatients, aseptic pharmacy, research and teaching facilities, non-clinical support services, and also radiotherapy services provided from what will become the adjoining Radiotherapy Centre which opened in 2013. Around 65,000 outpatients will use the centre each year. The centre is scheduled to open in May 2023

## Messages and useful links:

### Scottish Health Award Winners

We are delighted to announce our Psychological Resilience Hub landed the Care For Mental Health Award at the Scottish Health Awards 2021.

The Psychological Resilience Hub is for anyone who is struggling with the impact of the COVID-19 pandemic, affecting their psychological wellbeing. The service is for anyone in Grampian or Orkney. For more information on the hub click [here](#)

### Grampian Summary

- Cases are beginning to rise slowly across Scotland – this was expected given the relaxation of restrictions and more indoor mixing particularly in colder weather
- The rise nationally is apparent in young people aged between 5-11 and there are signs that cases are slowing down in over 80s
- The impact on hospital occupancy continues to be high across Scotland
- Infection rates in Grampian have increased slightly recently and the picture across local authority areas is mixed, with school age cases affecting Moray and City
- Moray in particular has seen a steep rise in cases driven by 4-12 year olds and adults between 30-49 years.
- Hospital occupancy for Moray residents is the highest it has been since the pandemic began
- Booster vaccination progressing very well across Grampian – 80% of our over 70s are fully jabbed
- <https://www.covidvaxgrampian.com/>
- <https://www.nhsgrampian.org/covid-19/covid-19-public-information/subpages/covid-19-community-testing/>
- Information and updates can also be found in the NHS Grampian Daily Brief [click here](#)