

Communication from Deafblind Scotland during the COVID-19 Pandemic

26 January 2021

Mainland Scotland continues to be in **Lockdown**, to minimise the risk of spreading the virus. We are all being told to '**Stay At Home**' except for essential journeys.

Lockdown is working and we are making progress. The Scottish Government will be reviewing the lockdown early February.

Please remember that by law you can only leave your home or garden to:

- care for a vulnerable person
- essential work, but only if you absolutely cannot work from home
- local shopping
- healthcare
- outdoor socially distanced exercise
- if you do go out for an essential purpose you should only meet one person from a different household in a group no bigger than two

COVID-19 VACCINE

People aged 70 to 79 will now receive appointments for the vaccine over the next couple of weeks. People aged 80 and over will receive letters in the next few days and if you haven't please let us know. If you need guide/communicator support Deafblind Scotland can provide this, even if you do not currently receive a service.

Unpaid adult carers (who are under 65) will be offered the vaccine as part of group 6 the priority list. Carers over 65 will be offered the vaccine earlier due to their age.

The rest of the population, who are under 70 years old, will be informed by your GP or NHS Board when it is your turn.

It is important that we all get vaccinated and to protect those that receive our services staff have all been getting vaccinated. A national helpline has been set up for coronavirus vaccination questions - 0800 030 8013 (available 8am to 8pm, seven days a week).

More information on the Scottish Government website: www.gov.scot/coronavirus-covid-19

Medicine Delivery Service

The Scottish Government are establishing an **NHS medicines delivery service**, which will be available to people across the country, including those who have been shielding, and other people who would benefit from the service.

The service will be starting at the end of January month, and it will be available until at least the end of March. We will give you more information once it is released from the Scottish Government.

Mental Health Support

At this time we know that many people are feeling isolated and overwhelmed, or perhaps you are grieving for things you have lost. Remember that mental health support is available if you need it.

The Scottish Government have created a website with tips to help you look after your **mental health**. Visit their website for more information clearyourhead.scot/winter

Deafblind Scotland is here to help

You can continue to contact Deafblind Scotland for support and advice.

Phone: **0141 777 7774**

Text: **07715 421 377**

Email: **info@dbscotland.org.uk**