

Communication from Deafblind Scotland during the COVID-19 Pandemic

11 December 2020

As Christmas draws closer we are starting to see lots of glimmers of hope that 2021 will be a better year for us all. 2020 has been a very challenging year and one that most of us will remember for some time to come. However, looking forward there is definitely light at the end of the tunnel with a vaccination programme and a greater roll out of routine testing. Most of you will be aware that Covid-19 also shone a light on the limitations of our current social care system which has not gone unnoticed by the Scottish Government who are undertaking a significant review of social care services. Indeed many of you have given evidence through the surveys that we sent out and the case studies that we undertook. So I do genuinely feel that 2021 will see us return to a more normal way of living but I'm also hopeful that in returning to whatever our new normal will be that we will see real improvement in the way Deafblindness is understood and the standard of support that is available. In this new year we will also be launching our new Deafblind Scotland

Strategy 'Dare to Dream' where our focus will be on increasing the choices and opportunities available to Deafblind people. I'll say more about that in the new year but for now I want to wish you all a peaceful and enjoyable Christmas and as the bells ring out this difficult 2020 that you'll join me in looking to the future with greater optimism as we welcome the beginning of the end of this pandemic. Meantime, take care, stay safe and remember you are not alone and that we are there for you if you need us during the festive period.

Isabella Goldie

CEO

And all the Staff, Volunteers and Trustees of Deafblind Scotland's Board.

Covid-19 VACCINE

This week saw the launch of the new Covid-19 vaccination programme. A great moment for us all. The first vaccines are now being given to front line health and social care workers and older people in care homes. After this those who are most vulnerable within the community will be vaccinated including older

people and those with underlying conditions. You will be informed by your GP or NHS Board when it is your turn.

Changes to Local Authority COVID Protection Levels, from 6pm on Friday 11 December.

Level 1: Borders, Dumfries & Galloway, Highland, Moray, Orkney, Shetland, Western Isles. However, people in Moray and the Highlands are not to visit inside other people's houses.

Level 2: Aberdeen, Aberdeenshire, Angus, Argyll & Bute, East Lothian, Falkirk, Inverclyde.

Level 3: Clackmannanshire, Dundee, East Ayrshire, East Dunbartonshire, East Renfrewshire, Edinburgh, Fife, Glasgow, Midlothian, North Ayrshire, North Lanarkshire, Perth & Kinross, Renfrewshire, South Ay

Level 4: No areas are in level 4.

You can use the online postcode checker, to find your local COVID protection level:
www.gov.scot/check-local-covid-level

Visiting Friends & Family

Across mainland Scotland visiting other households indoors is not allowed. However, in Shetland, Orkney, the Western Isles people can meet up to six people from two households inside homes.

In **level one**, it is possible to meet outdoors with up to eight people from a maximum of three households.

Across the **rest of Scotland**, a maximum of six people from two separate households can meet outdoors in a private garden or in a park.

Hospitality Rules

In **level one**, the only additional restriction is that hospitality premises have to close at 10.30pm.

In **level two**, pubs and restaurants can only serve alcohol with a main meal indoors and must close by 8pm. Outdoors, alcohol can be

consumed without a meal and venues must close at 10.30pm.

In **level three**, premises will be allowed to open - but no alcohol can be sold, and they must close at 6pm.

In the **level four** all pubs, restaurants and cafes are closed, although they can still serve takeaways.

Christmas Guidelines:

The safest way to spend Christmas and the festive period is to stay within your own household, in your own home. However, from 23rd December to 27th December there is a limited relaxation of the COVID-19 rules.

If you are happy to do so then you can form a group (called a bubble) of up to three households, one of which can be an extended household.

- Maximum of 8 people.
- Children under 12 do not count towards the total number of people.
- You should not change the members in your group once it has been formed.

- If anyone in the group contracts Covid-19 all members of the group must isolate for 14 days.

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

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**



FACE COVERINGS



AVOID CROWDS



CLEAN HANDS



TWO METRES



SELF-ISOLATE

Book a test if you have symptoms.

**Stopping the spread starts
with all of us.**