

Communication from Deafblind Scotland during the COVID-19 Pandemic

10 March 2021

A Few Words from our CEO

Hello everyone. I hope you are keeping well and safe. As you will see below after a pretty difficult dark winter we now have some good news on the horizon and much quicker than we had hoped. It's small steps but as the weather improves I think very welcome ones. I hope this does make life easier for you and that you can see friends and family again. As ever we are here to help if you need us.

Take care and we will keep you updated on the next phases of the easing of restrictions.

Warm Regards

Isabella Goldie.

The Scottish Government has announced the first steps we will take to move Scotland out of lockdown. If it is possible we will move out of lockdown quicker than we first thought.

Socialising Outdoors from 12 March 2021

Friday – up to 4 adults from 2 household can meet outdoors in any outdoor space (including private gardens)

Outdoors Activities from 12 March 2021

Teenagers aged 12 to 17 years can meet outdoors in groups of 4 people from up to 4 households.

Adults, outdoor exercise and non-contact sport will be allowed, groups can be up to 15 people.

Communal worship and services can restart from **26 March**, with up to 50 people – as long as 2 meter physical distancing is possible.

Next week, the Scottish Government will announce a timetable to open shops,

hospitality, hairdressers, gyms and parts of our tourism sector.

We are making very good progress, but we still need to minimise the risk of spreading the virus. We are all to continue to '**Stay at Home**' except for essential journeys.

The Scottish Government hope to relax travel restrictions in the coming weeks.

Vaccine

Those who are aged 50 to 59 will start to receive vaccination appointments.

The target is to have vaccinated everyone over 50, all unpaid carers and all adults with an underlying health condition vaccinated by mid-April.

Be my Eyes App

One of our members has shared information about an APP they have found really helpful for people who are visually impaired called 'Be My Eyes'. The App lets visually impaired people connect to volunteers through a video

link. Then access help to identify items, reading information on vouchers/letters and so much more. It's free to download and very easy to use. You create an account and pick the languages you speak.

www.bemyeyes.com

Remember that Deafblind Scotland is still here to help, please continue to contact us for information and support.

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Text: **07715 421 377**

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