

Communication from Deafblind Scotland during the COVID-19 Pandemic

30 March 2021

The good news continues this week with some restrictions easing. The number of covid cases continue to fall though First Minister, Nicola Sturgeon has called for everyone to "remain hyper vigilant".

We can continue to meet up outdoors, including in private gardens, in groups of no more than four people from two households.

Friday 2 April The current 'stay at home' rule has been replaced by guidance to "stay local". Only travel within your local authority area.

Monday 5 April

Some businesses can reopen including click and collect services, garden centres, homeware shops. Hairdressers and barbers can also open for appointments.

Vaccine for Unpaid Carers

If you are an unpaid carer you can now Self Register to receive the COVID-19 Vaccine. All of the following statements need to apply to you:

- You are 16 to 64 years old
- You provide face-to-face care and support to one or more family members, friends or neighbours
- The care you provide is not part of a contract or voluntary work
- If caring for someone under 18, they are affected by a disability, physical or mental ill-health, developmental condition or substance misuse
- And, if you have not already received your first COVID-19 vaccination or vaccination appointment letter.

To access the self-registration website visit **nhsinform.scot/carersregister**

If you cannot access the online website, please call the Covid Vaccination Helpline on **0800 030 8013**

For more information on the COVID-19 vaccination programme visit www.nhsinform.scot/covid19vaccine

The Scottish Parliament Elections will take place on Thursday 6 May 2021. A new guide has been produced to explain what you need to know before the election and tell you where you can find further information.

You can find BSL, Audio and many other alternative formats here:

tinyurl.com/y4xbxbd3

The law on organ and tissue donation is changing

From 26 March 2021, Scotland will have an opt out system. Organ and tissue donation remains a personal decision and you have a choice. Find out what it means for you, and your choices organdonationscotland.org

Recording your decision on the NHS Organ Donor Register is simple and only takes a few minutes.

Website: **www.organdonationscotland.org**

Phone: **0300 303 2094**

Text relay: **18001 0300 1232323**

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

Phone: **0141 777 7774**

Text: **07715 421 377**

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