



# Weekly COVID-19 Intelligence Summary

## Local Outbreak Engagement Board – 26<sup>th</sup> March 2021

Southampton City Council



# COVID-19 Confirmed Infections

## GOV.UK Published Cases

Cases in last 7 days	Change in last 7 days	Average cases per day (last 7 days)	Data up to
214	-12	30.6	20/03/2021

Select date range

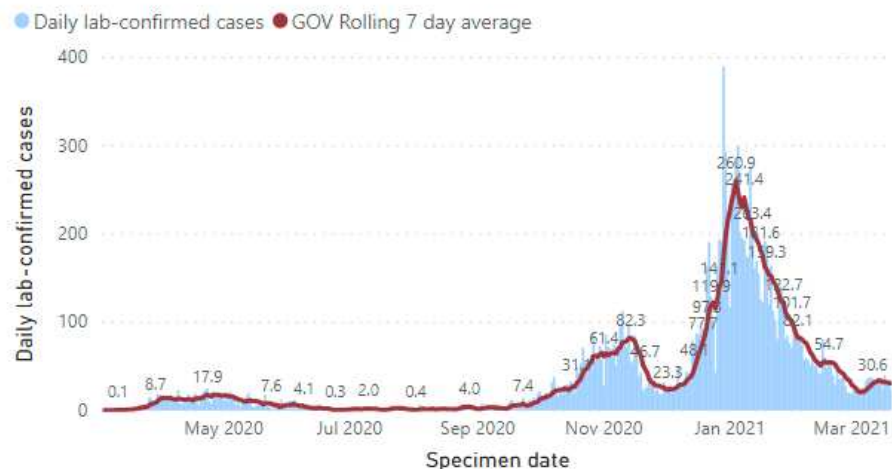
30/01/2020 20/03/2021



Cases for selected dates

14180

Number of COVID-19 cases per day and 7-day rolling average in Southampton for selected dates



There have been **14,180 confirmed cases** of COVID-19 in **Southampton** (includes both pillar 1 and 2 cases). There were **214 confirmed cases** in the **last 7 days**, which is an **reduction** of **12** compared to the **previous 7 days**.

Data is correct at time of publication, but is subject to change due to reporting delays and corrections. Therefore, any changes in the number of infections should be **interpreted alongside overall trends**, as there will be daily fluctuations. It is more important to consider any **sustained increases or decreases** that may occur.

The chart to the left shows the **daily number of confirmed cases** and the **7 day moving average** (to smooth out fluctuations) in Southampton. Recent data suggests COVID-19 infections are continuing to reduce but infection rates are still high.



# Weekly Infection Rates – for public slides

Last updated 26 March 2021



## Southampton COVID-19 Data Dashboard



### What is coming?

22/03/2021

Southampton 7 day infection rate per 100k

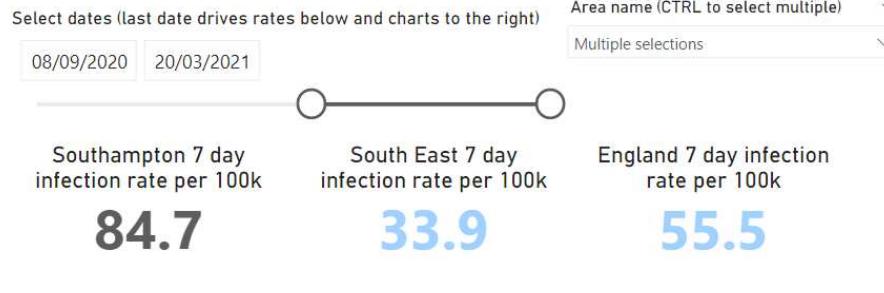
**80.8**

South East 7 day infection rate per 100k

**34.4**

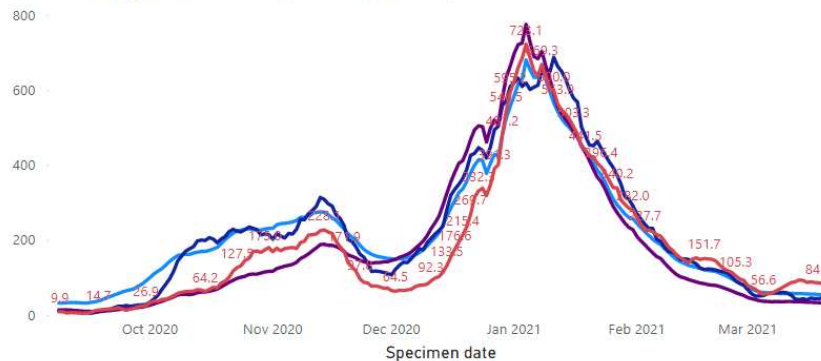
England 7 day infection rate per 100k

**56.6**

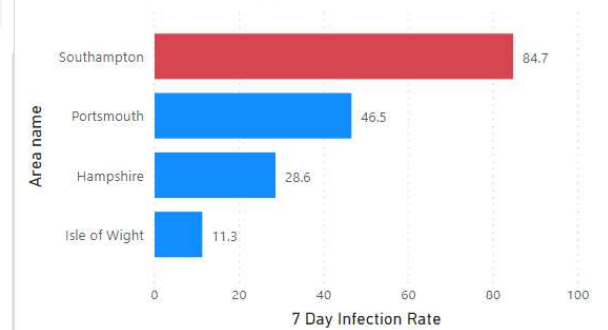


### COVID-19 7-day rolling case rate per 100,000 population

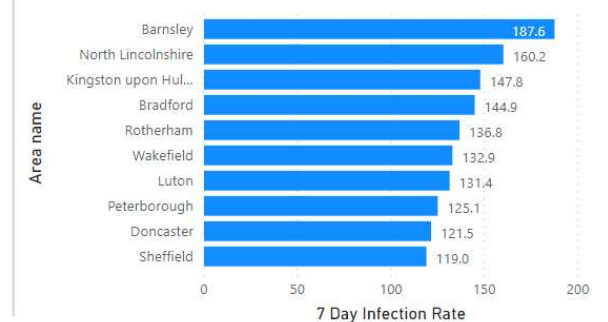
Area name ● England ● Portsmouth ● South East ● Southampton



### Infection rate per 100,000 population: HIOW LAs



### Infection rate per 100,000 population: TOP TEN LAs





# Case Demographics Age Group

Last updated 26 March 2021



## Southampton COVID-19 Data Dashboard



Select date range

07/02/2021 20/03/2021

Select age (years)

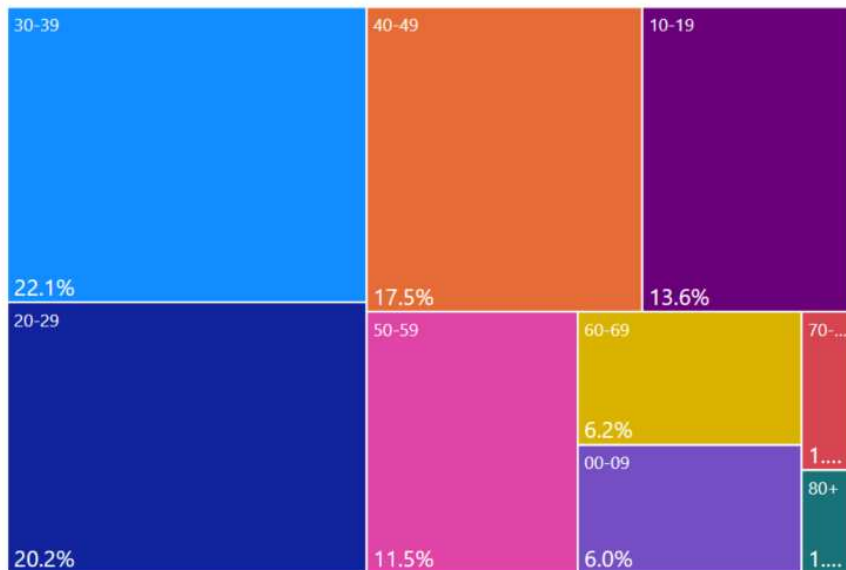
0 103

Number of cases for selected dates

1587

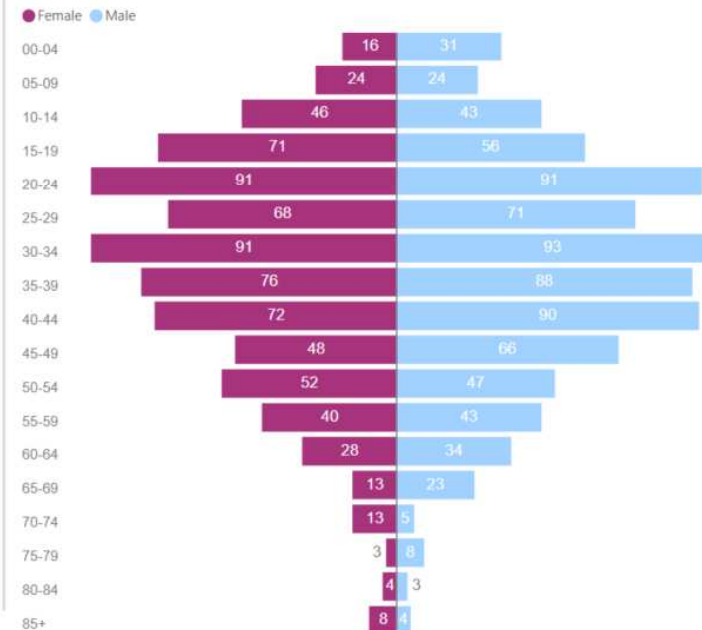
Select main residence UTLA

Southampton



### Cases by Age Group

Male Cases	Female Cases	Male Mean Age	Female Mean Age
820	764	35.2	34.9





# Case Demographics – rates by age group

Last updated 26 March 2021



## Southampton COVID-19 Data Dashboard



Select Specimen Date

14/09/2020 20/03/2021



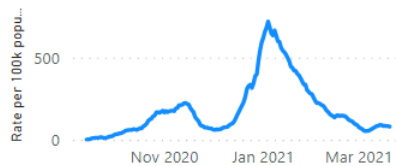
7 day average case rate

Change in case rate

Data up to

20/03/2021

Total 7 day average case rate per 100k population

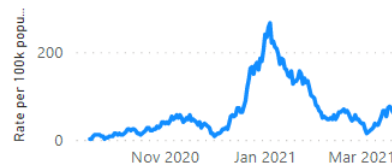


Total case rate

84.7

-5.3%

0-9 7 day average case rate per 100k population

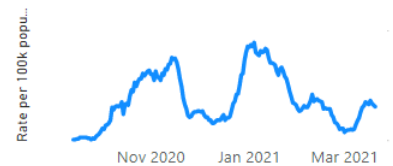


0-9 case rate

64.5

17.6%

10-19 7 day average case rate per 100k population

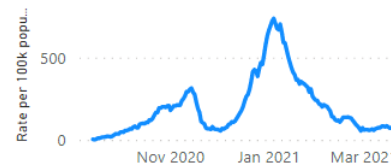


10-19 case rate

154.5

-2.2%

20-29 7 day average case rate per 100k population

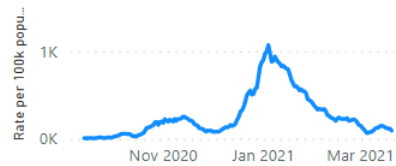


20-29 case rate

79.9

-8.0%

30-39 7 day average case rate per 100k population

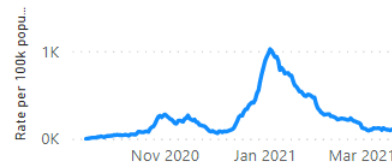


30-39 case rate

102.4

-32.1%

40-49 7 day average case rate per 100k population



40-49 case rate

119.2

10.0%

50-59 7 day average case rate per 100k population



50-59 case rate

77.8

0.0%

60+ 7 day average case rate per 100k population



60+ case rate

28.9

44.4%



# Positivity Rates (PCR tests)

Last updated 26 March 2021



## Southampton COVID-19 Data Dashboard



Select date range

28/12/2020 24/03/2021

Select Local Authority

Multiple selections

Date of latest data

24/03/2021

Southampton 7-day positivity rate

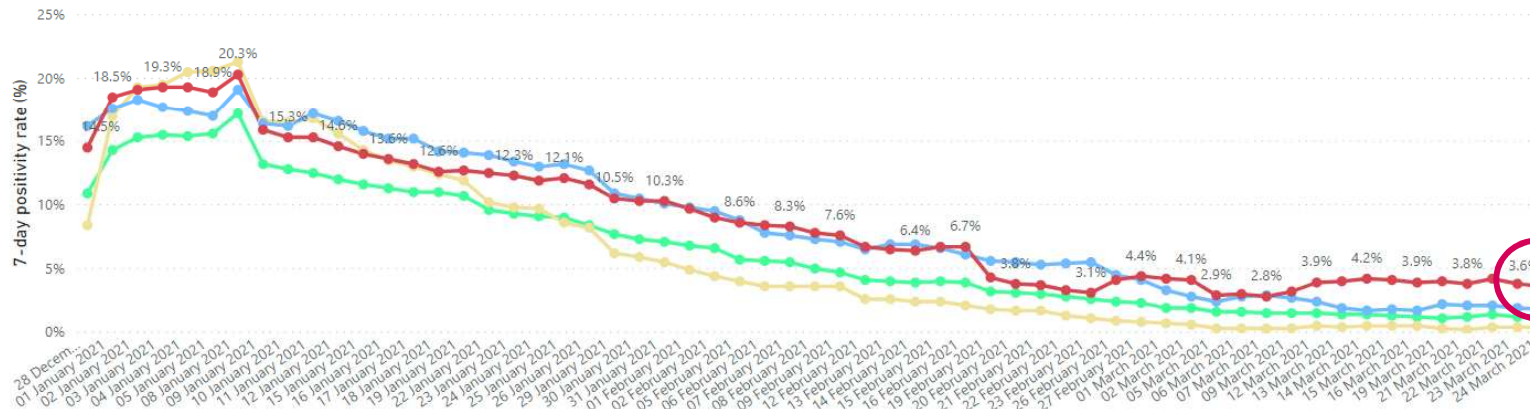
3.6%

Previous week 7-day positivity rate

(Blank)

### 7-day positivity rate (PCR) by Date and Area

Area ● Hampshire ● Isle of Wight ● Portsmouth ● Southampton



PHE advise that a positivity rate of >5% is the threshold for HIGH and >7.5% is the threshold for VERY HIGH

Luton = 5.5%  
Bolton = 5.2%  
Leeds = 5.7%  
England = 2.7%

PLEASE NOTE: Testing positivity data is based on a 7 day rolling average. Historic data may have been refreshed. However, access to refreshed historic data is not currently available, so data is correct as at original publication date. Trend data is not complete as data is not able to be extracted on weekends and bank holidays.



# COVID-19 Hospital Admissions



Admissions and  
inpatient  
diagnoses in last 7  
days

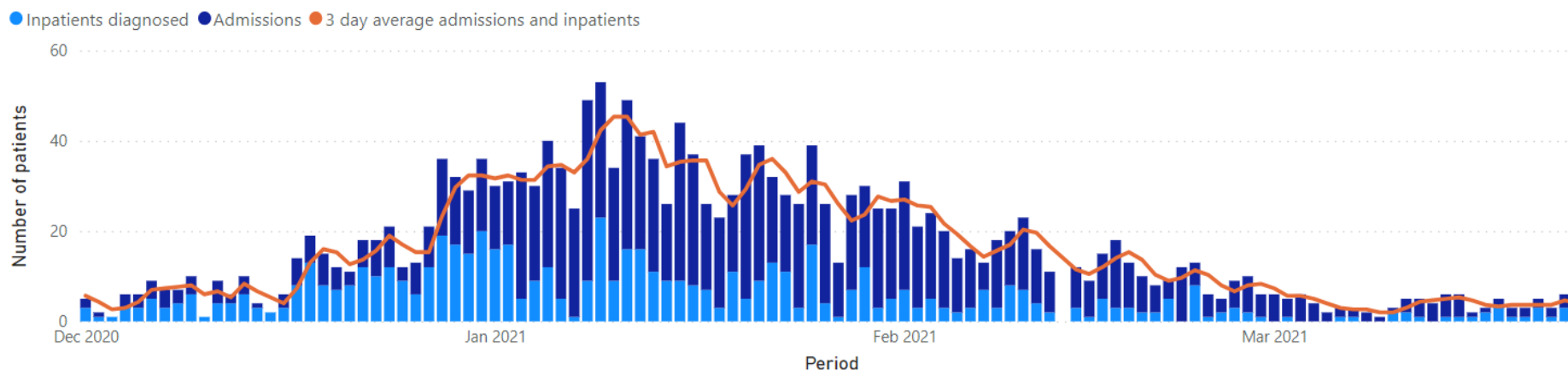
28

Change  
in last 7  
days

-3

Data up to 24/03/2021

University Hospital Southampton - number of COVID-19 admissions, in last 24 hours, by age group



Source: Datasouth NHS

The chart above shows the trend in the total number of new COVID-19 inpatient diagnoses and admissions in the last 24 hours at University Hospital Southampton (UHS). This includes all patients at UHS, not just Southampton residents. In the **last 7 days** up to 24<sup>th</sup> March, there were **28 new cases** at UHS, which is a **reduction** of **-3** cases from the **previous 7 days**.



# COVID-19 Related Deaths – Public Slide

Last updated 26 March 2021



## COVID-19 related deaths

Includes deaths up to 12 March, all deaths registered up to 20 March



Total COVID related deaths

**374**

of which

Hospital

**245**

Community

**129**

(102 of which in care homes)

COVID Deaths during the week to 12 March

**4**

Change in deaths from previous week

**+4**

### COVID-19 deaths

There have been a total of **374** COVID-19 related resident deaths in Southampton. There was **4** COVID-19 related deaths in the most recent week, which is **an increase of +4** when compared to the previous week.

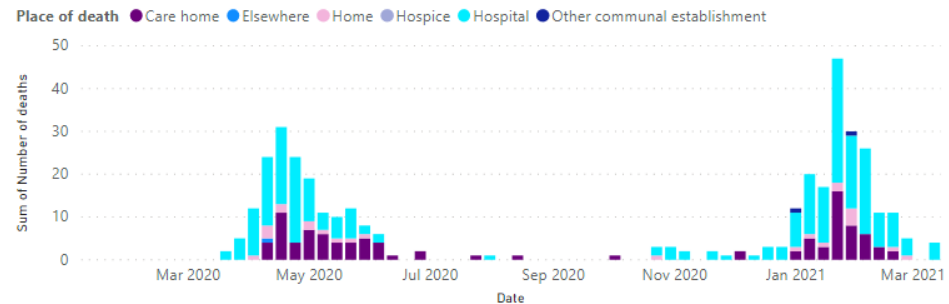
The chart to the rights shows the number of COVID-19 related deaths by week and setting.

Latest data shows that there was **5 COVID-19** related deaths in **University Hospital Southampton (UHS)** between the 10th March up to 16th March. This data is different from that published by ONS as it doesn't necessarily include Southampton residents, only those who have died at UHS.

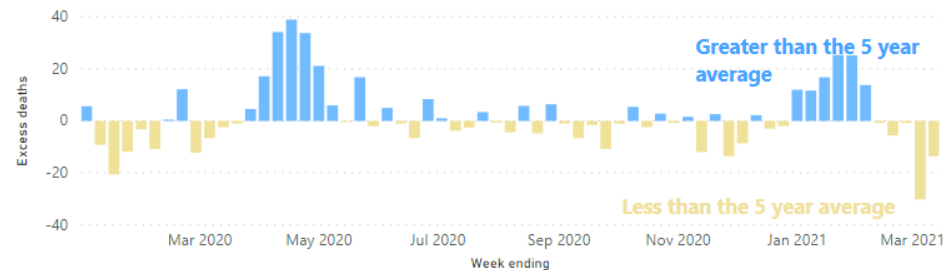
### Excess deaths (COVID and non-COVID)

In Southampton, **resident deaths** are now at **lower levels** compared to previous years as shown in the graph to the right. This shows the death occurrence by week compared to the average deaths count, by week, for the years 2015 to 2019.

Deaths by week and place of occurrence



Excess deaths by week



Please note: data correct at time of publication, but may be revised in future weeks due to reporting delays





## Vaccination headlines – 1<sup>st</sup> Dose vaccine up to 21/03/21

Last updated 26 March 2021



### 1<sup>st</sup> dose vaccine – 87,600 people by age

Under 50 years old	50 to 59 years old	60 to 69 years old	70 to 79 years old	80+ years old
26,912	18,091	18,949	14,984	8,664

Source: National Immunisation Management Service (NIMS)

### 1<sup>st</sup> dose vaccine – Residents and Staff in Older Adult Care Homes

Eligible residents vaccinated	705
Eligible staff vaccinated	878

Source: DHSC Capacity Tracker

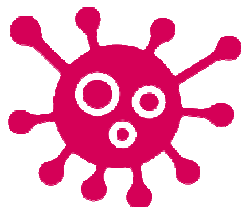
### 1<sup>st</sup> dose vaccine – Social care staff by setting

Staff in independent CQC-registered younger adult care homes	359
Staff in independent CQC-registered domiciliary care providers	1,530
Staff in <b>other settings</b> (including non-registered providers and local authority employed)	2,843

The number of residents by age band, residents/staff of older adult care homes and social care staff in independent CQC registered organisations who have been vaccinated for COVID-19 as reported by care homes to the Department of Health and Social Care reported to NHS England <https://www.england.nhs.uk/statistics/statistical-work-areas/covid-19-vaccinations/>

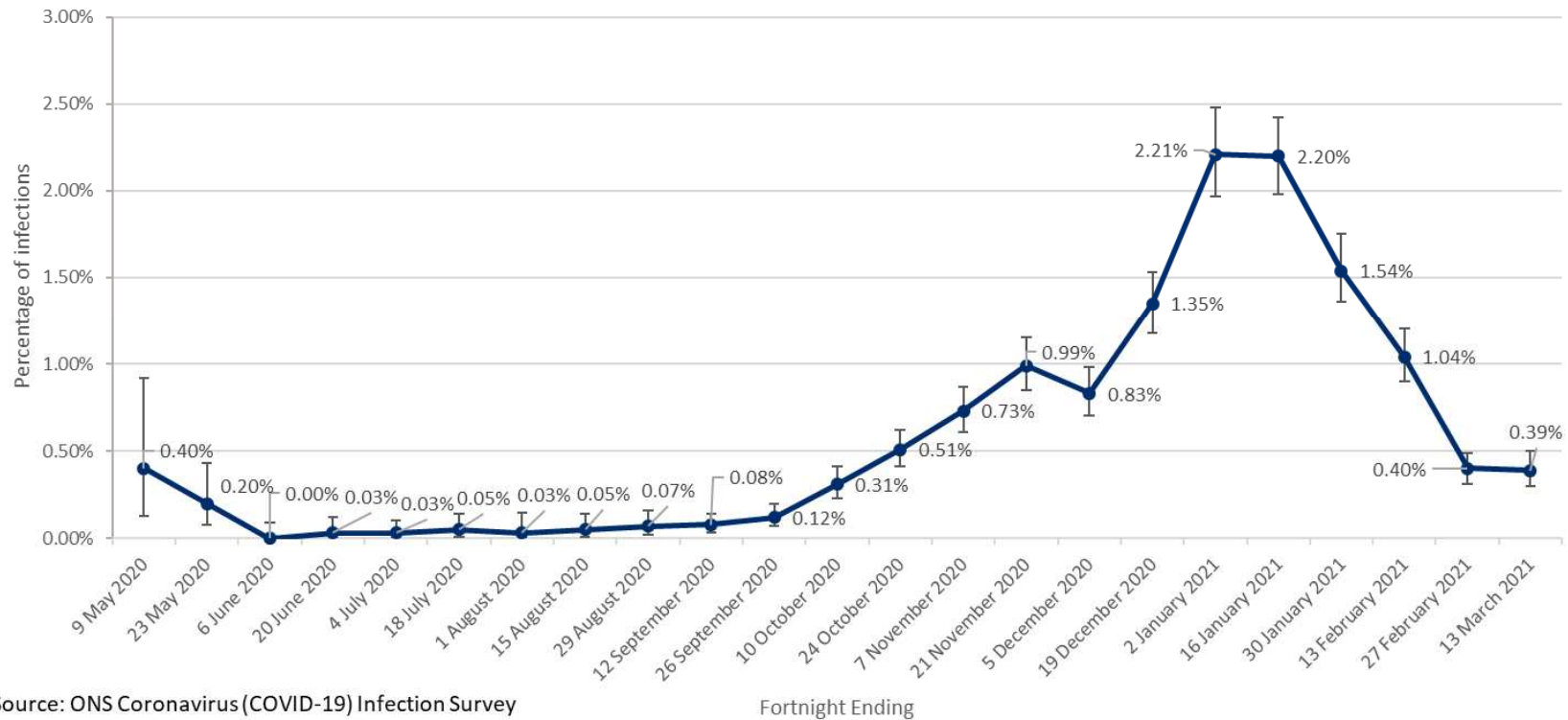


## Year to date





Overall percentage of COVID-19 infections by region and non-overlapping 14 day periods (weighted): South East - 9 May 2020 to 13 March 2021



Source: ONS Coronavirus (COVID-19) Infection Survey



# Situational awareness report – up to 21/03/2021

Last updated 26 March 2021



## HLOW comparison

UTLA	Area name	Daily individuals tested per 100,000 population 7-day moving average	Weekly percentage individuals test positive	Weekly no. of newly confirmed cases	Weekly case rate per 100,000 All ages	7-day change in case rate All ages	Weekly no. of newly confirmed cases 60+ yrs	Weekly case rate per 100,000 60+ yrs	7-day change in case rate 60+ yrs	Weekly community outbreaks	Specimens tested in TaqPath labs/with TaqPath assay	Cases with SGTF
▲	Hampshire	400.3 ▲	1.0 ▼	418	30.2	-12%	41	10.7	-37%	0	26.2%	100.0%
	Isle of Wight	444.6 ▲	0.4 ▼	14	9.9	-55%	4	7.9	-60%	0	30.7%	100.0%
	Portsmouth	312.3 ▲	2.0 ▲	100	46.5	10%	16	39.6	45%	0	34.2%	100.0%
	Southampton	700.3 ▼	1.6 ▼	209	82.8	-12%	13	28.9	45%	0	16.3%	98.1%

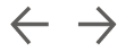
## ONS statistical neighbours

UTLA	Area name	Daily individuals tested per 100,000 population 7-day moving average	Weekly percentage individuals test positive	Weekly no. of newly confirmed cases	Weekly case rate per 100,000 All ages	7-day change in case rate All ages	Weekly no. of newly confirmed cases 60+ yrs	Weekly case rate per 100,000 60+ yrs	7-day change in case rate 60+ yrs	Weekly community outbreaks	Specimens tested in TaqPath labs/with TaqPath assay	Cases with SGTF
▲	Bath and North East Somerset	304.0 ▲	0.8 ▲	42	21.7	14%	3	6.4	0%	0	28.3%	100.0%
	Bournemouth, Christchurch and Poole	409.9 ▲	0.8 ▼	90	22.8	-34%	14	12.9	26%	1	25.2%	100.0%
	Bristol, City of	394.6 ▲	1.7 ▼	227	49.0	11%	10	12.6	-57%	0	27.1%	100.0%
	Coventry	302.5 ▲	2.5 ▲	230	61.9	24%	25	38.1	39%	0	58.5%	99.3%
	Hampshire	400.3 ▲	1.0 ▼	418	30.2	-12%	41	10.7	-37%	0	26.2%	100.0%
	Isle of Wight	444.6 ▲	0.4 ▼	14	9.9	-55%	4	7.9	-60%	0	30.7%	100.0%
	Leeds	354.2 ▲	4.0 ▼	810	102.1	-7%	58	36.0	-17%	0	53.2%	99.7%
	Liverpool	333.3 ▲	1.5 ▼	188	37.7	-29%	16	16.1	-60%	0	57.0%	100.0%
	Newcastle upon Tyne	392.0 ▲	2.0 ▼	175	57.8	-18%	12	20.5	-37%	0	41.5%	97.6%
	Plymouth	444.6 ▲	1.0 =	99	37.8	24%	5	7.9	-55%	0	9.0%	100.0%
	Portsmouth	312.3 ▲	2.0 ▲	100	46.5	10%	16	39.6	45%	0	34.2%	100.0%
	Sheffield	334.6 ▲	5.2 ▲	741	126.7	27%	37	30.2	-35%	0	66.5%	100.0%
	Southampton	700.3 ▼	1.6 ▼	209	82.8	-12%	13	28.9	45%	0	16.3%	98.1%
	York	312.0 ▲	1.3 ▼	65	30.9	-20%	3	6.1	0%	0	19.9%	100.0%



# Infections by HIOW rates

Last updated 26 March 2021

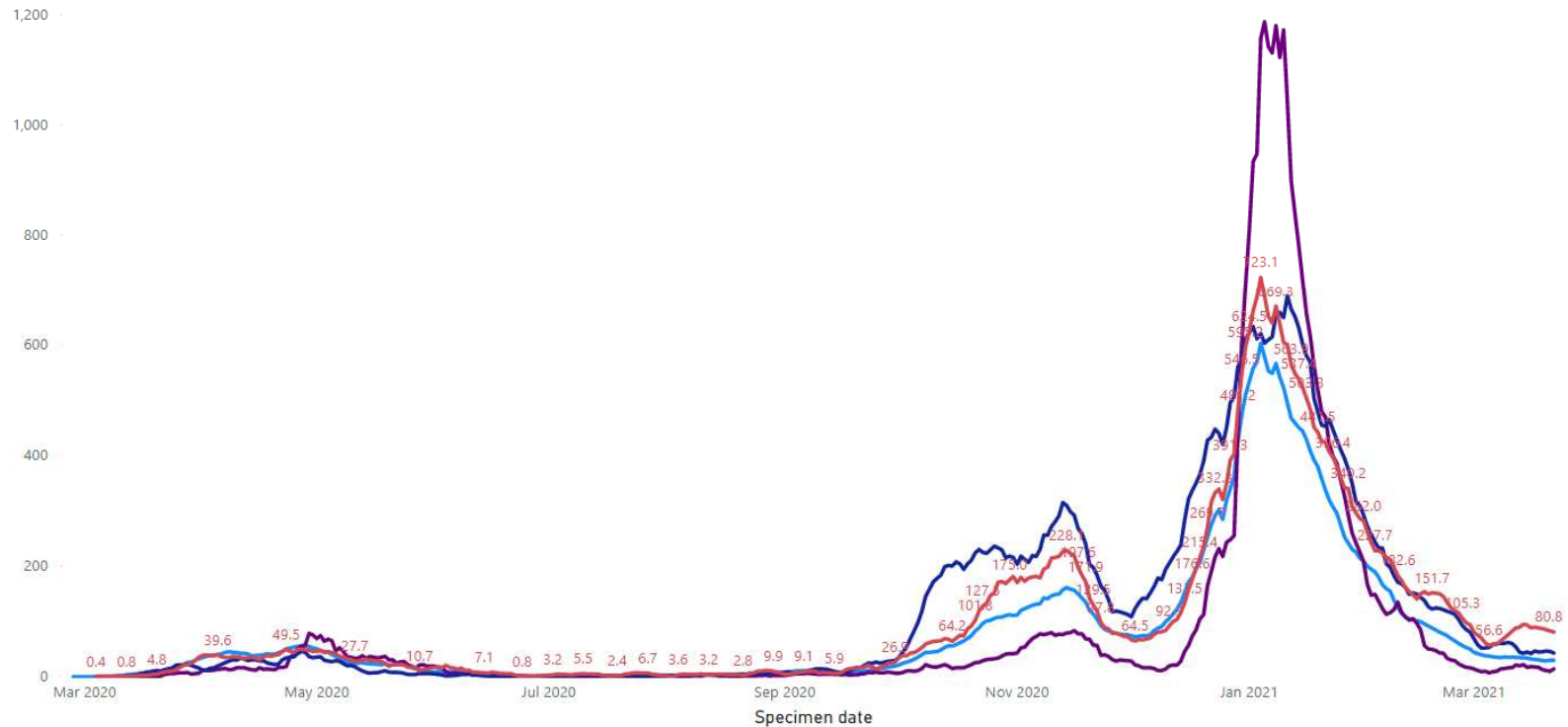


## Southampton COVID-19 Data Dashboard



COVID-19 7-day rolling case rate per 100,000 population

Area name ● Hampshire ● Isle of Wight ● Portsmouth ● Southampton





# COVID-19 related deaths

Last updated 26 March 2021



## COVID-19 related deaths

Includes deaths up to 12 March, all deaths registered up to 20 March



Total COVID-19 related deaths

Southampton

Portsmouth

Isle of Wight

Hampshire

374

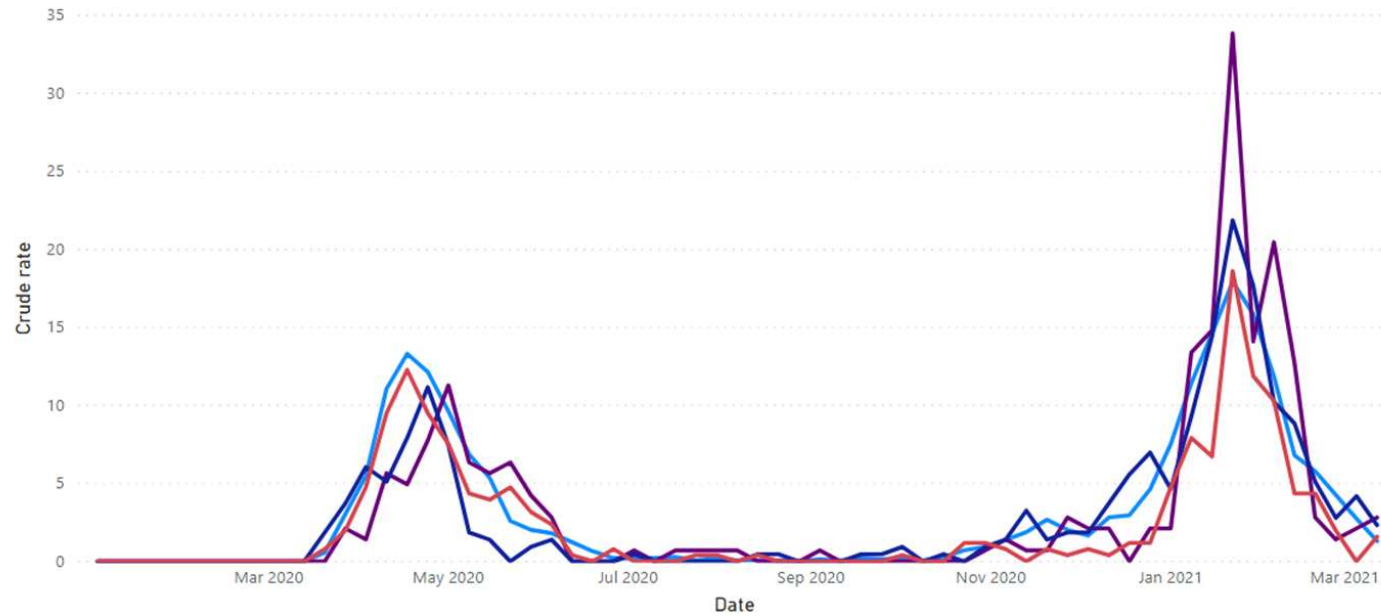
389

278

2,768

### COVID-19 deaths crude rate by week (Deaths per 100k population)

Region ● Hampshire ● Isle of Wight ● Portsmouth ● Southampton



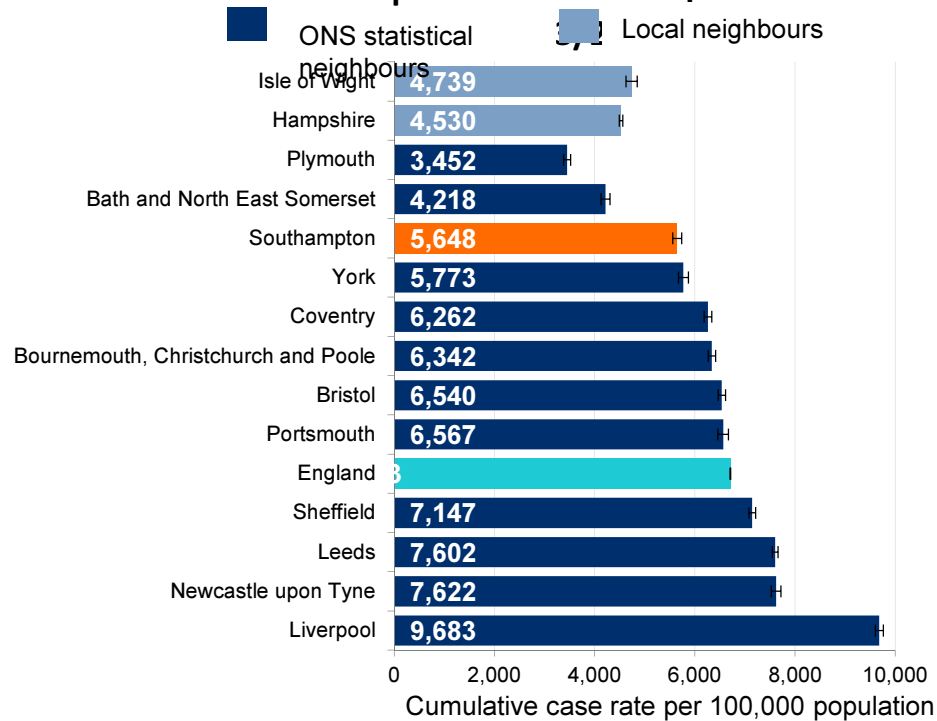


# Cumulative cases and deaths by ONS comparators

Last updated 26 March 2021

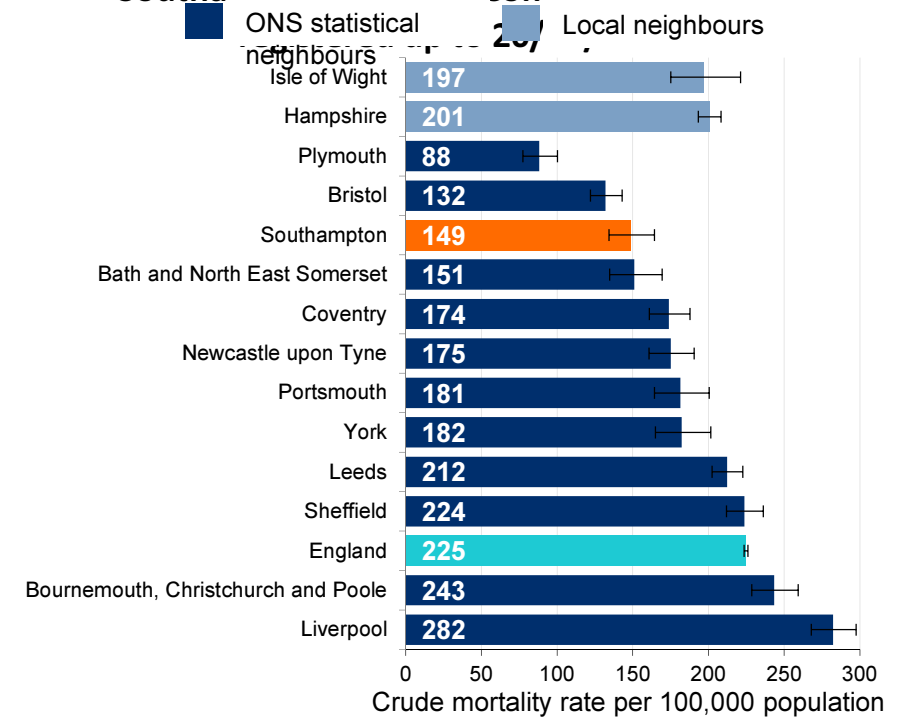


## Cumulative case rate per 100,000 population: Southampton and ONS Comparators as at



Source: Cases | Coronavirus in the UK (data.gov.uk)

## Crude mortality rate per 100,000 population: Southampton and ONS Comparators deaths



Source: Death registrations and occurrences by local authority up to week



### Southampton Data Observatory:

- Weekly infographic updates
- Links to other data sources
- Results of COVID-19 surveys and research
- Vulnerable communities data and mapping

<https://data.southampton.gov.uk/health/disease-disability/covid-19/>



#### Weekly COVID-19 updates

It is important that data and information provided on the coronavirus outbreak is timely, accurate and interpreted in line with changes to policy and recording. Therefore, a coronavirus infographic report will be published weekly on this page to help inform members of the public of the current coronavirus situation in Southampton. The report summarises some of the key information published by the government, Public Health England and other agencies which can be used to monitor the coronavirus (COVID-19) pandemic both nationally and locally in Southampton.



The report contains information on the number of coronavirus cases, the rate of cases among the resident population, coronavirus related deaths, including where people have died and the number of people reporting coronavirus symptoms through NHS Pathways (for example, 999 calls, 111 calls and 111 online). Links to the data used in the report can be found in the resources section below.

Comparisons in the report are made with the latest 7 days available data to the previous 7 days of data. Weekly variations in data, in the number of cases for example, is to be expected. Therefore, any changes should be interpreted alongside the overall trend, with sustained increases being more important than daily fluctuations. It is also important to highlight that the data in these reports, especially most recent figures, are subject to revision. Data presented in these reports are correct at the time of publishing, but historic reports available here may not necessarily reflect the current most up to date published figures. The latest infographic report can be downloaded below.



There are a range of additional resources on the coronavirus outbreak in the city on the Southampton Data Observatory including [coronavirus resident's surveys](#) and work on identifying the most [vulnerable communities](#) as a result of COVID-19. In addition, the latest local advice on the coronavirus outbreak is available on the [Southampton City Council website](#).

#### Resources

The historic infographic coronavirus reports can be downloaded below. There are also links to a range of useful external





## Symptom - free testing



**Rapid COVID-19 symptom-free testing now available.**

[www.southampton.gov.uk/symptomfreetest](http://www.southampton.gov.uk/symptomfreetest)



**KEEP  
SOUTHAMPTON  
SAFE**



# Why symptom free testing is important

- **One in three** people with COVID-19 don't have any symptoms and **could be passing it to others without knowing**.
- It will **help us to break chains of transmission**, reduce episodes of absenteeism and associated operational challenges.
- It will help to **keep key services and businesses running** in the city.
- It is **one important tool** of many that will help us move back to normality.
- Even if someone has had the **vaccine**, they **still need to do the symptom free testing**

# Who can have symptom free testing?

- **People** who live or work in Southampton and **can't work from home**
- People who have **sustained contact with school children and early years**
- This includes **anyone living in households of children, members of support bubbles, childcare** and those in **related occupations**



# What a rapid test involves

- Self-test
- Overseen by a testing 'operative'
- Screened station/booth to undertake the test in privacy
- Throat and nose swab
- Results by text or email within a couple of hours
- Register for a test prior to, or on arrival at, the site

UK Government

NHS  
Test and Trace

## Take swab sample

### Step-by-step guide

**Need help?**  
If you have any questions or problems with this test kit, please alert a member of staff.

**1** Remove your face covering. Look inside your mouth, and find your tonsils at the back of the throat. You can use the mirror to help. Your tonsils or where they would have been (if they are removed) are where you will swab your sample.

**2** Gently blow your nose into a tissue. Throw the used tissue into the healthcare waste bin provided. This is so that you get rid of excess mucus.

**3** Use hand sanitiser to clean your hands. This is so that you do not contaminate the test kit.

**4** **Tip** — Check if there is a swab in a sealed pack in front of you. **Handle** — Identify the soft, fabric tip of the swab.

**5** Open the package and gently take out the swab. This will be used for both tonsil and nose.

**6** **4x** **4x** Holding the swab between your fingers, open your mouth wide and rub the fabric tip of the swab over both tonsils (or where they would have been). Do this with firm contact 4 times on each side (use a mirror to help you do this). Carefully remove the swab stick from the back of your throat.

**7** **10x** Put the same swab gently into one nostril until you feel a slight resistance (about 2.5cm or 1 inch up your nose). Roll the swab firmly around the inside of the nostril, making 10 complete circles and slowly remove it.

**Important:** The swabbing may feel uncomfortable. Do not insert the swab any deeper if you feel strong resistance or pain. If there is blood or vomit on the swab sample, please alert a member of staff.

**Important:** After collecting the sample hold the swab upright in your hand, do not put it down and notify one of the Testing assistants. Be careful not to touch any surfaces with the swab. Put on your face covering.

Follow the instructions from a member of staff on what to do next.

Use hand sanitiser after handing in your sample.

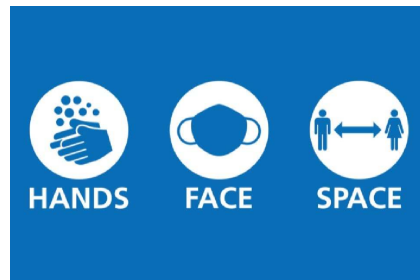
**Important:** Do not touch your tongue, teeth, cheeks, gums, or any other surfaces with the fabric tip of the swab. The swab is invalid if it touches these parts, and you will need to get a new swab. If this happens ask a member of staff to get assistance.

# What to do on getting a result.....

**Positive Result = Red Flag (confirmatory PCR test)**



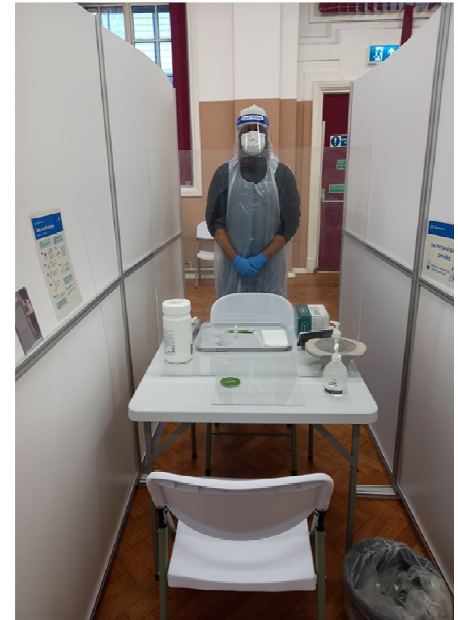
**Negative Result = Not a Green Flag**



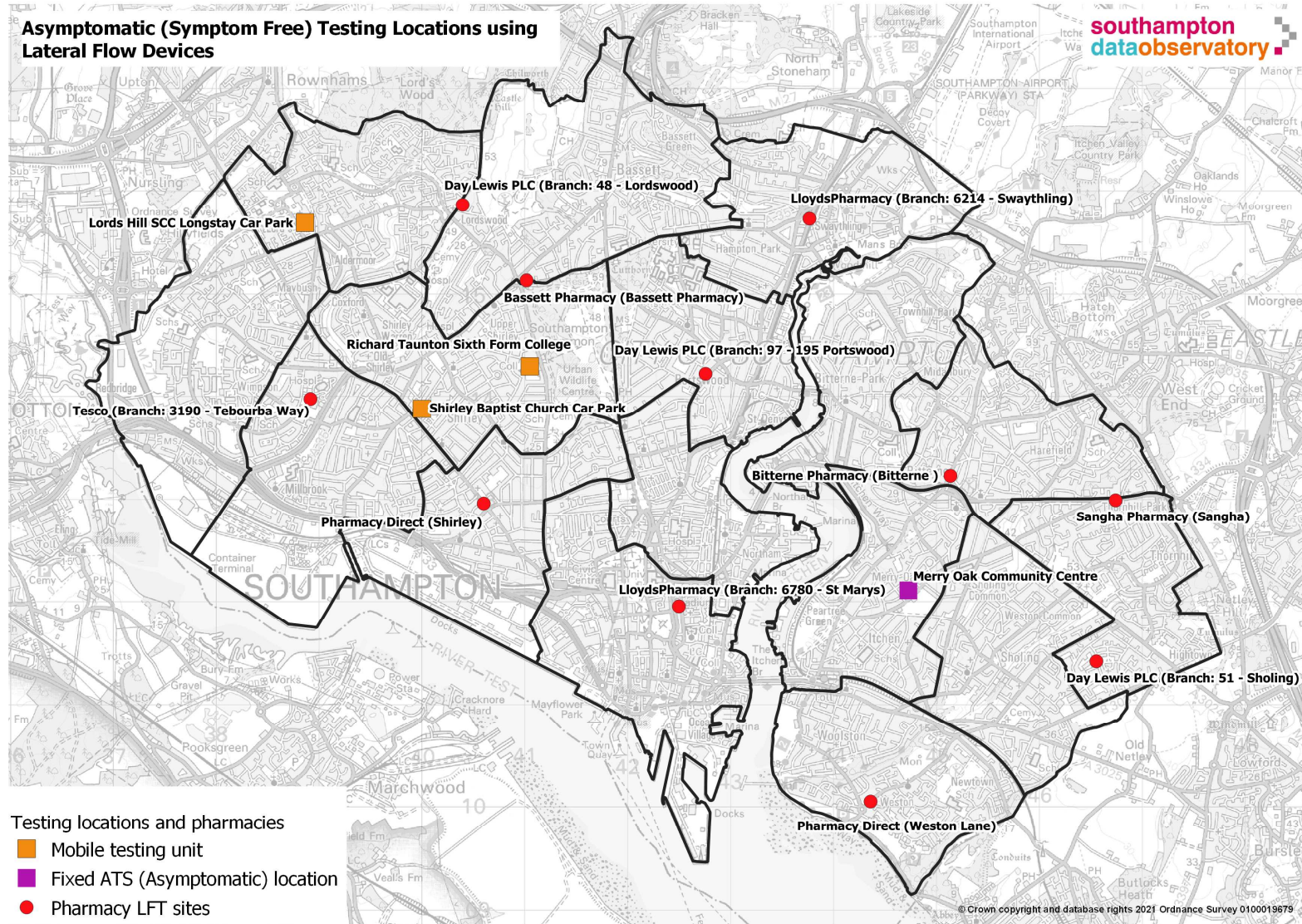
# How people can access rapid tests

- At a local test site, which includes 10 community pharmacies
- By collecting a home test kit from one of the SCC local test sites from Tuesday 30 March, or one of the existing symptomatic testing sites (open for LFT collection in afternoons)
- By ordering a home test kit, if you cannot get to a test site
- Through your workplace if this is offered by your employer

More details on the SCC website – search for **symptom free testing**



# Testing locations





# Summary – useful links

Book a symptom free test

[www.southampton.gov.uk/coronavirus-covid19/covid-testing/symptom-free-testing.aspx](http://www.southampton.gov.uk/coronavirus-covid19/covid-testing/symptom-free-testing.aspx)

Where are the test sites?

<https://www.southampton.gov.uk/coronavirus-covid19/covid-testing/symptom-free-testing.aspx>

Government workplace testing

<https://www.gov.uk/get-workplace-coronavirus-tests>

If you have symptoms book a test

<https://www.southampton.gov.uk/coronavirus-covid19/covid-testing/getting-tested.aspx>

# Thank you

## The briefing has finished



**Rapid COVID-19 symptom-free testing now available.**

[www.southampton.gov.uk/symptomfreetest](http://www.southampton.gov.uk/symptomfreetest)

**NHS**  
Test and Trace



**KEEP  
SOUTHAMPTON  
SAFE**





# Covid-19 Community Champions

A city of opportunity where everyone thrives



# What will we be covering?

6 month anniversary / Recruitment

Survey Feedback

Building relationships and communicating with Champions

# 6 Month anniversary and recruitment

- March 2021 marked the 6 month anniversary of the launch of the Covid-19 Community Champions. We used the benchmark to promote the project and as such now have over 400 Champions.
- We were supported by partners and existing champions to promote.

**Southampton City Council** ►  
**COVID-19 Community Champions**  
 Posted by Sallie White  
 Yesterday at 3:39 pm · 🌐

Today is a special day! It is our 6 month birthday 🎉 Thank you for all the hard work you have given to the Covid-19 Champions Project and the vital information and guidance you have shared on wards. This project wouldn't exist without your support! Happy 6 month Birthday to us.

👍 Like    💬 Comment    ➦ Share

👍❤️ 11

Seen by 29 people

1 share



**SOUTHAMPTON SALIVA TESTING PROGRAMME**  
 Latest news from across the programme

**Nov 2020 Edition 7**

**BEING PART OF THE PROGRAMME**  
 A big 'Thank you' to all staff and students for getting tested last week - the high numbers participating has made a huge contribution to keeping schools open following the return to school after half term. As we see the rising rates of infection in the city, it is even more important to continue to return your samples. You may have seen the promising headlines about the COVID-19 vaccine. Whilst we are all very hopeful about what this means for us all long term, we know that respected health experts have emphasised how important testing will continue to be through 2021 - we are all in this together, so keep dropping your sample in each week - and encourage your friends and colleagues too!

**#BePartOfTheSolution**

**HOW ARE YOU WEARING YOURS?**  
 Most of us are used to wearing masks in public places or around our schools, but do we know the right way to put one on and take it off? Advice around the best way to put on, use, take off and dispose of a mask has been produced by the World Health Organisation. [Download the guide here](#) and [watch this explainer video here](#). Don't forget to dispose of your mask correctly.

**VIEW FROM THE SCHOOL**  
 Hearing what YOU have to say about being part of the project is a really important part of how we can keep improving it for you - and those who will take part in the future. We held a session with students from Cantell school to hear their thoughts about what impact participating in the programme has had on them.

**BECOMING A COVID CHAMPION**  
 People of all ages across Southampton are being called upon to become COVID-19 Community Champions to help share reliable information and guidance during the pandemic. The champions are a network of volunteers who are among the first to receive the latest updates and guidance from Southampton City Council's Public Health team about how to stay safe during this coronavirus pandemic and share with our families, friends, communities and workplaces. The network is an effective way to help people in Southampton get clear information on how to stay safe and reduce the risk of getting and spreading the infection, and raising awareness of what additional support there might be to help do this.

**YOUR QUEST ANSWER!**

**BEING PART OF THE PROGRAMME**

**THE PROJECT IN NUMBERS**

- 4 Number of schools
- Percentage of students tested last week
- 91% Percentage of staff tested
- Volume of saliva from school staff and students tested last week
- VIEW FROM THE SCHOOL
- 2,563 total number of cases
- 442 New cases last week
- +52 Change in cases last 7 days

**YOUR QUEST ANSWER!**

- How long does it take for a test returned?
- People on the programme work extreme results within 48 hours. As we hope you experienced, test results are generally 1-2 hours; occasionally, however, they can be longer. You shouldn't draw other people you know have received a result yet. Your result will be returned to you as soon as possible.
- Before half term, 97% of results were reported within 24 hours of test and 95% were reported within 12 hours.

**COVID-19 COMMUNITY CHAMPIONS**

**#BePartOfTheSolution**

UNIVERSITY OF Southampton    NHS

**facebook**

**No Limits**  
 Saturday at 11:26 am · 🌐

Become a COVID-19 Community Champion

Southampton City Council are looking for people who live, work or learn in the city to become a COVID-19 Community Champion. Our network of over 300 COVID-19 Community Champions who help to make sure you are up to date with the latest information and guidance around COVID-19.

Help to Keep Southampton Safe. Sign up today: <http://www.southampton.gov.uk/coronavirus-covid19/help/how-to-help-community-champions/>



**SureStart Family Hub Southampton**  
 1 hr · 🌐

Become a COVID-19 Community Champion:

We want to help you to stay up to date with the latest advice about COVID-19. Our network of over 300 champions who live, work or study in Southampton are working with our Public Health and Stronger Communities Teams to share messages about how to stay safe during the coronavirus pandemic with families, friends and communities.

Want to make a difference? Stay up to date with correct, and timely information via digital forums, weekly email updates and the Community Champion Facebook group and today: <http://www.southampton.gov.uk/coronavirus-covid19/help/how-to-help-community-champions/>

1 share

A city of opportunity where everyone thrives



# Survey Feedback

**In December 2020 we carried out a survey with Champions to better understand:**

- How they are using the information we share with your friends, families and communities.
- How they prefer to receive the information from us.
- If there is anything we can do to improve.



# They told us...

## Why did you become a Covid-19 Community Champion?

85% of you said 'To be able to get up to date information about Covid-19'

82% of you said 'To be able to share the information with your community or workplace'

72% of you said 'To be able to share the information with your friends and family'

## Which of the following do you find most useful for receiving information

Bulletin 87%

Briefings 69%

Social Media 45%

Those of you that completed the survey said you would recommend becoming a Champion to a friend.

## Who do you share the information with?

86% say friends and family

62% say colleagues

45% say community groups

They majority of you agree that the amount of information provided and the regularity of updates are 'just right'



# We said...

## You said:

*"More information on messenger apps that can be shared on"*

## We did:

*In February 2021 we introduced WhatsApp broadcasts as a method of sharing info with you*



## You Said:

*"You don't attend the weekly forums due to the time of the day"*

## We did:

*We have created a short survey for you to let us know what time would suit you better.*





# Building relationships and communicating with Champions

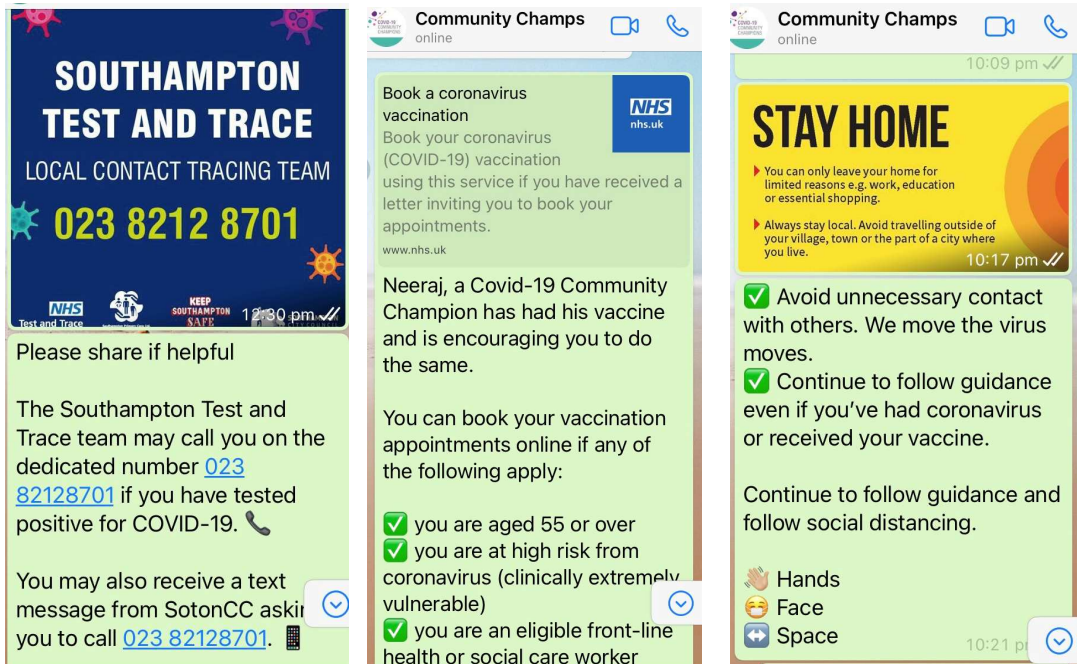
Community Engagement has looked a little different over the past few months but we have used creative ideas to build relationships and communicate.

- WhatsApp
- Facebook
- Zoom



# WhatsApp

We use WhatsApp Broadcasts to share information more quickly. Champions have also told us they prefer it as they find it easier to share onwards.



Champions say:

*“Thanks this is so useful having the info immediately to hand , great idea 🙌”*



# Facebook

We have a public Facebook group that Champions have access to. Everyone on Facebook can see the content but only Champions can comment and share information onwards.

**COVID-19 Community Champions**

Write a public comment...

**Southampton City Council**  
March 18 at 5:19 PM · 🌐

Based on your feedback we have created an info-graphic to help explain the booking process for symptom free community test. You can use this to keep your self up to date but also please feel to share on wards to support others.  
Thank you to those of you that have feedback.

**COVID-19 Community Champions**  
Southampton City Council shared a post.  
March 18 at 1:16 PM · 🌐

<https://www.facebook.com/389626571786172/posts/93369578/?d=n>

**Southampton City Council**  
March 12 at 3:29 PM · 🌐

Our website provides lots of translated resources for you to access and share with your friends, family and communities.  
<https://www.southampton.gov.uk/.../communi.../resources.aspx>

Southampton City Council have teamed up with trusted local voices in Southampton to create a series of COVID-19 info videos in languages that are spoken across our diverse communities.... **See More**

**Symptom Free Community Testing**

If you **have symptoms of Covid-19** you must book a test via the normal route.  
<https://www.southampton.gov.uk/coronavirus/covid19/covid-testing/getting-a-test/>

**Am I eligible for symptom free community testing?**

If you live or work in Southampton and can't work from home

If you have sustained contact with children and early years

This includes:

- Anyone living in households of children
- Members of support and childcare
- Those in related occupations

**How and where can you get a test?**

Book online:  
Attend a test centre in person twice a week, the test will be carried out at the centre.  
<https://www.southampton.gov.uk/coronavirus/covid19/covid-testing/symptom-free-testing.aspx>

Community Collect schemes

No booking required, if you have sustained contact with early years children you can collect a test at our local symptomatic test sites and open seven days a week. A test can be taken home to complete.

- Junction Complex Car Park at the top of Southampton
- Southampton Guildhall at City Centre (024 4 4747)
- Millborough Road (South) Car Park (024 4 3012 306)
- Woolley Road Car Park (024 4 3019 104)

If you are an employer, you can register on the DHSC website before 31st March 2021.  
<https://www.gov.uk/get-test-kit-as-employer-tests>

[southampton.gov.uk/communitychampions](https://www.southampton.gov.uk/communitychampions)

**COVID-19 COMMUNITY CHAMPIONS**

1

8 Shares See

**Department of Health & Social Care - DHSC** is sharing a COVID-19 Update.  
March 18 at 1:11 PM · 🌐

From 1 April, people in England who are clinically extremely vulnerable will be no longer advised to continue shielding.

More info <https://www.gov.uk/govern...> **See More**

2

1 Comment 5 Shares · Seen by 44

**Sabina - Senior Public Health Practitioner**

**Clinically extremely vulnerable people are advised to stop shielding from 1 April**

**Letters to patients with updated guidance will be arriving from today and over the next two weeks**

**Please continue to work from home where possible**

**Please continue to maintain strict social distancing**

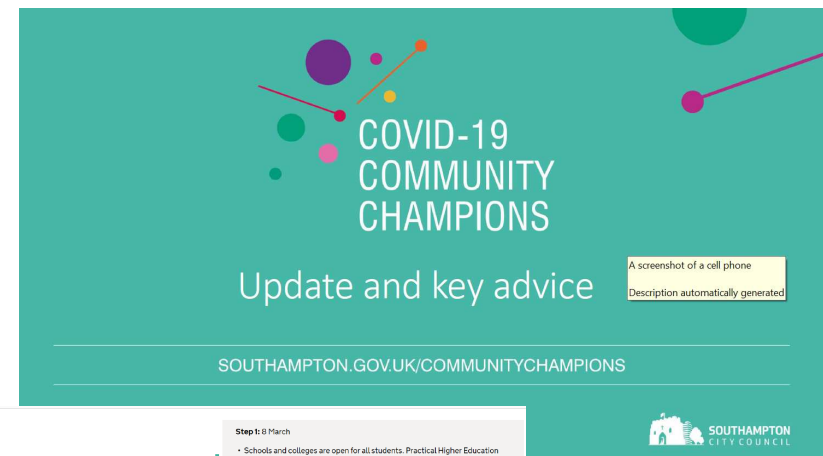
**Cevn Vibert**  
A good bunch of positive Champs! Come join in!  
Like · Reply · 7w



# Zoom

We hold a 'Weekly Wednesday Forum' and 'Thursday Drop in' via Zoom

- The Wednesday forum is a chance to update champions on latest data and guidance and for champions to ask questions.
- The Thursday drop in is used to get to know champions. It's a more information social session.



**The Four Tests**

- **Test 1:** The vaccine deployment programme continues successfully.
- **Test 2:** Evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated.
- **Test 3:** Infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS.
- **Test 4:** Our assessment of the risks is not fundamentally changed by new Variants of Concern.

**Step 1: 8 March**

- Schools and colleges are open for all students. Practical Higher Education Courses.
- Recreation or exercise outdoors with household or one other person. No household mixing indoors.
- Wraparound childcare.
- Stay at home.
- Funerals (30), wakes and weddings (6)

**29 March**

- Rule of 6 or two households outdoors. No household mixing indoors.
- Outdoor sport and leisure facilities.
- Organised outdoor sport allowed (children and adults).
- Minimise travel. No holidays.
- Outdoor parent & child groups (up to 15 parents).

Roadmap updates

# What else?

We are working in partnership with LifeLab and the Royal Society of Public Health (RSPH) to set up a Young Covid Community Champions strand and RSPH recently interviewed us to find out more about the Champions.



The screenshot shows the RSPH website header with navigation links: COVID-19, Campaigns and Activities, Qualifications and Training, Membership and Events, Services and Resources, About RSPH, Login, and Search. The main content area features a green sidebar with the article title and a photo of a young woman working on a laptop.

**RSPH**  
ROYAL SOCIETY FOR PUBLIC HEALTH  
VISION, VOICE AND PRACTICE

**COVID-19** Campaigns and Activities Qualifications and Training Membership and Events Services and Resources About RSPH Login Search

**Southampton City Council work with RSPH to deliver COVID-19 Young Health Champion qualification**

General 22 March 2021

Sallie White, Community Engagement Officer for Southampton City Council and Sabina Stanescu, Public Health Practitioner, told us about the amazing impact that the Southampton COVID-19 Community Champions scheme has had and the exciting plans for training COVID-19 Young Health Champions.

You can read the full article: <https://www.rsph.org.uk/about-us/news/southampton-city-council-work-with-rsph-to-deliver-covid-19-young-health-champion-qualification.html>

# What else cont.....

- Based on feedback from the Champions we recently created an Infographic to support the symptom free testing booking process. Champions have told us they have found it useful and have been sharing onwards.

You can access the PDF [here](#)

**Symptom Free Community Testing**

If you have symptoms of Covid-19 you must book a test via the normal route:  
<https://www.southampton.gov.uk/coronavirus-covid-19/covid-testing/online-tested.aspx>

**Am I eligible for symptom free community testing?**

If you live or work in Southampton and can't work from home

If you have sustained contact with school children and early years. This includes:

- Anyone living in households of children
- Members of support and childcare bubbles
- Those in related occupations

**How and where can you get a test?**

**Book online:**  
Attend a test centre in person twice a week, the test will be carried out at the centre.  
<https://www.southampton.gov.uk/coronavirus-covid-19/covid-testing/symptom-free-testing.aspx>

- Merryoak Community Centre
- Lordshill Carpark
- Shirley Baptist Church
- Richard Taunton College

**Community Collect scheme:**  
No booking required.  
If you have sustained contact with school and early years children you can collect tests from one of our four local asymptomatic test sites. They are open seven days a week, 9.30am-7pm, and can be taken home to complete.

- Avenue Campus Car Park at the University of Southampton
- Southampton Guildhall at City Centre (SO14 7LP)
- Marlborough Road (South) Car Park in Shirley (SO15 3ND)
- Woodley Road Car Park (SO19 9DW)

If you are an employer, you can register on the DHSC website before 31<sup>st</sup> March 2021  
<https://www.gov.uk/get-workplace-coronavirus-tests>

[southampton.gov.uk/communitychampions](https://www.southampton.gov.uk/communitychampions)

COVID-19 COMMUNITY CHAMPIONS

SOUTHAMPTON CITY COUNCIL

- Champions are great at giving us feedback:

*"I had my vaccine last weekend and it was thanks to this group that I wasn't concerned at all when I was poorly afterwards. A few paracetamol and rest, I have shared this message widely too."*

Janet Price  
Covid-19 Community Champion

*"You guys rock - keep doing what you are. We trust you!"*

Mandy Harding  
Covid-19 Community Champion

**You can join the Champions network by  
registering here:**

[Register](#)



# Supporting Mental Health and Wellbeing in Southampton



# Overview

**Local campaigns to support mental health and wellbeing**

**A single point of contact service to provide practical support and family liaison to bereaved individuals and**

**Initiatives to prevent and reduce self-harm**

**Real time surveillance to ensure timely communication and sharing of information**

**Innovation Fund to support voluntary, community and faith sector organisations to develop initiatives that will target Southampton residents**

**A training package has been developed for primary care professionals**

**Mental Health training for key partners and services in the city**

**Adapt services and commission several new initiatives**

# Examples of work during the pandemic

 **Southampton City Council**  
22 January · ✨

Worrying about when things will return to normal? Following the 5 Ways to Wellbeing may help you cope.

Here are some helpful community links, including wellbeing resources:  
<https://www.solinked.org.uk/community-links-covid-19>

More advice and tips from NHS Every Mind Matters:  
<https://www.nhs.uk/oneyou/every-mind-matters>

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## FIVE WAYS TO WELLBEING

**GIVE**   **KEEP LEARNING**   **CONNECT**   **BE ACTIVE**   **TAKE NOTICE**

Search 'Every Mind Matters' for tips  **SOUTHAMPTON CITY COUNCIL**

**time to change southampton & portsmouth**  
let's end mental health discrimination

**time to change time to talk day**  
**04/02/21**

The power of small



**A small conversation about mental health has the power to make a big difference**

#TimeToTalk



Picture credit: East Hants Mind

An Instagram post from the account 'timetochangesouthcoast'. The post features a poem titled 'Kindness' by Laura Hasluck. The poem is displayed in a purple and yellow background. To the right of the text is a photograph of a smiling woman, Laura Hasluck. Below the poem is the 'time to change southampton & portsmouth' logo with the tagline 'let's end mental health discrimination'. The post shows it was liked by 'timetochangeyork and others' and includes a caption explaining that the post is part of Mental Health Awareness Week, themed on kindness, and that Laura is the local champion. A link to the poem is provided at the bottom.

timetochangesouthcoast

## Kindness

By Laura Hasluck

Being kind is an act of mind  
Remembering to say hello  
Because you never know  
They may be having a bad day  
So ask if they are ok  
They may even have an ill mind  
So please always be kind  
Some illnesses you cannot see  
So being kind is a good way to be!

**time to change**  
**southampton & portsmouth**  
let's end mental health discrimination

Liked by timetochangeyork and others

timetochangesouthcoast With this year's Mental Health Awareness Week being themed on kindness, our local Champion Laura has written a poem about what kindness means to her.

<https://www.solentmind.org.uk/time-to-change-southampton-and-portsmouth/lauras-poem/>

# Other examples

Working with partners at No Limits to promote some of their campaigns including working with a young person on a creative video with tips to support wellbeing during COVID-19.

Supporting the national campaign Every Mind Matters

Creating videos and social media campaigns to support mental health and wellbeing when staying at home



# STP Hampshire and IoW Innovation Fund

The first round of funding applications led to 6 organisations receiving funds. Examples include: Creative Options Community Project to fund a weekly weekend group for residents. The group aims to teach the following:

- Strategies around handling one's emotions
- Wellbeing strategies

No Limits will target vulnerable children and young people age 8 – 25 years, including young carers, lgbtq+ young people, young people with mental health issues, children with learning disabilities

## Update on services in the city to support mental health

Location	Service/Initiative	Expected Outcomes
Hampshire, Southampton & Isle of Wight wide	Additional capacity for Domestic Violence and Rape Crisis Services	Reduce waiting lists currently affecting the services ability to meet growing need
Hampshire, Southampton & Isle of Wight wide	Solent Mind Wellbeing app with adaption specifically for Social Care/NHS Staff and students	Support wellbeing and resilience
Hampshire, Southampton & Isle of Wight wide	Togetherall (Formerly Big White Wall) expansion to support people known to local Mind's and Health and Social Care staff	Support wellbeing and resilience
Hampshire and Southampton	IT project for digitally excluded	Improved access to social contact and use of online services, including online health services to reduce loneliness and social isolation
Southampton	Increased peer support to enable hybrid model of face to face and virtual model at The Lighthouse developed as a result of COVID restrictions	Improved patient outcomes, reduced presentations to ED, S136 and admission
Hampshire, Southampton & Isle of Wight wide	Targeted resource to provide outreach support to SMI population to access vaccinations. SMI phase 6 COVID vaccination rollout mid-Feb	Improved patient outcomes by increased up take of Flu and COVID vaccinations



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

It's now more important than ever to look after our wellbeing, and after the wellbeing of those around us...