

# Covid-19 Info Sheet & Directory

Updated 20<sup>th</sup> June 2022



**Glasgow**  
**WEST**  
**HOUSING**  
**ASSOCIATION**  
**LIMITED**

HOMES ARE OUR PURPOSE  
SERVICE AND SUSTAINABILITY  
OUR PRIORITY

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## Your Health & Wellbeing

# Your Health & Wellbeing

**The Scottish Government has provided the advice below.**



To help protect yourself and others this winter:

- [get the vaccine](#) or the [vaccine booster](#)
- Take regular lateral flow tests – especially before mixing with other people or visiting a hospital or care home ([get LFD tests](#))
- Follow the guidance on [self isolating and booking a test](#)
- [wear a face covering where required](#)
- if mixing with others, try to gather in small groups only
- wash your hands regularly & cover your nose and mouth if coughing/ sneezing
- open windows when meeting indoors
- a mixture of home and office working is allowed
- use the apps: [COVID status](#), [Protect Scotland](#) and [Check-in Scotland](#)

**Read more: [www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19)**

At Glasgow West your health & wellbeing throughout this period is of the utmost importance. Our staff have compiled a list of our vulnerable customers and are contacting them once per fortnight or at agreed frequencies to check in and see if they require any additional support.

If we can be of any help to you, or if you become aware of someone in the community who is vulnerable and in need of extra assistance, please let us know.



Call us on 0141 331 6650

- leave a voicemail and a member of staff will call back



Email us at [admin@glasgowwestha.co.uk](mailto:admin@glasgowwestha.co.uk)

## Booster Vaccination

The Booster vaccination programme is continuing to go ahead and everyone aged 16 and over can book their appointment.



To book, you can log in to NHS Inform using the same username and password details you set up for your first two doses of coronavirus vaccine.

## Coronavirus Vaccination Helpline

For general information about the Covid-19 vaccine and its delivery, call 0800 030 8013 (available 8am to 8pm, 7 days a week).

**It is now possible to book or change vaccine appointments via the helpline.**



## Getting a Test

If someone in your household has Coronavirus symptoms, they can book a PCR test. You can read further details, and book a test, through the link [here](#). There is also a [self help guide](#) to help assess if you will require one and what to do next.

If you have no symptoms, you can take a Lateral Flow test. Everyone in Scotland is encouraged to take this test twice a week. You can order some LFD test kits [here](#) or collect some from your local pharmacy.

## Test & Protect

Everyone who tests positive for coronavirus will be put in touch with a NHS contact tracer to help identify who they've been in close contact with.

You can read more about how this works, when to self isolate and how to tell if the call is real or scam through the link above.

## Advice Leaflets

There are many different leaflets about Covid-19 related topics including shielding, healthy living and dealing with anxiety on the NHS Inform website (link above). Their Coronavirus Advice Leaflet is available in several languages and they also have a BSL, audio and easy read version.

# High Risk

## Highest Risk Update

The Scottish Government are asking everyone in Scotland to continue to follow some important precautionary measures. See the rules and advice that still apply to everyone in Scotland. They are asking people at highest risk to follow the same advice as for the rest of the population.

### Work

Advice is that people in the highest risk group can go into work if they cannot work from home. They can also choose to use public transport. Children and young people at highest risk can go to school, university and college, and childcare.

Everyone on the highest risk list should consider their own individual circumstances when taking decisions about what's right for them.

### Adults who live with you

Adults who live with you can help reduce their risk of passing Covid to you by:

- getting vaccinated as soon as they can
- taking lateral flow tests twice a week to check they have not caught Covid.

Read the full guidance [here](#).



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

# Face Coverings

Face coverings will remain mandatory at Level 0 in various settings, including:

- Public Transport (including taxis)
- Shops
- Visits to care homes
- GP and hospital visits
- In workplaces (when not at your desk)



You can face a £60 on the spot fine for not complying with this. Find the full list of where to wear a mask [here](#).

There are a wide range of face coverings available, from single use to bespoke design ones. Whichever you use, you can find a guide to correctly wearing it [here](#).

## Making Your Own Mask

There are several 'How To' guides that show you can make your own face covering. The UK Government have published a quick guide to making your own simple face covering [here](#).

## Hidden Disabilities Sunflower Scheme

There are some exemptions to wearing a face mask or covering; those under 5 and people with certain health conditions. Hidden Disabilities have a card which notifies people of your exemption. Find out more about purchasing one [here](#)

However, please note that shops and public transport can still refuse you entry if you are not wearing a face covering.



# Vitamin D: advice for all age groups

The Scottish Government have published some useful advice about taking Vitamin D supplements. The full factsheet is available [here](#).



In Scotland it is important that people maintain sufficient levels of vitamin D. Since our main source of vitamin D is sunlight, this advice is especially important for people who are indoors in winter much or all of the time.

Everyone (including children) should consider taking a daily supplement containing 10 micrograms of vitamin D. It is specifically recommended that groups at higher risk of vitamin D deficiency take a daily supplement. These groups include:

- all pregnant and breastfeeding women
- infants and children under 5 years old
- people who have low or no exposure to the sun, for example those who cover their skin for cultural reasons, are housebound, confined indoors for long periods or live in an institution such as a care home
- people from minority ethnic groups with dark skin such as those of African, African-Caribbean and South Asian origin, who require more sun exposure to make as much vitamin D



The current guidance on sun exposure should be followed: 10–15 minutes of unprotected Scottish sun exposure is safe for all. Once sunscreen is correctly applied, vitamin D synthesis is blocked. Staying in the sun for prolonged periods without the protection of sunscreen increases the risk of skin cancer.

# Resources

The following pages have a range of information, links and resources to assist in looking after our physical health and mental wellbeing.



**Safer  
Scotland**  
Scottish  
Government

## Ready Scotland

Ready Scotland provides advice on how you can help your neighbours and family. This ranges from how to provide practical and emotional support safely as well as what to do when you are concerned about someone's health.

## Dental Care Services



**It is now possible to access a wider range of dental services.**

Routine care, as well urgent treatment, is now available. Contact your local surgery to book an appointment.

## Age UK

Age UK have a wealth of resources to help you get through lockdown; from dealing with loneliness to keeping active.



They also published a helpful article titled '[Making the most of the internet](#)' which provides step by step instructions to boost your confidence online.

# Resources

## Chatter Pack

Chatter Pack are a voluntary special educational needs and disabilities hub. They have a variety of free online resources to fill your day with activities.



## Quit Your Way

If you have been thinking about breaking the habit and it's time to stop smoking then NHS Inform could help.



The 'Quit Your Way' service offers free information, advice and support, including nicotine replacement therapy or Champix - tablets which reduce nicotine withdrawal symptoms. To find out about the stop smoking services and to access the best support to quit in your area contact Quit Your Way through the details below.

**Helpline: 0800 916 8858**  
**Website: [quityourway.scot](http://quityourway.scot)**

## RNID Hearing Aid Battery Replacement

If you're struggling to replace your hearing aid batteries due to current restrictions, contact Hear to Help on 07391 017781 or email:

[heartohelpglasgow@rnid.org.uk](mailto:heartohelpglasgow@rnid.org.uk)



# Resources

## Macmillan @Glasgow Libraries



The Macmillan Cancer Support at Glasgow Libraries has restarted their in person support service. They will be back at several venues and will be at Partick Library every Wednesday. Drop in is between 12-1pm and you can make an appointment between 11am-12pm.

For support, information or just to talk about what you're going through either in-person or over the phone contact them on 0141 287 2903 or [macmillan@glasgowlife.org.uk](mailto:macmillan@glasgowlife.org.uk)

## SMS Connect

SMS:CONNECT is a new online Self-Management Service for children and young people living with long-term health conditions.



It aims to increase confidence and self-esteem, help access to information, and develop skills that can help you cope better with your health condition. It is an online service that you can connect with at home and that will help you to connect with other children and young people with health conditions. Find out more about joining through the details below.

**Phone: 07483 973 320**

**Email: [sms@childrenshealthscotland.org](mailto:sms@childrenshealthscotland.org)**

# Resources

## The Herbert Protocol

Police Scotland is encouraging the friends and family of people living with dementia to sign up to the Herbert Protocol. The process helps officers quickly obtain information about a vulnerable missing person who has dementia, saving vital time in the early stages of an investigation and has been developed in partnership with Police Scotland, Health and Social Care Scotland, Alzheimer Scotland and the Scottish Government.

Carers or family members can download a form from Police Scotland's [website](#) or request a copy from local Health & Social Care Partnership staff, or other agencies, including Alzheimer Scotland.



The form is completed in advance and generally kept in the person's home or with relatives. It holds personal details, a description, a recent photograph, languages spoken, as well as previous addresses, places of employment and other significant locations in someone's life. This can include their old school, a church, or a favourite walking route, plus their medical history and information about past incidents of going missing.

The Herbert Protocol form can be used together with Alzheimer Scotland Purple Alert, a free app designed to help finding missing people with dementia. If someone is missing, users will get notified via the app and can help with local searches.

# Eating Well

## Love Food Hate Waste

Love Food, Hate Waste have lots of useful resources to help you make the most of your food during the lockdown. From recipes that can help use the tins lurking at the back of the cupboard to the A-Z of food storage, there are top tips for everyone.



## Eat Well, Age Well

Eat Well, Age Well have developed a brand new booklet full of simple recipes using common store-cupboard ingredients, and it's completely free! All recipes are designed to make 1 portion and are all freezable.



Ideal for older people, their carers and families who are struggling to get to the shops regularly. If you would like a paper copy printed, please contact us on 0141 331 6650 or email [admin@glasgowwest.co.uk](mailto:admin@glasgowwest.co.uk).

[Download your free copy](#)

## **Emergency Food & Delivery Services**

If you would like to know about Emergency food and delivery services in the community, please check our 'Help in Your Community' Info Sheet and Directory [here](#).

# Mental Health & Wellbeing

## Clear Your Head

The Clear Your Head campaign aims to provide you with hints and tips to help you cope with all the changes due to Covid-19. They also have links to organisations that can provide further support.



## Scotland's Association for Mental Health

SAMH have created a Coronavirus Mental Health Information Hub to provide information on how to protect your mental health throughout this situation and how to get help if you need it.



## Heads Up

Heads Up provides advice, and information, on mental health conditions - about how you can support yourself or the people you care for, the services available for you and the range of interventions you may participate in. They also provide info in BSL.

The logo for Heads Up, featuring the words 'Heads Up' in a bold, green, sans-serif font on a dark grey rectangular background.

# Mental Health & Wellbeing

## Samaritans App

A self-help app has been launched by The Samaritans which can help you track your mood and has lots of emotional health tips. Sign up for the app through the link above.



## Anxiety UK

Anxiety UK have extended their helpline hours to provide additional support until 10pm weekdays and 10am-8pm on weekends. They also have blogs and webinars on their website which focus on topics such as 'how to be kind to yourself' and 'dealing with Covid-19'.



**Helpline: 03444 775 774**

## Breathing Space

Breathing Space advisors are there in times of difficulty to provide a safe and supportive space by listening, offering advice and providing information. Call them on 0800 83 85 87 (Mon-Fri, 6pm – 2am; Weekends, 24 hour).



# Mental Health & Wellbeing

## Aye Feel

Aye Feel is a new emotional wellbeing resource for young people from Young Scot and the Scottish Government. It has information about how to look after your emotional wellbeing, support from organisations around Scotland and tips on how to promote a positive mind-set.



## Lifelink

Lifelink have a variety of video and audio links which are designed for you to use in your own time to help you improve your own mental wellbeing. Make a referral for yourself, or someone else, online or by calling 0141 552 4434.



Throughout July 2021, Lifelink will be offering sessions to help support young people and adults to make positive changes in their lives that improve quality of life. The topics range from Building Confidence to Reassessing Your Stress. Their courses are completely free of charge to those living within the Glasgow City Council area.

[Book Your Place Here](#)

# Mental Health & Wellbeing

## National Wellbeing Hub

Self care is not selfish and it's not a luxury. It's what enables us to keep going despite the stresses of work and home life, and it's never been more important.

The National Wellbeing Hub have compiled Top Tips for looking after yourself at work.



## PETAL Support Bereavement Counselling

PETAL Support has been providing bereavement counselling for people experiencing trauma and loss for more than 25 years.



Due to Covid-19, there has been a significant increase in families from across Scotland experiencing the trauma and loss due to the sudden death of a loved one. In response to this PETAL are now accepting referrals from families who have lost a loved one through Covid-19.

**Call: 01698 324 502**

**Email: [info@petalsupport.com](mailto:info@petalsupport.com)**

# Keeping Fit



[NHS Fitness Studio](#) have some online workout videos to help you stay fit at home. They range from 10-45 mins and there is something for all levels of fitness. They also have a 12 week fitness plan.



## [Jog Scotland Fitness Plans](#)

Jog Scotland have recently opened up their 'Walk for Fitness' and 'Learn to Run' programmes to everyone. Access these plans through the link above.



[Move It or Lose it](#) support older people to keep active by sending regular updates and exercise routines to do at home. Online videos are currently available, and DVDs and illustrated books are available upon request.

# Joe WICKS

## [Body Coach TV](#)

Joe Wicks has a large variety of online workouts available on his YouTube channel ([The Body Coach TV](#)); and it's suitable for kids of all ages! His previous 'PE with Joe' videos are still available alongside his other workouts, all for free.

# Stay Connected With Glasgow West

For up to date information please check our website:

[www.gwha.org.uk](http://www.gwha.org.uk)

We will provide updates in the event of any further changes in our services.

We will be regularly updating our social media channels with our own service updates as well as changes and opportunities within your community. Follow us on:



Twitter - [@GlasgowWest4](https://twitter.com/GlasgowWest4)



Facebook - [GlasgowWestHA](https://www.facebook.com/GlasgowWestHA)

If you do not have internet access, call 0141 331 6650 for current service information.