

Here is the brief for Tuesday 22 June 2021.

Scottish Government Update Lockdown easing is to be paused in Scotland with no mainland areas moving to level zero restrictions next week, Nicola Sturgeon has confirmed.

Scotland recorded 2,167 new cases on Monday - the highest daily total since the peak of the second wave in January.

Ms Sturgeon said the current restrictions will remain in place until 19 July before being eased.

And the aim is to lift the major remaining legal restrictions on 9 August.

However, Ms Sturgeon said the government will not advise an immediate return to full office working on that date - and people will still be required to wear face masks in some settings.

Enhanced Testing Enhanced Covid-19 testing is being made available to residents in three north-east communities to combat surging cases of the virus.

Tillydrone and Froghall, in Aberdeen, and, in Elrick and Westhill, in Aberdeenshire, will all have extra testing made available and people living there are being asked to work with health experts to protect their local communities.

Anyone who is feeling in anyway unwell – including those with a runny nose, headache or diarrhoea – are being asked to book a PCR test, as well as those with “classic” Covid-19 symptoms – a cough, fever or loss or taste of smell. Asymptomatic testing – for those who feel normal – is also available.

To book a PCR test or to find out where you can access rapid LFD home test kits visit www.nhsgrampian.org/covid-19/covid-testing/ or phone 01224 558494.

When booking a PCR test, select the option stating you have been asked to do so by local public health team.

Lateral Flow Testing Portal We are pleased to announce that some of the issues you may have been experiencing with the reporting portal have now been resolved, and new additional functionality is also available. This means:

- If you were experiencing issues trying to register or log onto the portal and were asked to use an alternative email address, this should now be resolved and you can now use your existing nhs.scot or other work email address.
- When logged in, you can now view previous submissions you have made, and also change any personal information which has been stored as a part of your registered account. We are aware that not all work locations are available and these will continue to be added at a National Team level.
- You can now once again upload lateral flow results in bulk. Detail of the process to be followed can be found in the user guide. This is designed to be used in situations where one individual is recording results for a number of people who are part of the same group.

- If you encounter any issues with the system, a dedicated helpline is available. You can contact the Covid Testing Portal support helpline on 0800 008 6587. Alternatively, you can click “Support” on the top right hand corner of the portal to submit a support request.

We thank you all for continuing to test and for your patience with the reporting portal – we know that this has been a source of frustration for many.

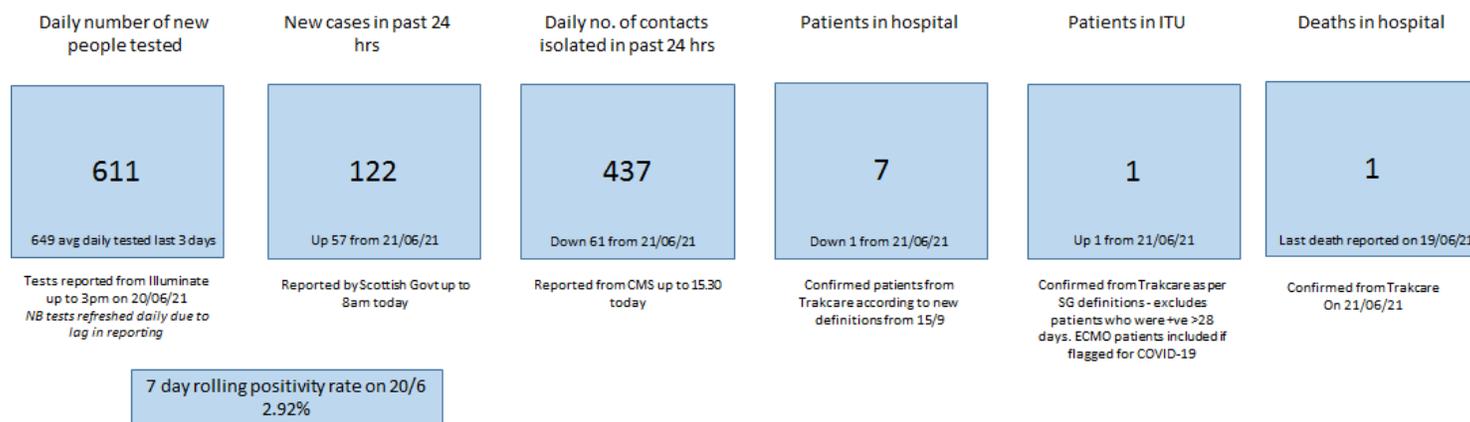
Pulmonary Rehab Week 27-27 June Pulmonary rehabilitation is an exercise and education programme for people living with a long-term chest condition that affects their everyday life - for example, chronic obstructive pulmonary disease (COPD) or pulmonary fibrosis. It is designed to improve individual’s levels of fitness and quality of life and can help them manage their symptoms better.

PR has lots of benefits for both physical and mental health including: Reducing breathlessness; Improving strength & fitness; Reducing anxiety; Increasing confidence; Reducing chest infections; Reducing hospital admissions; Improving quality of life

There are PR services running across NHS Grampian. If you would like to find out more information about local services please email gram.aberdeenpr@nhs.scot (Aberdeen City and Aberdeenshire) or gram.moraycommunityotpt@nhs.scot (Moray)

Grampian data Here is the daily local update, including the 7-day rolling positivity rate. As a reminder, this rate is arrived at by dividing the number of positive tests in the past 7 days by the number of tests carried out in the past 7 days. Repeat tests are included in both categories.

The figure for the “daily number of new people tested” is only for the number of tests for people who have not been tested previously.



A national update is available on the [Public Health Scotland daily dashboard](#).

Tune of the day It was a mixed bag today, let’s be honest. Cases of Covid-19 are up and the immediate next few weeks might once again prove challenging for many people in the NHS. That said there was some hope on the horizon with a proposed return to close to normality in early August... but we need perked-up now. Let us know what songs take you to your happy place. To inspire you, here is today’s tune of the day, a ridiculously joyful number from Scotland’s very own Travis and their song [Magnificent Time](#) – it even has a Steps-style dance, which the drummer clearly hasn’t mastered... doesn’t Fran Healey look like a delighted young Santa now-a-days, how lovely.

Get in touch! If you’ve got a question, an item to share with people working in health & social care, or just want to suggest a tune of the day, we want to hear from you! Drop us a line via gram.communications@nhs.scot.