

## Test and Trace Support Payment Scheme

Applications are now open for the Test and Trace Support Payment scheme for those having to self-isolate as advised by NHS Test and Trace and cannot work from home and so would lose income.

**Further information and the online application is available at [www.harrogate.gov.uk/benefits](http://www.harrogate.gov.uk/benefits) . Applications can also be made over the phone with Customer Services on 01423 500600.**

### Key messages on the Test and Trace Support Payment:

- If you are on a low income and can't work from home while you are required to self-isolate, you may be entitled to a payment of £500 from your local authority under the Test and Trace Support Payment scheme.
- This is for individuals who have been asked to self-isolate by NHS Test and Trace on or after 28 September 2020.
- The Test and Trace Support Payment scheme will run until 31 January 2021.
- You can check the eligibility criteria [here](#).

### Key messages on self-isolation:

- People across England are now required by law to self-isolate if they are asked to do so by NHS Test and Trace, either because they have tested positive or they have been identified as a contact. Failure to comply with these requirements, including employers who do not allow employees to self-isolate, may result in a fine of at least £1,000 and up to £10,000 for repeated or serious offences. These regulations will only apply in England.
- If you or someone in your household has coronavirus symptoms, stay at home and begin to self-isolate for 10 days from when your symptoms start. Arrange to have a test for COVID-19 if you have not already had one. The result of the test will determine how long you must stay at home and self-isolate.
- Everyone with symptoms, no matter how mild, can get a free test.
- A positive test result means you must complete a 10-day isolation period.
- If your test is negative, you can stop self-isolating as long as you are well.
- If you do not have symptoms but have tested positive for COVID-19, stay at home and self-isolate for 10 days from the day the test was taken. If you develop symptoms after your test, restart your 10-day isolation period from the day the symptoms start.
- People identified as having been in close contact with someone who has had a positive test will be contacted and told to stay at home for 14 days from the point of that contact, even if they do not have symptoms. This is to minimise the risk that they unknowingly spread the virus.
- To ensure that people understand why they need to stay at home, NHS Test and Trace will increase contact with individuals who are required to self-isolate and will work with local authorities to check in with them to offer support. The police will also have the power to investigate and fine those who do not follow the rules.
- Anyone can catch coronavirus, and anyone can spread it. We all have a crucial part to play in keeping the number of new infections down and protecting our loved ones.

## Guidance

### **Clinically Extremely Vulnerable – revised guidance**

Following the recent Government announcements on the new three tier restrictions the [guidance](#) for those who have been identified as Clinically Extremely Vulnerable has been revised. We are currently working with partners to ensure we have structures and support in place should a request for those more vulnerable to self-isolate is made.

### **Communication resources that support the control of Covid-19 and our Outbreak Control Plan.**

These [resources](#) provide crucial information on how to stay safe and access the NHS Test & Trace service in different languages.

### **Local restrictions: areas with an outbreak of coronavirus**

Rules and guidance are changing and it can be hard to keep on top of everything. The Government publishes all the [latest news](#) about different areas

## Mental Health and wellbeing

### **Get on Track wellbeing programme for young people**

[Get on Track](#) uses the power of Sport, Physical activity and athlete mentors, combined with local knowledge and opportunities, to support and inspire a young person to improve themselves; to build their self-esteem and confidence, to be more focussed and determined, to be motivated, to improve their resilience and improve physical and mental wellbeing.

- 16-25 year olds
- Virtually through Zoom
- Open to anyone from across North Yorkshire and York
- Looking to start mid-end of October on a Monday afternoon.
- 2 hour session hopefully 1pm-3pm.
- Free of Cost throughout the programme

### **Steady on your feet**

[A new campaign](#) led by the NHS and local authorities to help increase confidence and reduce the risk of falls.

Their advice, guidance and resources are designed for anyone worried about feeling unsteady on their feet. They aim to equip people with simple tips to stay active, independent and safe during every day activities.

## Energy Ambassadors

**Monday 26 October 2020, 10:30am**

Be equipped to help your clients and other vulnerable households be warm and well this winter by training someone in your organisation as an [Energy Ambassador](#).

## Digital

### **Get Online Week 19 – 25 October**

As part of [Get Online Week](#), North Yorkshire Adult Learning and Skills Service are running free online digital skills courses in partnership with local libraries, including Ripon, Knaresborough and Harrogate.

The courses are open to all. Learners wanting to use a library computer need to call 01609 780780 or email [AdultLearningService@northyorks.gov.uk](mailto:AdultLearningService@northyorks.gov.uk) first.

Courses include Safe Shopping Online, Getting Started with Zoom and Parents Guide to Safety. You can check all the courses available [here](#) in the 'Computing and Getting Online Section.'

### **Harrogate District 'Get Digital'**

Would you like to become a Digital Champion and have access to a wide range of free training resources to help other in your community?

This is a great opportunity to develop your digital and coaching skills, and help tackle digital exclusion across the Harrogate District.

Contact [engagement@harrogate.gov.uk](mailto:engagement@harrogate.gov.uk) for more information

### **Worth Connecting Digital Inclusion with Carers Resource**

**[Digital support](#) for people over 55 in Harrogate District to use a digital device to find information, make social connections or to benefit from online services. Individual telephone support and loan of tablets and the means to access to the internet.**

**Extensive teaching materials to help people understand popular digital activities both within a teaching session and when they are practicing on their own.**

### **Other Community Information to share**

#### **Gift Boxes for veterans to mark Remembrance Day 2020**

Gift boxes are available to older ex-servicemen and women in North Yorkshire. Funded by the Armed Forces Covenant Fund Trust, boxes will include a collection of Yorkshire-themed items, including biscuits and teabags, as well as commemorative items from the Royal British Legion's Poppy shop. To find out who is eligible to receive a pack and how to order, visit the [Community First Yorkshire website](#)

If you require any further information on any of the above please get in touch with either myself or [Ann Byrne ann.byrne@harrogate.gov.uk](mailto:ann.byrne@harrogate.gov.uk) .