

SPIRIT Advocacy / HUG Action for Mental Health / People First Highland - Coronavirus (CoVid-19) notice (posted by Ken):

Let's all do our best to take a common-sense approach to this horrible virus which is having such a negative effect on people, families and communities all over the world. Despite its sometimes confusing and contradictory nature, there's a lot of good advice out there and we should try to heed it. Most importantly, we need to look out for each other.

SPIRIT Advocacy has taken the decision to impose some limits on its activities until further notice. We have decided that gatherings such as our 'Think-ins' and writing group meetings will be suspended for the time being; we're even limiting our Board of Directors meetings - doing our best to message and teleconference each other instead. 'Social Distancing' is the term we're basing our thinking on.

Watch this space...

Coronavirus: How to protect your mental health ... from the BBC news website: <https://www.bbc.co.uk/news/health-51873799>

As things progress, we'll keep you updated here, through emails and messaging and so on when we can - and we would ask you to do similarly with each other too. As individuals, we may be asked by government to 'self-isolate' for a while, but that doesn't mean we can't stay in touch 'virtually' and use imaginative ways to help each other - or even just ask the question, 'Are you okay?'

For now, we publish here the following advice and guidance from NHS Highland:

Coronavirus / COVID-19 Information

Coronavirus, or COVID-19 as it is sometimes referred to, is a virus similar to the common cold and flu. Typical symptoms of coronavirus include:

High temperature or fever
Cough
Shortness of breath

There are now several confirmed cases of Coronavirus (COVID-19) in Scotland and there is a need to ensure sufficient planning measures are put in place.

The latest information on COVID-19 can be accessed here: <https://www.gov.uk/.../coronavirus-covid-19-information-for-t...>

The Department of Health and Social Care will publish updated UK data on Coronavirus (COVID-19) every day at 2.00pm until further notice.

After 2.00pm, the Scottish Government will publish an update on the situation in Scotland. This will be updated when further guidance is received from Health Protection Scotland, and NHS Highland. <https://www.gov.scot/coronavirus-covid-19/>

What NHS Highland Are Doing

NHS Highland is working closely with partner agencies including The Highland Council and Health Protection Scotland to monitor and respond to the national situation. Colleagues from across our service areas have been meeting regularly over the past few weeks to identify and discuss the issues. We are working hard to put plans in place to manage the situation as it develops, following official advice and guidance.

Different services and government agencies are responsible for leading different parts of our response:

Scottish Government Department for Health and Social Care - the Chief Medical Officer confirms each incident.

Health Protection Scotland co-ordinates the response, information and advice on the Coronavirus (Covid-19).

NHS - local and national NHS services are working to test individuals, and provide advice through calls to NHS 111 and work with partner agencies to help residents stay informed, safe and well.

Further information

Latest information on the coronavirus can be found on NHS inform, including self-isolation advice: - <https://www.nhsinform.scot/coronavirus>

Health Protection Scotland: - <https://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/>

Questions and answers on the coronavirus are available on the World Health Organisation website:
- <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

Take care everyone. It's all about networking and peer support.