



Friday 11 February 2022

Public Health information briefing for the Voluntary and Community Sector in Westminster and Kensington and Chelsea

This briefing is intended to update partners on the latest COVID-19 advice and current Public Health key messages.

1. Current COVID-19 measures and guidance

COVID-19 travel testing changes

As of Friday 11 February, most of the travel restrictions previously in place to control COVID-19 in England have been lifted. This means:

- Double vaccinated travellers arriving in the UK no longer have to take a post-arrival lateral flow test (LFT) on Day 2
- Unvaccinated travellers will no longer have to take a Day 8 test or self-isolate, although a pre-departure and a post-arrival PCR test will still be required
- 12-15 year olds are able to access the digital NHS COVID Pass for international travel

Read the full guidance on [GOV.UK](https://www.gov.uk).

Preventing the spread of COVID-19

Please continue to **remember the safer behaviours** that help to keep everybody safe. These include:

- [getting fully vaccinated](#)
- getting your [COVID-19 booster vaccination](#) when eligible
- letting fresh air in if you meet indoors, meeting outdoors is safer
- [getting tested before periods of higher risk](#) such as visiting vulnerable people or going to a crowded event, and self-isolate if required. Please continue to report your result each time you take a rapid lateral flow COVID-19 test – positive, negative or void
- [getting tested if you have COVID-19 symptoms](#) and self-isolating
- wearing a face covering when in crowded or enclosed spaces where you come into contact with people you don't normally meet and remember you may still wish to wear a face covering on public transport in London
- washing your hands regularly or using hand sanitiser when out and about
- trying to stay at home if you're feeling unwell
- using the [NHS COVID-19 app](#)

[Read the full guidance on the GOV.UK website](#)

Self-isolation

The minimum self-isolation guidance is five full days for people who test positive for COVID-19 in England.

You are allowed to leave self-isolation after 5 full days, if you do a rapid lateral flow test on days 5 and 6 of your self-isolation period and if:

- both tests are negative
- the tests are taken 24 hours apart
- you do not have a high temperature

If you leave self-isolation on or after day 6, you are strongly advised to:

- wear a face covering and limit your close contact with other people in crowded or poorly ventilated spaces
- work from home if you can
- minimise your contact with anyone who is at higher risk from COVID-19

[Find out more about the self-isolation guidance on the GOV.UK website.](#)

COVID-19 vaccinations

The COVID-19 vaccine has been proven to be safe and effective at protecting people against COVID-19. The NHS is currently offering the COVID-19 vaccine to:

- those aged 5-11 who either live with someone who is more likely to get infections, or they have a condition that means they are at high risk from COVID-19 will be offered one dose of the COVID-19 vaccine. Children in this group will be contacted by their GP surgery to arrange their appointment. Parents/carers of children who haven't been contacted by their GP yet, are asked to get in touch with their GP to receive a booking link. It's not possible to book online on the NHS booking system.
- those aged 12 to 15 who will be offered a second vaccination 12 weeks after their first
- those aged 16 and over will be offered a second dose 8 weeks after their first dose.
- those aged 16 and over and those most at risk from COVID-19 who have been fully vaccinated will be offered the COVID-19 booster vaccine provided it is 3 months (91 days) since their second dose.
- some children aged 12 to 15 will be offered a second dose 8 weeks after their first, and a booster dose of the vaccine three months after their second dose if they live with someone who is more likely to get infections or has a condition that means they are at high risk from COVID-19. Children in this group will be contacted by a local NHS service to arrange their appointments

You can book your COVID-19 vaccination by:

- visiting the [NHS Vaccination website](#)
- calling NHS 119, free of charge.
- find out more about vaccination events and [walk-in clinics in Westminster](#) and [RBKC](#). We also run a vaccine bus in [Westminster](#) and [RBKC](#).

2. Childhood vaccinations

The Office for Health Improvement and Disparities (OHID) has launched a new childhood vaccination campaign, running to 14 March. The campaign aims to:

- encourage parents to get their children fully vaccinated against MMR

- support the national policy objective to eliminate Measles, Mumps and Rubella in the UK, by ensuring 95% children receive two doses of the MMR by the age of 5. We're at 86.6% in England currently, London has consistently lower uptake with some of the lowest coverage, in RBKC uptake is 65.9%, in Westminster it's 64.1% so we have quite a way to go.

Kate Gielgud will be in contact with you in the coming weeks to discuss how Public Health might be able to work with you to promote the campaign across the Community and Voluntary sector.

Please get in touch with Kate on kgielgud@westminster.gov.uk if you would like to find out more in the meantime. We look forward to working with you on this.

3. Change4Life grants

Grants of up to £1,000 are available to support projects that encourage children, young people, and families to eat well and feel good in Westminster and Kensington and Chelsea. Organisations can apply for funding for projects that aim to promote healthy eating and/or emotional health and wellbeing.

The closing date for applications is **Monday 28 February**. For more information and for where projects can submit applications, please visit:

- [Change4Life grants WCC](#)
- [Change4Life grants RBKC](#)

4. Easter HAF Provision

Following the success of Westminster and RBKC's Health Activity and Food programmes last year where the initiative provided places for over 5,000 participants, the programme is running again over the Easter holidays.

Planning is well under-way for the Easter programme, and the steering group, led by Children's Services, are keen to work with as many partners as possible to replicate the success of the offer.

If you'd like to express interest in running a programme at Easter, please fill out the following forms by Friday 18 February:

- [Westminster](#)
- [RBKC](#)

The designated holiday period covers the weeks commencing 4 and 11 April. The team are looking for at least 4 days (4 hours per day) of activity from any interested providers across this period.

Further information

Please contact Kate Gielgud and Muskaan Khurana if you have any questions or would like further information on any of the above.