



Firstly thank you for agreeing to become a COVID Community Champion. Our Champion network will be able to;

- Empower Hartlepool residents to remain up to date on the latest advice about COVID-19
- Help dispel myths and pass information through trusted members of the community across the town
- Create two way routes of communication between communities/ individuals and the local authority.

As a COVID Champion a key part of your role is relaying guidance to your friends, family, colleagues and members of your community to help people make sense and understand the latest guidance. To help you do this, links to the latest guidance and activities can be accessed via the following links throughout the newsletter.

Hi everyone, a little introduction for you all. We are the newly appointed COVID Engagement Officers, Hannah Goodman and Julie French. We will be publishing a newsletter to keep you all updated on the latest guidance and any updates that we receive. Please do not hesitate to contact us with any of the feedback from the community good or bad! This is an excellent opportunity to get connected in the community and find out what is working and what we can improve on. As well as passing on key information to your family, friends, colleagues or even your neighbour! Spread the word!

Our contact details are;

Julie 01429 284075

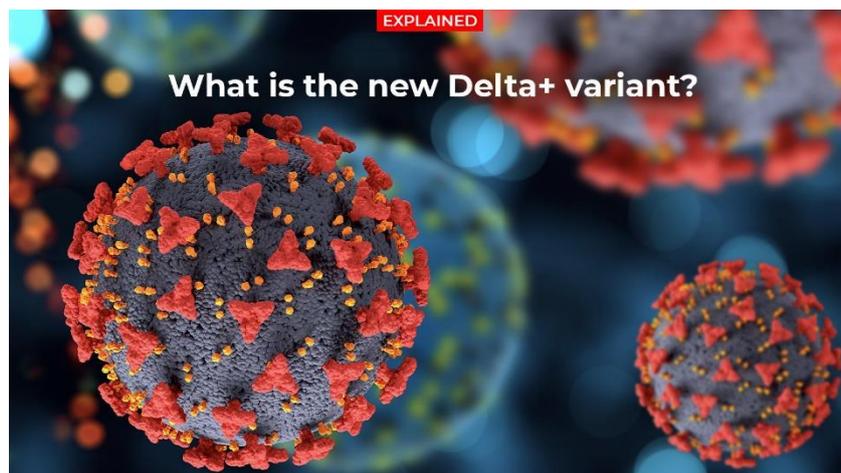
Hannah 01429 555604

CovidChampions@hartlepool.gov.uk



UPCOMING EVENTS

Our first information morning is on Thursday 8th of July at 10pm on Teams. Please let us know if you would like to attend this session. We are estimating it to take roughly an hour.



What is the delta variant?

A **coronavirus variant**, first identified in India, is causing a spike in cases in some parts of the UK and experts are worried. Experts say this variant, named Delta by the World Health Organization, is more transmissible than even the "Kent" or Alpha variant, and is now dominant in the UK. For more information please follow this link;

<https://www.bbc.co.uk/news/live/uk-57373902#:~:text=What%20is%20the%20Delta%20variant%3F%20A%20coronavirus%20variant%2C,variant%2C%20and%20is%20now%20dominant%20in%20the%20UK>



As lockdown restrictions are lifted some people are finding it extremely difficult to adapt to 'normal life'. Yet, for some, going back out and mixing with other people is a concept filled with fear and anxiety. Despite vaccines and a decrease in disease prevalence, some people experience what scientists call COVID-19 anxiety syndrome. It is important more than ever to take care of your mental and physical health if you're feeling anxious or low. Taking small steps can have a big impact on your mental health.

- Eat regularly and stay hydrated
- Keep active
- Improve your sleep

Find out more information follow this link;

<https://www.medicalnewstoday.com/articles/covid-19-anxiety-syndrome-a-pandemic-phenomenon#What-is-COVID-19-anxiety-syndrome?>



The NHS have created a web page to give people more information on the vaccine so people can make informed choices. Frequently asked questions, stories of people who have received the vaccine and how to get booked in! Please follow this link for more information

<https://www.nhsvaccinefacts.com/>



In December 2020 the project connected it's first homes in Hartlepool, providing broadband to shielding residents and giving them access to their families via video call. The Get Connected Project officially launched in January 2021, providing each customer with a broadband internet router with Wi-Fi to connect devices. An excellent way to get our community connected.

<http://https://www.get-connected.org.uk/#:~:text=In%20December%202020%20the%20pr oject%20connected%20it%E2%80%99s%20first,broadband%20inte rnet%20router%20with%20Wi-Fi%20to%20connect%20devices>

Ministry of Information and Broadcasting
Government of India

#IndiaFightsCorona

Why is the **second dose** of COVID-19 vaccine so important?

The **first dose** does not produce protective immunity, but **prepares the immune system** to fight against COVID-19 infection.

The **second dose** triggers the immune system to produce large number of antibodies and gives **cell-mediated immunity**.

It also **stimulates the memory cells** so that the body remembers this infection for the **long term** and helps produce **antibodies** quickly in case of **reinfection**.

Therefore, **two doses of vaccine** are essential to get **maximum protection** from COVID-19.

Source: Dr. Randeep Guleria, Director, AIIMS

[/COVIDNewsByMIB](#) [/MIB_India](#) [/MIB_Hindi](#) [/inbministry](#) [/inbministry](#) [/mib_india](#)

Many people are having one dose only of the COVID vaccine. It is so important to make sure people are receiving the second vaccine to get maximum protection from COVID-19.



The World Health Organization is really concerned that some young people are in two minds whether to get the vaccine for COVID-19. Experts say that the vaccine would allow restrictions and social distancing to be relaxed as it would try people's immune systems to fight the virus. Research shows a number of people may choose not to get the jab. To see the video follow this link;

<https://www.bbc.co.uk/news/av/health-54937276>



Your **COVID Recovery**

We need to start and think how we are going to manage our COVID Recovery. COVID has affected many things in our lives; mental health, physical health our friendships and relationships. Follow this [link](#) on more support on COVID Recovery.



Short guide to lateral flow self-testing with Dr Amir Khan

We are urging people without COVID symptoms to get a free rapid test twice a week especially if you are leaving the house regularly for work and school. The tests are free and easy to carry out, here is a short video explaining how to do a home test. Tests can be collected from the Middleton Grange shopping centre. This is a test centre for people **WHO DO NOT** have symptoms.

<https://www.youtube.com/watch?v=CbqNIb30OPQ>



A big thank you to our COVID Champions for sharing the guidance and advice to help keep the people of Hartlepool safe and informed.

Let us know how you are sharing the info Champs!

HartlePower
supporting our community

