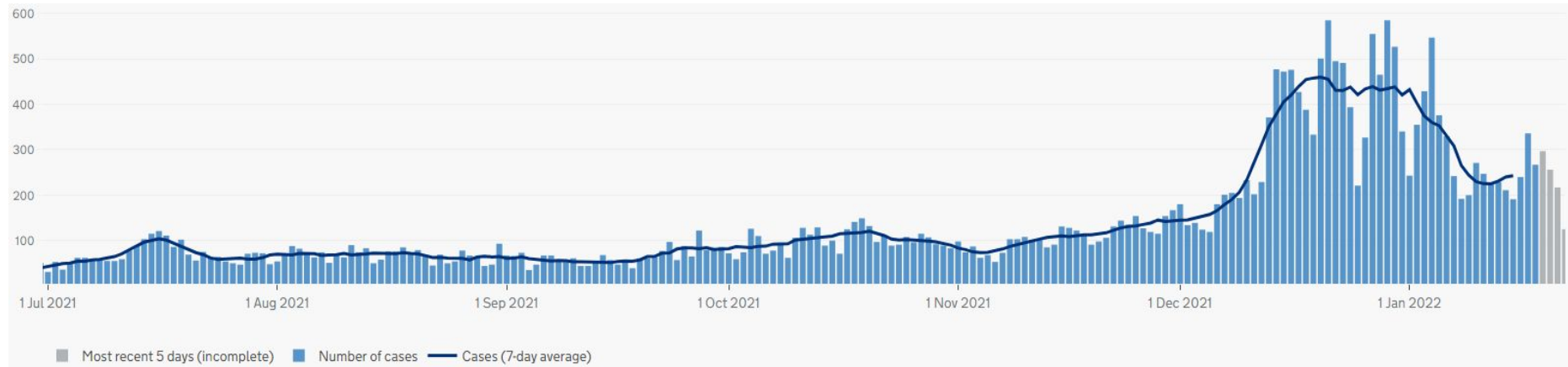


Welcome: Session 40 (24/01/22)

- Thank you for joining us
- We are grateful for the support of the community sector working in partnership with us to share messages with the residents of Kingston
- We need every resident to know what they can personally do to keep themselves safe - and that way - also help Kingston safe as a whole
- Today we will share the latest data for Kingston
- We will share the latest key messages - for you to share with your contacts
- We'll also be adding in some new messages - on opportunities for residents to stay healthy while we have COVID-19 in the borough

What is the data telling us?

Kingston daily cases at 24/01/22 (full data up to 18/01/22)



4 Jan 2022

■ Number of cases : 544
— Cases (7-day average) : 427.7

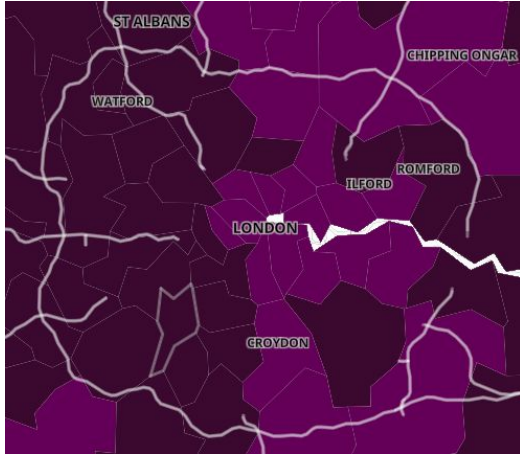
11 Jan 2022

■ Number of cases : 245
— Cases (7-day average) : 259.1

18 Jan 2022

■ Number of cases : 267
— Cases (7-day average) : 242.9

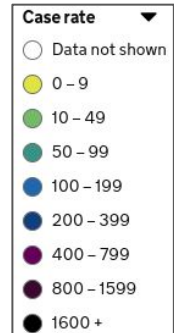
What is the trend in Kingston for COVID-19?



Two weeks ago, 04/01/22



Date	Rate
04/01/2022	1683.6
11/01/2022	1030.5
18/01/2022	949.5

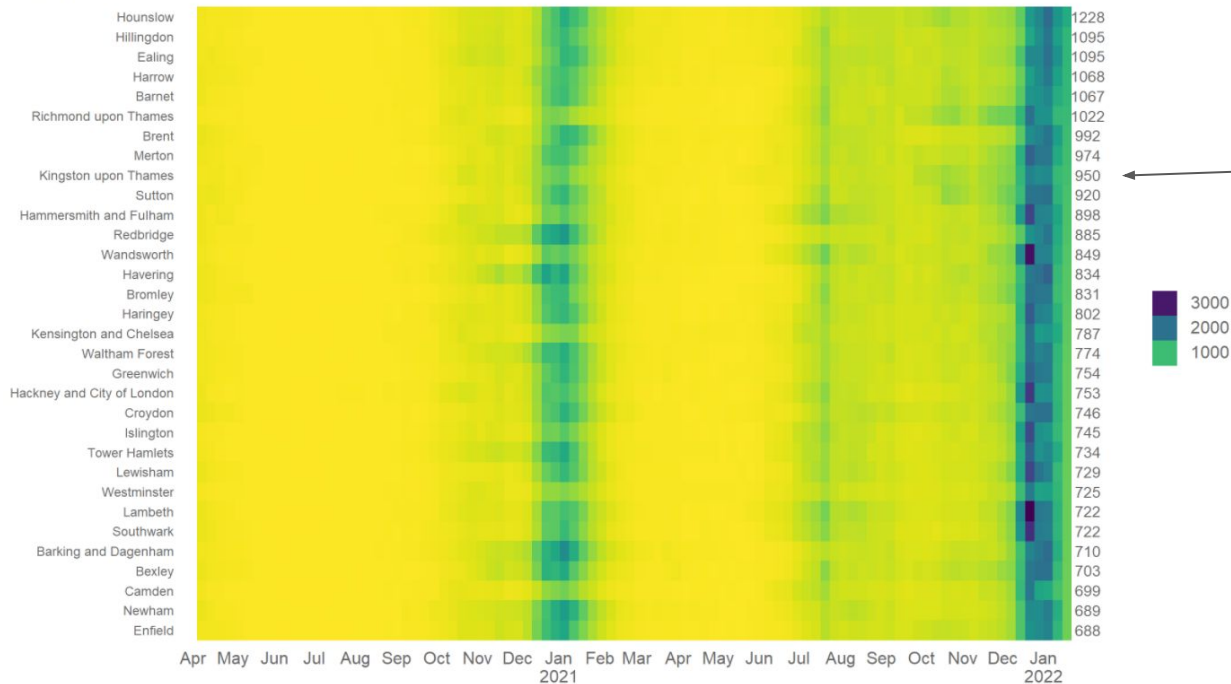


You can check the latest data here: <https://data.kingston.gov.uk/home/coronavirus-dashboard/>

How does Kingston compare with other London boroughs?

Weekly case rates per 100,000 population

Most recent complete data for week ending 18 January (case rate shown on right hand column)



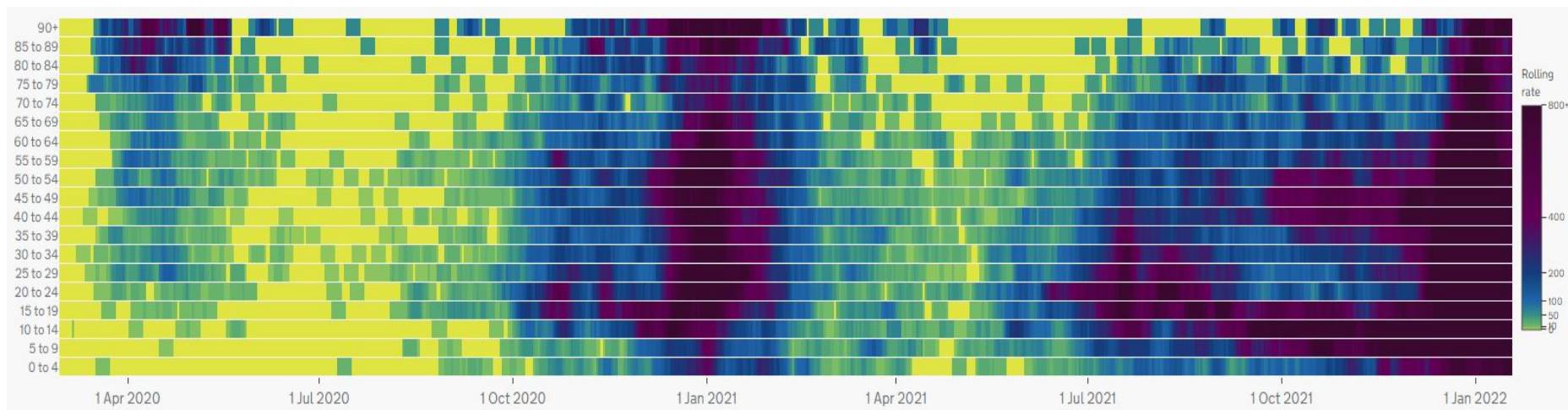
Although the Kingston COVID-19 rate is going down, it is not decreasing as fast as in some other boroughs - so Kingston now higher (worse) on the London chart

Source: PHE COVID-19 Dashboard

Sorted by case rate in most recent week. Colour scale may change with new data

Graphic by GLA City Intelligence

Seven day rate per 100,000 population / week, to 18th January 2022, by age group in Kingston

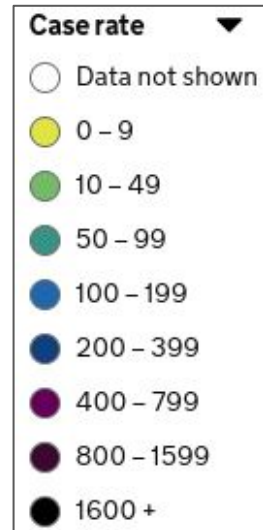


Date: 18th January Age group: 0 to 4 Rolling Rate: 1,037	Date: 18th January Age group: 5 to 9 Rolling Rate: 2,418	Date: 18th January Age group: 10 to 14 Rolling Rate: 1,484	Date: 18th January Age group: 15 to 19 Rolling Rate: 765	Date: 18th January Age group: 20 to 24 Rolling Rate: 727	Date: 18th January Age group: 25 to 29 Rolling Rate: 780	Date: 18th January Age group: 30 to 34 Rolling Rate: 967	Date: 18th January Age group: 65 to 69 Rolling Rate: 650	Date: 18th January Age group: 75 to 79 Rolling Rate: 356	Date: 18th January Age group: 80 to 84 Rolling Rate: 482
--	--	--	--	--	--	--	--	--	--

There has been a large increase in the rate for the 5 to 9 age group (up from 1,477 last week)

See the most up to date data on age groups in the public domain: <https://coronavirus.data.gov.uk/details/cases?areaType=Itla&areaName=Kingston%20upon%27thames>

Kingston Hot Spots, 18/01/22



You can check the latest maps here: <https://coronavirus.data.gov.uk/details/interactive-map>

Admission to hospital rates by age (London)

Admission rates by age

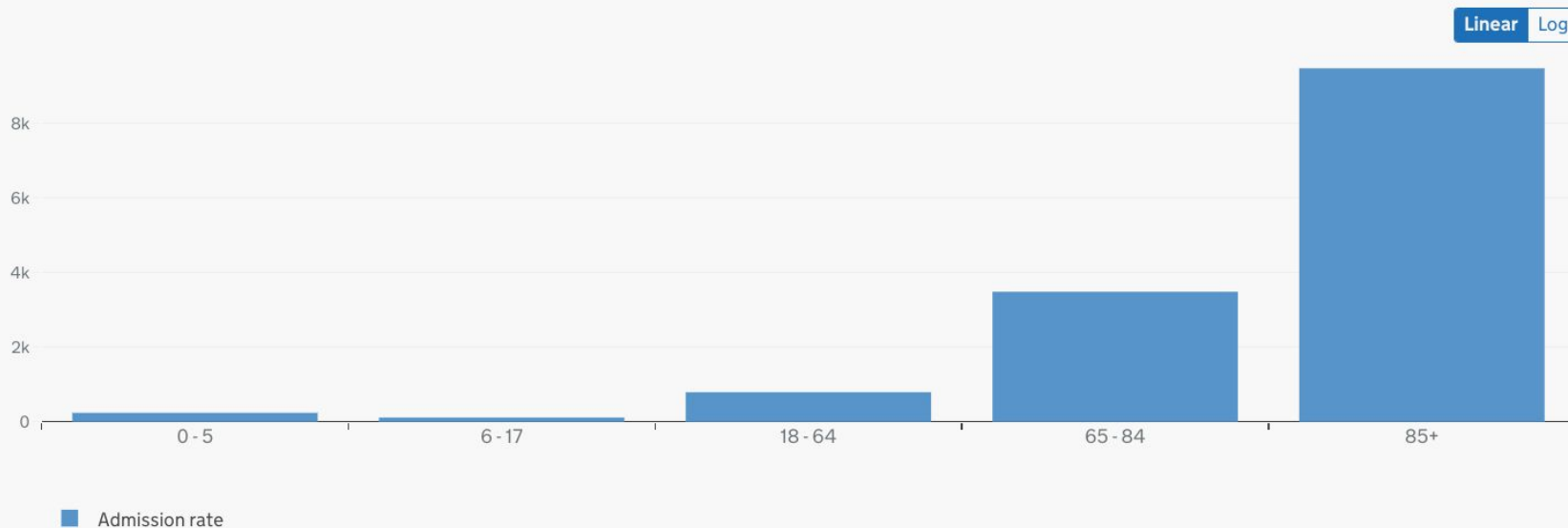
Rates per 100,000 resident population

Age breakdown of people admitted to hospital, shown as the rate per 100,000 people, since the start of the pandemic. There are fewer people in the oldest age group so the rates show the relative impact on different age groups.

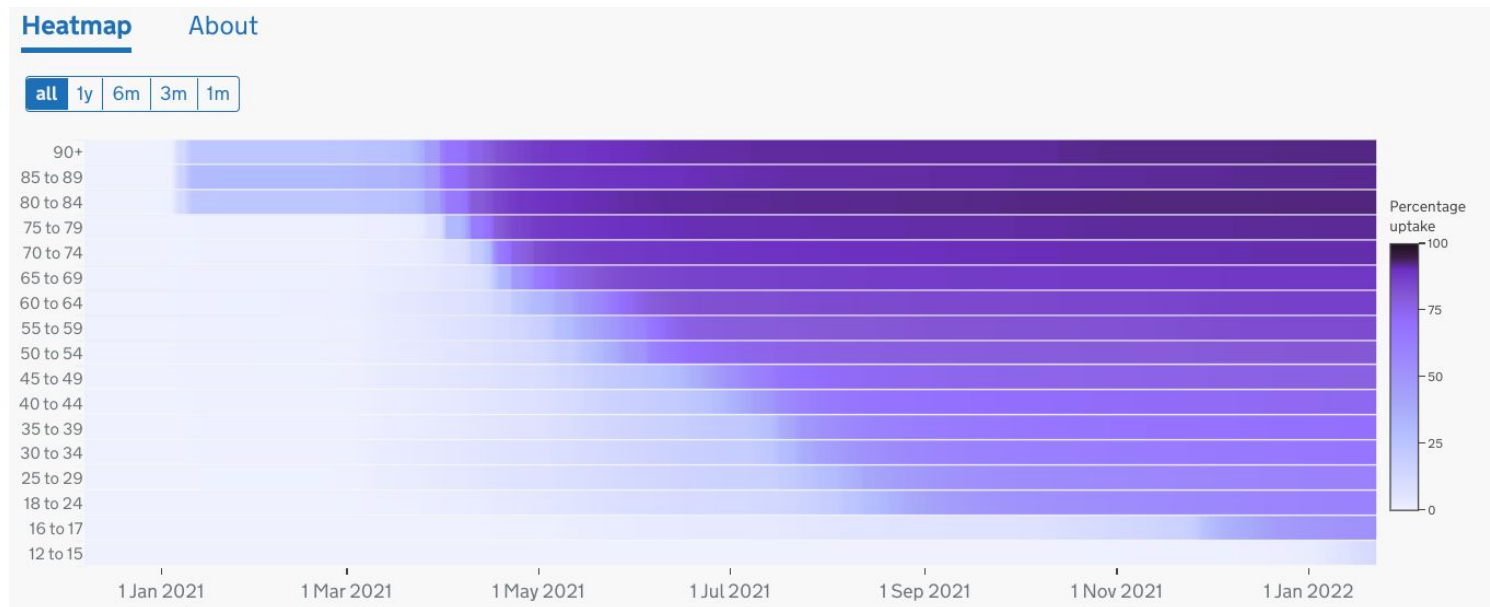
[Chart](#)

[Data](#)

[About](#)

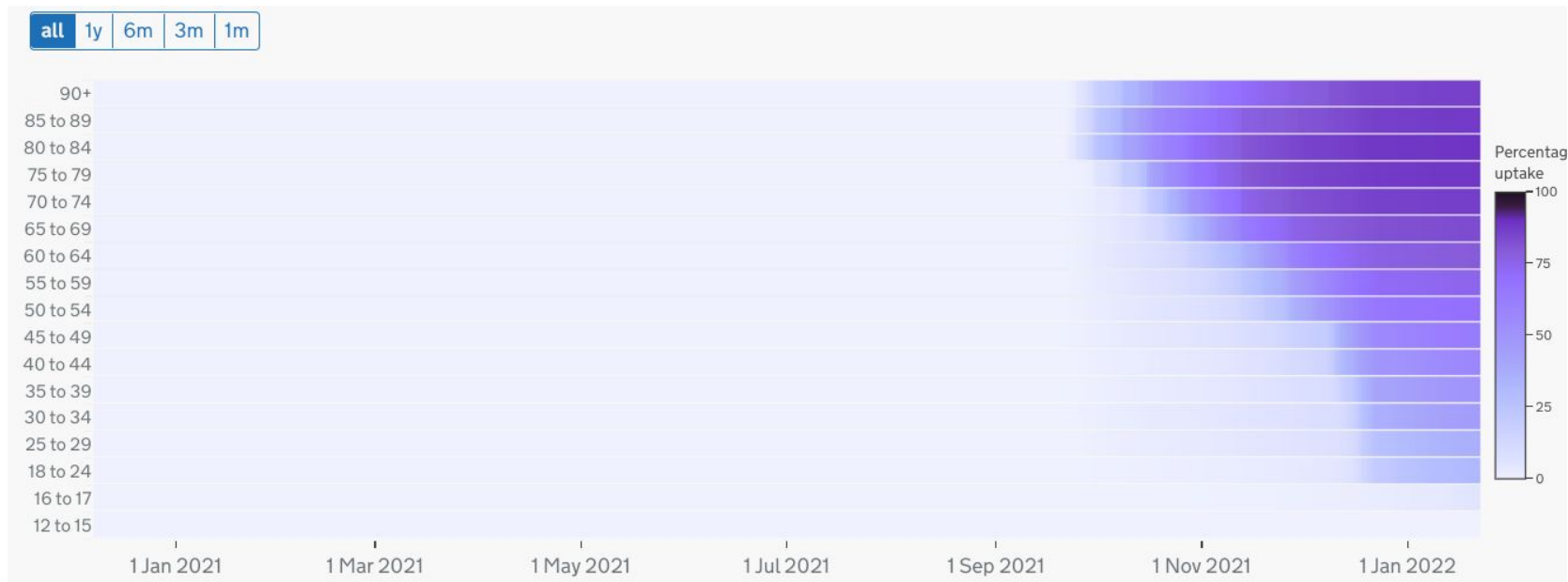


COVID-19 2nd dose vaccinations in Kingston up to 22nd Jan 2022 (age groups)



Take up at 22 Jan 2022: 35-39 years: 69%, 40-44 years: 73.5% 80-84 years: 92.7%

COVID-19 booster/ 3rd dose vaccines in Kingston, by age group (22nd Jan 2022)



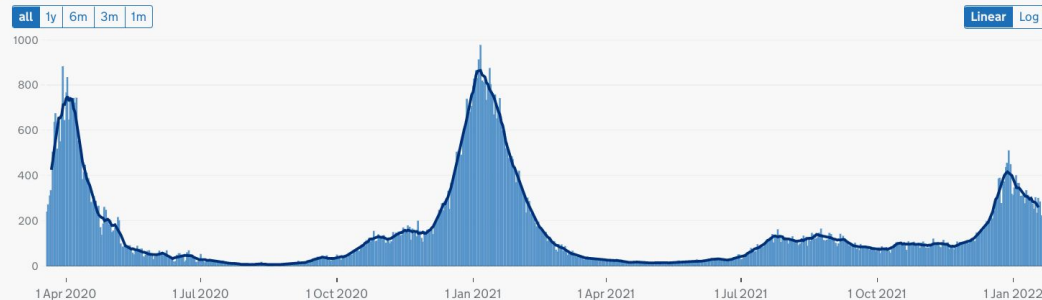
Take up at 22/01/22: 35-39 years: 50%, 40-44 years: 57%, 80-84 years: 89%

Patients with COVID-19 'admitted to hospital' and patients 'in hospital', up to Jan 20th 2022 London

Patients admitted to hospital

Daily and cumulative numbers of COVID-19 patients admitted to hospital. Data are not updated every day by all 4 nations (England, Northern Ireland, Wales and Scotland). Figures are not comparable as Wales includes suspected COVID-19 patients while the other nations include only confirmed cases.

Daily Cumulative Data About



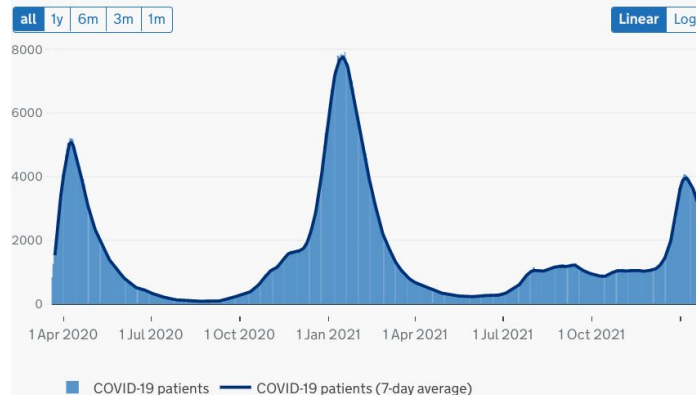
Patients admitted to hospital in London with COVID-19: 367 on 4th Jan 22 (down from 511 on 29 Dec 2021) to 301 (18/01/22)

Patients in hospital in London with COVID-19: 3059

Patients in hospital

Daily count of confirmed COVID-19 patients in hospital at 8am. Data are not updated every day.

Daily Data About

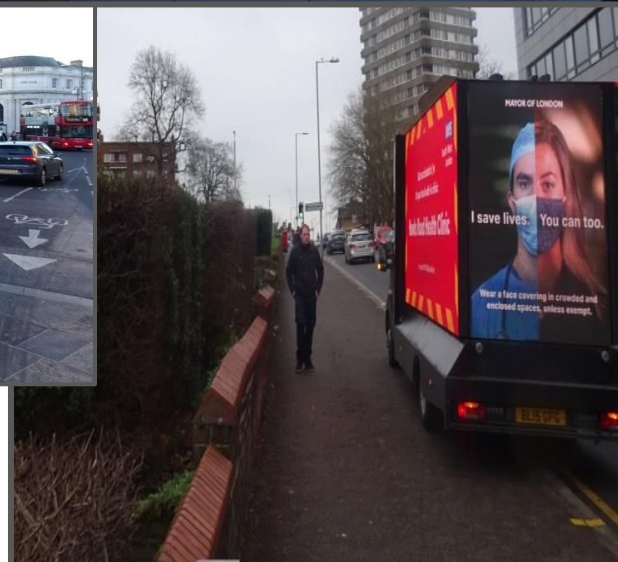
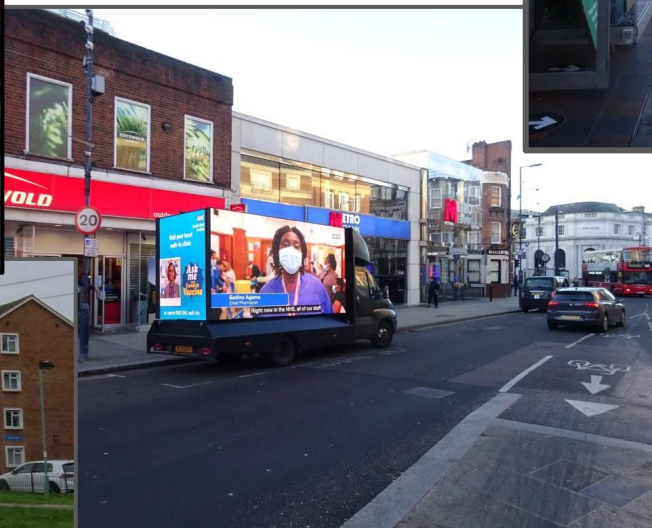


Key Communications Messages

2022 New Year Community Messaging



New Year Community Messaging



Testing Changes: at a glance.

In England, if you get a positive Lateral Flow Test result:

You no longer need to take a follow-up PCR test

You should still self-isolate immediately

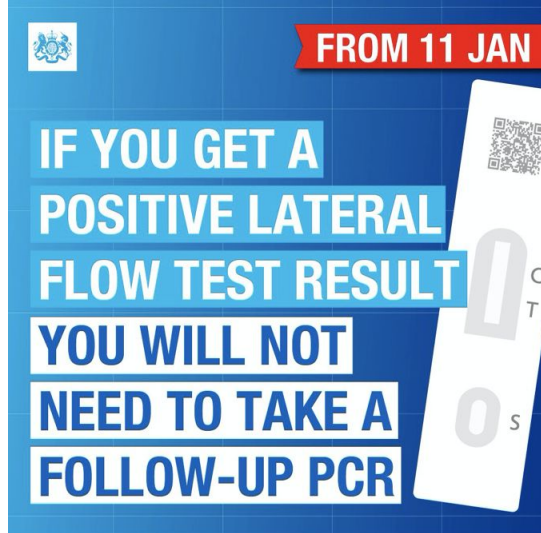
This change only affects those with no symptoms

If you have symptoms you will still need a PCR test

Those with Covid can leave isolation early on Day 6, providing they have 2 negative LFT results 24 hours apart on Day 5 & Day 6.

You should also register a positive LFT test result

Some exceptions apply. **More details** [here](#).



FROM 11 JAN

IF YOU GET A
POSITIVE LATERAL
FLOW TEST RESULT
YOU WILL NOT
NEED TO TAKE A
FOLLOW-UP PCR

This graphic features a blue background with a white QR code and a stylized white lateral flow test strip. The text is in white and blue boxes.



YOU SHOULD STILL
SELF-ISOLATE
IMMEDIATELY

This graphic features a blue background with a white QR code and a stylized white lateral flow test strip. The text is in white and blue boxes.



IF YOU HAVE
SYMPTOMS
TAKE A PCR TEST
AND SELF-ISOLATE
IMMEDIATELY

This graphic features a blue background with a white QR code and a stylized white lateral flow test strip. The text is in white and blue boxes.

Isolation and Testing changes (again!)

PLACE LOGO HERE

NHS
Test and Trace

Self-isolation rules have changed

Let's help **keep things moving**



Tested positive for Covid-19?

You can now **reduce the time you self-isolate to 5 days instead of 6.**

Swipe left for details...



NHS
Test and Trace

Self-isolation rules have changed

How have they changed?



From day 5 of self-isolation take a rapid lateral flow **test each day.**


After **two negative results in a row** you can **stop self-isolating**, whether you're vaccinated or not.



NHS
Test and Trace

Self-isolation rules have changed

Why have they changed?




We've found **5 full days** of self-isolation with 2 negative test results gives **nearly as much protection as 6 days without testing.**



Keeping up with regular testing

- Testing regularly increases the chances of detecting COVID-19 when you are infectious but are not displaying symptoms. Free rapid lateral flow tests are available free of charge from Kingston Market House, our mobile test teams, pharmacies or online. See our Kingston testing web pages: <https://www.kingston.gov.uk/covid-19-kingston/testing-contact-tracing>
- Health and social care settings, workplaces and schools have their own specific testing rules and guidance. Follow the guidance if you visit or work in the these settings
- All pupils in secondary schools and staff in schools are advised to continue regular twice weekly lateral flow testing



Around 1 in 3 people with Covid-19 have no symptoms and are spreading it without knowing. 
Keep testing regularly.

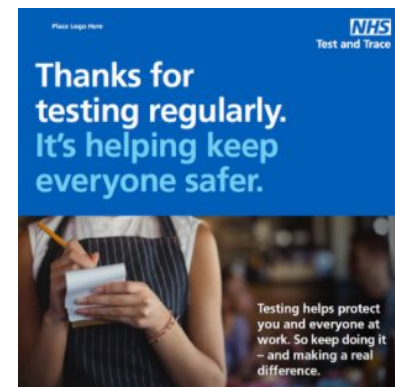


You can get free rapid Covid-19 tests:
Online at nhs.uk/Get-Tested
At most pharmacies
By calling 119



Whatever your test result, let us know right away.
Including negative and void.
It's easy, go online at gov.uk/report-covid19-result or call 119

Let's keep life moving.



Testing - WITH symptoms



HM Government

NHS

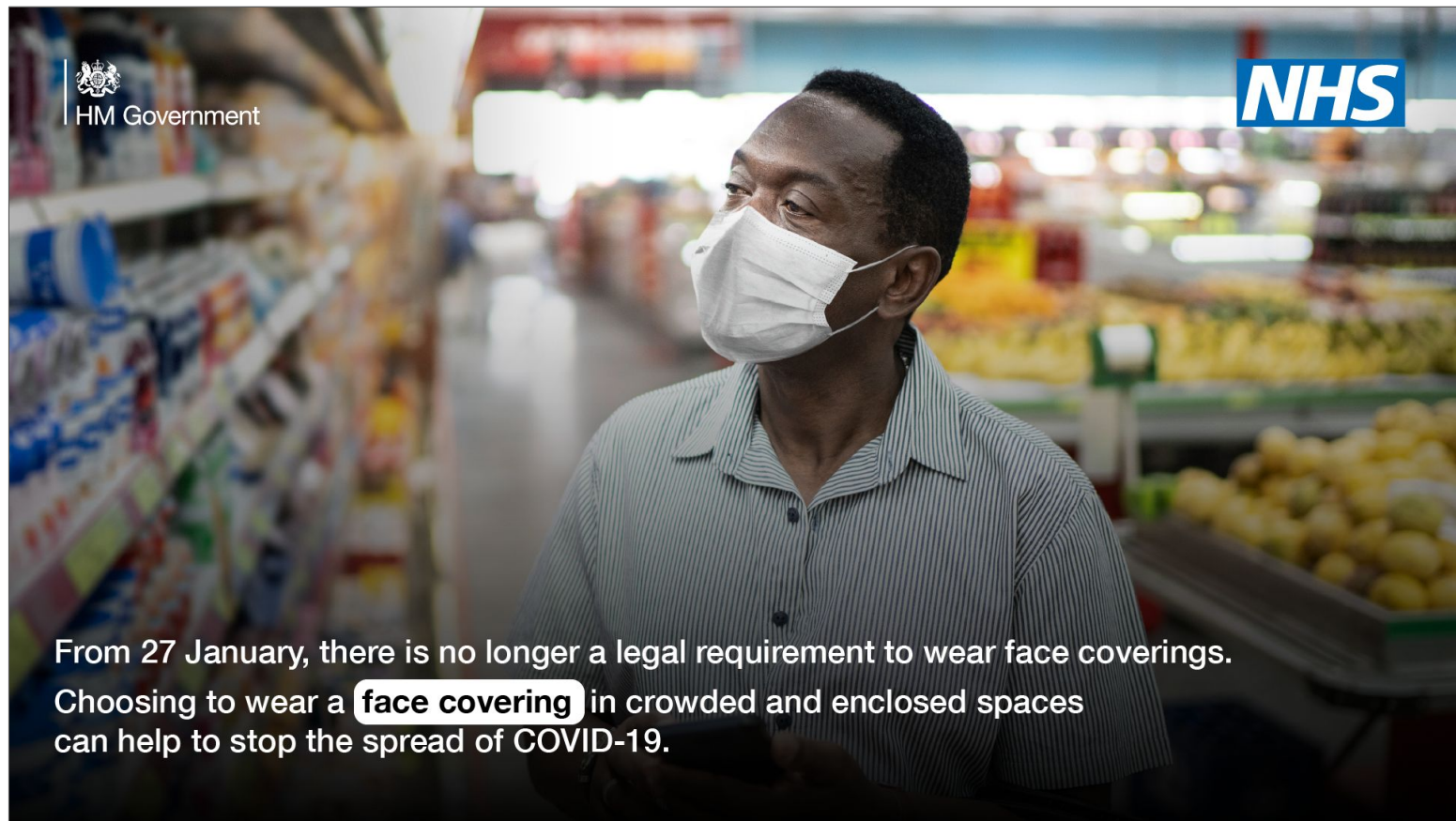
If you are not feeling well and have COVID symptoms
self isolate and take a test.

Testing - NO symptoms



Test before you meet others in crowded indoor places or meeting someone who is at higher risk of getting seriously ill from COVID-19.

Face coverings - encouraging responsibility

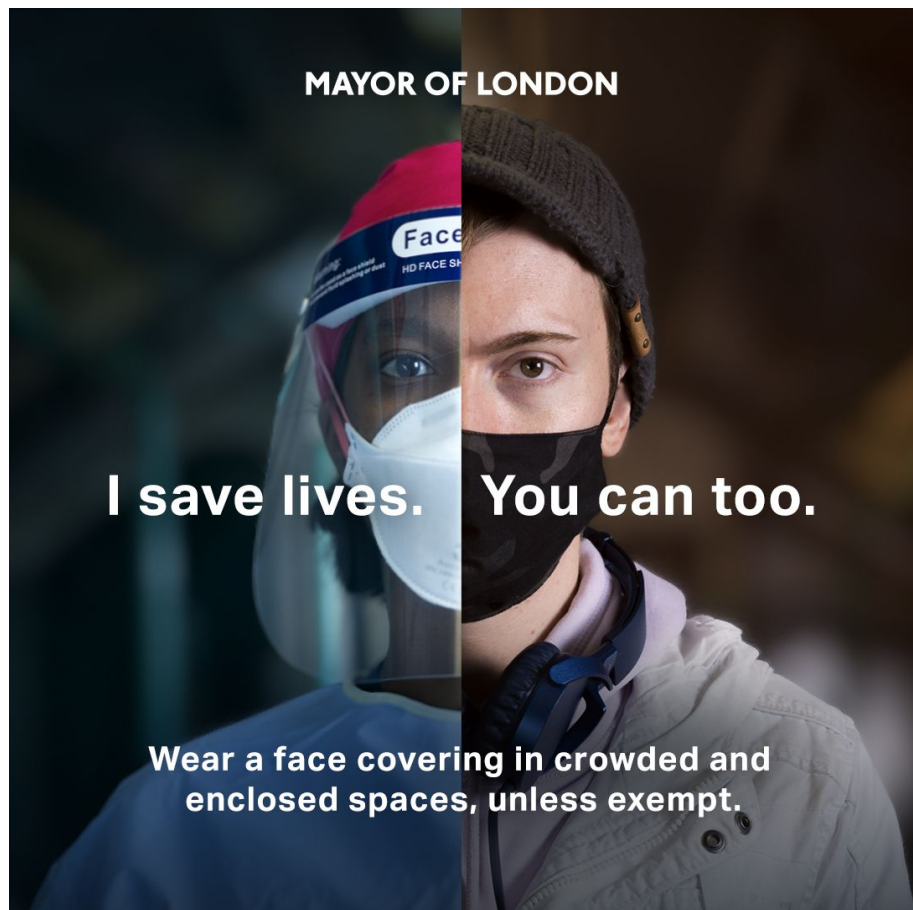


HM Government

NHS

From 27 January, there is no longer a legal requirement to wear face coverings. Choosing to wear a **face covering** in crowded and enclosed spaces can help to stop the spread of COVID-19.

Mask Wearing - despite guidance change



Back to workplaces safely



HM Government



Government is no longer asking people to work from home.
If you are in the office, **open windows to let fresh air in.**

Covid Behaviours:

- Good Ventilation
- Social Animations



Covid Behaviours:

- Good Ventilation
- Social Animations



Booster appeal to expectant mothers



HM Government



**Don't wait until
baby arrives.
Get vaccinated
or boosted now.**

nhs.uk/covidbooster



Our range of walk-in vaccination clinics continues across Kingston and our bordering boroughs - it really has never been easier

Offers change on a weekly basis, but for the very latest, please check at:

www.swlondonccg.nhs.uk/covid/where-can-you-get-vaccinated/vaccination-walk-in-clinics/



South West
London

Get vaccinated now
At your local walk-in clinic

Hawks Road Health Clinic

or search NHS SWL walk-ins

12-15 & 16+ Pfizer walk-ins: 7 days, various sessions

Get your Covid-19 vaccination

Hawks Road Vaccination Centre, KT1 3EW

- 12-15 year olds Pfizer walk-in clinics:

Tuesday 25, Wednesday 26 and Friday 28 January, 3.30pm to 6.30pm
Sunday 30 January 2022, 1.30pm to 6.30pm

- 16+ 1st and 2nd doses and 18+ Booster walk-in clinics:

Tuesday 25, Wednesday 26 and Friday 28 January, 3.30pm to 6.30pm
Thursday 27 and Saturday 29 January 2022, 8.45am to 6.30pm
Sunday 30 January 2022, 8.45am to 1.30pm

- 12 to 17-year-olds - 1st & 2nd dose, if you had your 1st dose 12 weeks+ ago.
- 18+ - 1st & 2nd dose, if you had your 1st dose 8 weeks+ ago.
- Boosters - 18+ if had your 2nd dose 3 months+ ago.
- Eligible groups change – check [nhs.uk](https://www.nhs.uk) for latest info.
- Please bring vaccination card or NHS app.

NHS

COVID-19
Vaccination Centre

If you can - please
bring proof of
age with a driving
licence,
passport or photo ID

swlondonccg.nhs.uk/covid-walk-in-clinics

Nicola Silverstone, Clinical Supervisor at Hawks Road Vaccination Centre, Kingston

PSM Pharmacy, Ewell Rd: 16+ 1st, 2nd & Booster

COVID-19 Pharmacy Vaccinations

Pfizer and Moderna walk-in session

COVID-19 Vaccination and Booster

PSM Pharmacy, Kingston

16+ year olds
Monday 24 to Wednesday 26 January 2022,
8.30am to

388 Ewell Rd,
Tolworth, Surbiton
KT6 7BB

- 16+ year-olds - 1st & 2nd dose, if you had your 1st dose 12 weeks+ ago.
- 18+ - 1st & 2nd dose, if you had your 1st dose 8 weeks+ ago.
- Boosters - 18+ if had your 2nd dose 3 months+ ago.
- Eligible groups change – check [nhs.uk](https://www.nhs.uk) for latest info.
- Please bring vaccination card or NHS app.

swlondonccg.nhs.uk/covid-walk-in-clinics

NHS

COVID-19
Vaccination Centre



Boots, Kingston: 16+ 1st, 2nd & Booster

COVID-19 Pharmacy Vaccinations Pfizer walk-in clinic

Boots, Union Street, Kingston, KT1 1RP

16+ year olds vaccination clinic and booster walk-in

Monday 24 to Saturday 29 January 2022,
9am to 1pm and 2pm to 5pm

Second dose (18+ years) if you had your first dose eight weeks ago or more
Second dose (16-17 years) if you had your first dose 12 weeks ago or more (or eight weeks if you are at high risk)
Booster dose (18+ years) if you had your second dose three months (91 days) ago or more

swlondonccg.nhs.uk/covid-walk-in-clinics

NHS

COVID-19
Vaccination Centre



Pearl Pharmacy, Surbiton: Pfizer & Moderna, 16+

COVID-19 Pharmacy Vaccinations

Pfizer and Moderna walk-in session

COVID-19 Vaccination and Booster

Pearl Pharmacy, Surbiton

16+ year olds
Monday 24 to Thursday 27 January 2022,
9am to 5pm

11-13 The
Broadway,
Surbiton
KT6 7DJ

- 16+ year-olds - 1st & 2nd dose, if you had your 1st dose 12 weeks+ ago.
- 18+ - 1st & 2nd dose, if you had your 1st dose 8 weeks+ ago.
- Boosters - 18+ if had your 2nd dose 3 months+ ago.
- Eligible groups change – check [nhs.uk](https://www.nhs.uk) for latest info.
- Please bring vaccination card or NHS app.

swlondonccg.nhs.uk/covid-walk-in-clinics

NHS

COVID-19
Vaccination Centre



Nearby Roehampton: 12-15 & 16+ Pfizer walk-ins

Get your Covid-19 vaccination

Roehampton Vaccination Centre, SW15 5PN

COVID-19 Vaccination and COVID-19 Booster walk-in sessions

Pfizer 12-15 year olds vaccination clinic walk-in

Monday 24, Thursday 27 and Friday 28 January 2022, 3.30pm to 6.30pm

Saturday 29 January 2022, 1.30pm to 6.30pm

Pfizer 16+ year olds vaccination clinic and booster walk-in

Monday 24 January 2022, 8.45am to 3.30pm

Tuesday 25 to Friday 28 January 2022, 8.45am to 6.30pm

Saturday 29 January 2022, 8.45am to 1.30pm

Sunday 30 January 2022, 8.45am to 6.30pm

- 12 to 17-year-olds - 1st & 2nd dose, if you had your 1st dose 12 weeks+ ago.
- 18+ - 1st & 2nd dose, if you had your 1st dose 8 weeks+ ago.
- Boosters - 18+ if had your 2nd dose 3 months+ ago.
- Eligible groups change – check [nhs.uk](https://www.nhs.uk) for latest info.
- Please bring vaccination card or NHS app.

NHS

COVID-19
Vaccination Centre

If you can - please
bring proof of
age with a driving
licence, passport or
photo ID

swlondonccg.nhs.uk/covid-walk-in-clinics

Bernhard Krisifoe, Matron at Roehampton vaccination centre

Boots, nearby Kew: Pfizer & Moderna, 16+

COVID-19 Pharmacy Vaccinations Pfizer and Moderna walk-in clinic

Boots, Kew Retail Park, TW9 4AD

16+ year olds vaccination clinic and booster walk-in

Monday 24 to Saturday 29 January 2022, 9am to 5.30pm - closed for lunch between 1pm and 2pm

Second dose (18+ years) if you had your first dose eight weeks ago or more

Second dose (16-17 years) if you had your first dose 12 weeks ago or more (or eight weeks if you are at high risk)

Booster dose (18+ years) if you had your second dose three months (91 days) ago or more

swlondonccg.nhs.uk/covid-walk-in-clinics

NHS

COVID-19
Vaccination Centre



Teddington: 12-15 & 16+ Pfizer walk-ins

Get ready, get vaccinated!

COVID-19 Vaccination Pfizer walk-in sessions

NHS

COVID-19
Vaccination Centre

**Teddington Health and Social Care Centre
18 Queen's Rd, Teddington TW11 0LR**

Pfizer vaccination, 12+ 1st and 2nd doses and 18+ Booster walk-ins

- Tuesday 25 to Friday 28 January 2022, 12.30pm to 5pm
- Saturday 29 and Sunday 30 January 2022, 9am to 4pm

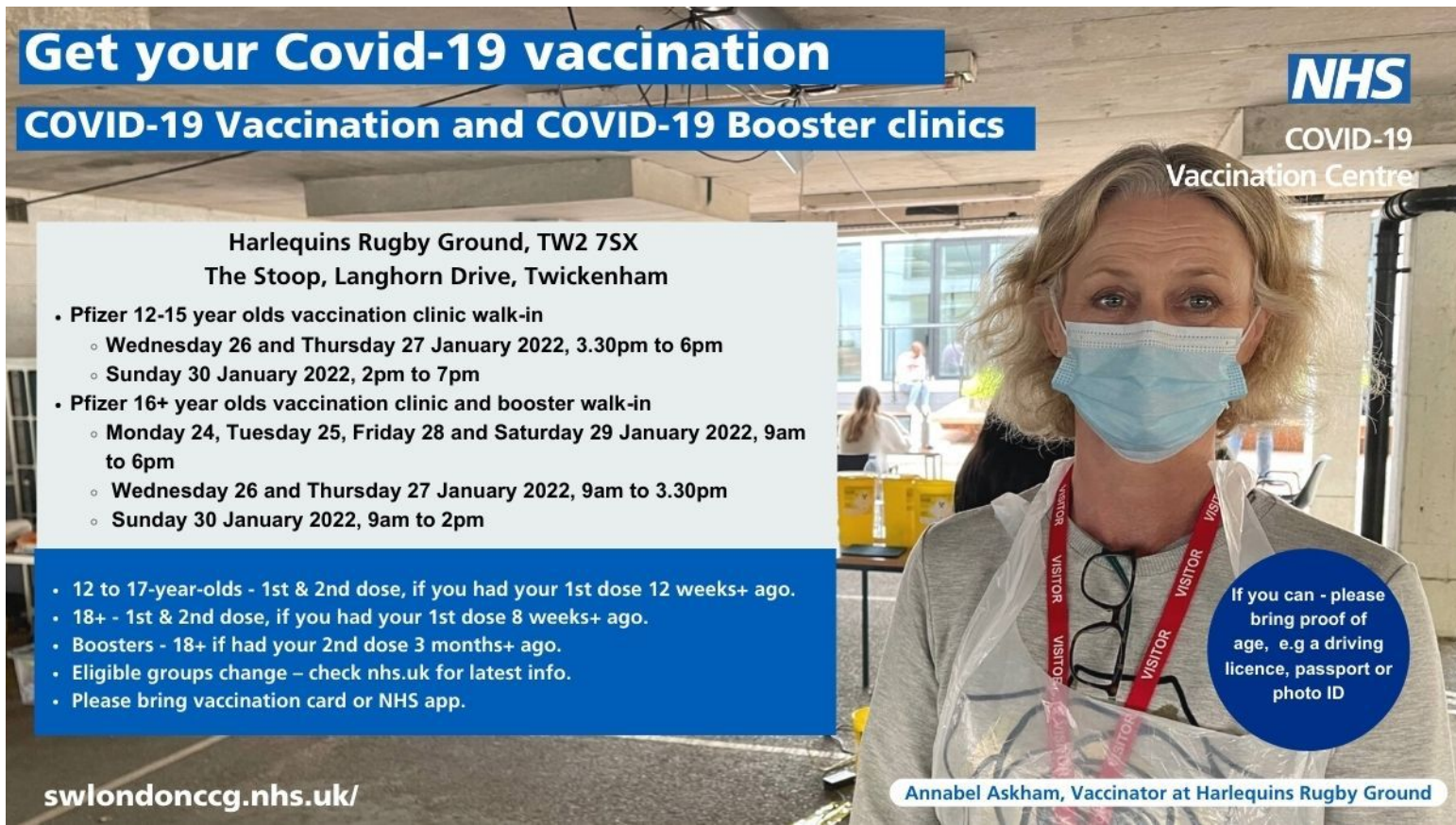
- 12 to 17-year-olds - 1st & 2nd dose, if you had your 1st dose 12 weeks+ ago.
- 18+ - 1st & 2nd dose, if you had your 1st dose 8 weeks+ ago.
- Boosters - 18+ if had your 2nd dose 3 months+ ago.
- Eligible groups change – check [nhs.uk](https://www.nhs.uk) for latest info.
- Please bring vaccination card or NHS app.

e

swlondonccg.nhs.uk/covid-walk-in-clinics



The Stoop, Twickenham: 12-15 & 16+ Pfizer walk-ins



Get your Covid-19 vaccination

COVID-19 Vaccination and COVID-19 Booster clinics

NHS
COVID-19
Vaccination Centre

Harlequins Rugby Ground, TW2 7SX
The Stoop, Langhorn Drive, Twickenham

- Pfizer 12-15 year olds vaccination clinic walk-in
 - Wednesday 26 and Thursday 27 January 2022, 3.30pm to 6pm
 - Sunday 30 January 2022, 2pm to 7pm
- Pfizer 16+ year olds vaccination clinic and booster walk-in
 - Monday 24, Tuesday 25, Friday 28 and Saturday 29 January 2022, 9am to 6pm
 - Wednesday 26 and Thursday 27 January 2022, 9am to 3.30pm
 - Sunday 30 January 2022, 9am to 2pm

- 12 to 17-year-olds - 1st & 2nd dose, if you had your 1st dose 12 weeks+ ago.
- 18+ - 1st & 2nd dose, if you had your 1st dose 8 weeks+ ago.
- Boosters - 18+ if had your 2nd dose 3 months+ ago.
- Eligible groups change – check [nhs.uk](https://www.nhs.uk) for latest info.
- Please bring vaccination card or NHS app.

If you can - please bring proof of age, e.g a driving licence, passport or photo ID

swlondonccg.nhs.uk/

Annabel Askham, Vaccinator at Harlequins Rugby Ground

NEW MESSAGES: Helping people stay healthy while we have COVID-19 in the borough

We will share details and one to two new messages about opportunities in Kingston for residents to keep themselves as healthy as possible.

Please share with your networks!

Walks in Kingston - part of our Healthy Lifestyles services



WALKS IN KINGSTON

MEET NEW PEOPLE
LOCAL TRAILS
VOLUNTEER LED
EVERYONE WELCOME!



Call to action: encourage and support Kingston residents to increase their daily activity levels and make walking an everyday habit. Join one of the walks in our refreshed programme:

- Improve your mental and physical health
- Gentle exercise outdoors
- FREE, regular, and social - meet new people
- Volunteer-led in Kingston
- Walks suitable for different interests and needs:

Monday 12:30 Kingsmeadow

Tuesday 10:30 Richmond Park

Tuesday 12:30 Canbury Gardens

Wednesday 10:00 Canbury Gardens (women only)

Every other Thursday 10:00 Hogsmill

Email Healthy.Lifestyles@kingston.gov.uk

or call 0208 547 6815 for more details.

Search 'walk' on www.connectedkingston.uk

Happy New Year!

Looking to change your
drinking this January?

30 DAY DRINK LESS
PROGRAMME

E-DRINK CHECK



Helping residents to stay in good shape

Call to action: encourage and support Kingston residents to rethink their alcohol drinking by taking up the [30 Day Drink Less Programme](#)

Kingston E-Drink Check provides an anonymous, free and confidential advice service via their website. Some people affected by the pandemic are drinking more alcohol than before. But with help, many people have developed healthier drinking habits and better wellbeing which they are still experiencing even 6 months later.

If you feel you've been drinking a bit too much or too often, this service can help you towards better sleep, lower blood pressure, weight loss, and saving money.

Kingston E-Drink Check FREE [30 Day drink less programme](#) helps you to cut down on your alcohol drinking and stay in control of how much and when you drink.

Sign up today for support online which includes:

- A plan put together with you for your 30 days
- A daily email with expert guidance and exercises
- Help to manage pressure from others to drink
- How to get over slip-ups and get back on track again.

Any questions?

Are there any topics in particular you would like to be covered in future sessions? Please put your answers in the chat function.

If you have any suggestions you can also email

anna.searight@kingston.gov.uk

Thank you.

Together we can help Keep Kingston Safe



Let's keep life moving.



FRESH AIR



TESTING



FACE COVERINGS



APP



HANDWASHING

gov.uk/coronavirus