

## WELCOME FROM Richard Flinton, Chief Executive

It is the 11<sup>th</sup> day of the 11<sup>th</sup> month and like many of you, I fell silent for two minutes at 11 o'clock this morning to remember those who paid the ultimate sacrifice for our freedom. I also paid my own respects to the 600 people in the county we have lost to Covid-19 this year. I felt an immense sadness for those who have passed and for their families, who will be grieving. Did you know that currently we lose one person every day in North Yorkshire to this virus? That is another family every day losing a loved one.

Infection rates are soaring in many areas. These are measured as a figure across the seven-day rolling average, per 100,000 people. We had been doing very well and we went into the current lockdown in the lowest tier of intervention. Sadly, our current rates put us in a very different place. We now have three areas above the England average, which is 245. Hambleton stands at 263, Harrogate at 295 and levels in Scarborough have soared to 463. Selby is only just below that England average.

I feel sure that as a county – when faced with the stark statistics on such an important day as this – we will want to rise to the challenge and come together as the team we can be to overcome the current threat to our families, our friends and our way of life.

Our economy is also suffering. Our hospitality sector, famous the world over for its hearty welcome and high-quality food and drink, is in lockdown again. And although we have generally good levels of employment across the county, we also struggle with low wages and high house prices in many areas.

A good number of our younger residents get their first taste of work, and probably a good deal of pleasure, from this sector and they play a vital role in ensuring we have a buoyant visitor economy, based on great customer service and strong levels of return visits here.

Many of you will understandably be worried about future job prospects I am sure. I know that very many of you will share my passion for the county and its people and for our ability to come together to get through this and thrive again. Over the weeks ahead, we will need to harness that collective energy and take some dynamic action if we are to emerge from the second national lockdown in the same tier we were when we entered.

The facts are unavoidable and while most of you will be rigidly sticking to the rules, unfortunately some continue to flout them. The outcome is that we all pay for that behaviour. We all wait longer to see our families, to support our shops and restaurants and to return to the lifestyle we enjoy. So what can we do?

**We can give this fight our absolute focus.** We can show the grit and resilience we are famous for. We can explain to those around us why it matters and we can play our part in turning the tide on the virus here. Let's take this day of reflection to pull together and show everyone what we are made of.

We are blessed to have diverse landscapes and market towns full of character. Character that features in the very many successful TV programmes – All Creatures Great and Small, The Yorkshire Vet, The Yorkshire Shepherdess to name a few. Let's do it for the people and the places we love and take the action that we know will make a difference. Hands, face and make space. No more gatherings, no more rule breaking. Let's get those rates down and look forward to better times ahead.

This week we heard much more about a vaccine. Our health partners are already considering the logistics around this and there is no doubt it is very positive news. The caveat must be that it is one piece of the jigsaw. How we live our lives will need long-term behavioural change. I am incredibly grateful for the vast majority of you who understand that and are doing the right thing.

Before I leave you today, I would love to share a couple of uplifting stories with you. As well as remembering, today we also celebrated the hard work of staff and pupils across many primary schools. Great efforts have been made to support the health and wellbeing of teachers and children through our Healthy Schools programme. Fifty-one of our schools achieved bronze, silver or gold awards that are helping our schools be offer an even better teaching and learning environment. Please do read more about their efforts here

<https://www.northyorks.gov.uk/news/article/schools-celebrate-success-healthy-schools-award-scheme>

And everyone loves a good sing-song, don't they? Why not take up our offer to join our online Christmas carol singing lessons. These family sessions start on Tuesday next week and run 6pm to 7pm. All families and children of any age are welcome and I believe the aim is to form a virtual choir with a polished performance on December 15. It is a lovely idea and is completely free. You can enrol here <https://www.northyorks.gov.uk/news/article/families-can-sign-and-sing-out-christmas-carol-lessons>

So, sing up! Let's beat this virus and get our county back on track. We have done it before. We can do it again. Thank you.

## Keeping in touch

NYCC's website has a dedicated area for all the latest news, see links below:

- COVID-19 related news: <https://www.northyorks.gov.uk/coronavirus-advice-and-information>
- Devolution/Stronger Together: <https://www.northyorks.gov.uk/stronger-together>

**Follow us** on social media: @northyorkscs on Facebook and Twitter, LinkedIn and Instagram.

## Public health and social care

### North Yorkshire Coronavirus Data

The number of cases of COVID-19 in North Yorkshire continues to increase. At 8 November, there have been 10,150 positive tests since 3 March, with 2,852 new cases reported in the past two weeks. Over the past week, the average number of new cases is approximately 220 cases per day. Work continues to ensure effective monitoring of all areas, with support for incidents being provided across a range of settings, which are reviewed daily.

Further information on North Yorkshire data provided at county, district and local area level can be found here: <https://www.northyorks.gov.uk/coronavirus-data>.

### **Mental health in lockdown**

It is important to recognise that everyone will react to lockdown differently. You may be bored, frustrated or lonely, maybe low, worried or anxious. You may also be concerned about your own health or those close to you. These are all common reactions, and it's important that we all take care of our minds as well as our bodies.

Some people may find strategies that work for them, and the difficult feelings associated with the outbreak may pass. Some people, particularly those with pre-existing mental health problems, may need extra support.

### **What can help my mental health and wellbeing during lockdown?**

Here are eight key things that might help you to adjust to lockdown and take care of yourself:

- **Think about your new daily routine:** create positive new routines and try to engage in useful and meaningful activities. You might find it useful to write a plan of what you'll do this week.
- **Consider how to connect with others:** although we're physically distant, we don't need to be socially distant. If you can't meet in person, think about how you can stay in touch with friends and family. The NHS Volunteers Service can also provide a "check-in and chat" service if you are feeling isolated. You can call them on 08081 963646 (8am-8pm).
- **Help and support others:** We all need to listen to and accept other people's concerns, worries or behaviours. Could you reconnect with someone you haven't spoken to recently? Are there any groups that you could join to help support your local area? Remember it's important to do this in line with the COVID-19 guidance to keep us all safe.
- **Talk about your worries:** This isn't a normal situation, and it's completely normal to feel worried, scared or helpless about finding ourselves in lockdown again. Sharing how you feel with your family and friends can help yourself and them, too. If you don't feel able to speak to them, the NHS recommends helplines where someone will listen to your concerns. A list of these helplines can be found here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- **Look after your physical wellbeing:** Your physical and mental health are closely linked. In lockdown, it can be too easy to fall into unhealthy patterns of behaviour which can make you feel worse. Try to eat healthy, well-balanced meals and drink enough water. Where possible, exercise at home or outside. Did you know you can find 10-minute workouts on the PHE website? Take a look here: <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- **Try to manage difficult feelings:** You may find the constant stream of COVID-19 news concerning, and may feel anxious. Try to focus on the things you can control, such as managing or limiting how much of this information on the news or on social media you take in. It may help to only check the news at set times or limiting yourself to checking a couple of times a day. A lot of things are out of all of our control at the moment, and it is OK to acknowledge that. Take a look at Every Mind Matters page on anxiety for further information: <https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>
- **Get the facts:** Find credible sources that you can trust such as GOV.UK, the NHS website, and make sure you fact-check the information you get from newsfeeds, social media or other people. Try not to share information without fact-checking with credible sources.

- **Do what you enjoy:** If you're feeling anxious, you may not want to do things you enjoy. However, taking some time to do what you enjoy (in line with the current COVID-19 guidance) might help to give you some relief from anxious thoughts and feelings and might help to boost your mood.

Want to know more? Here are some useful links:

- **UK Government: Guidance for the public on the mental health and wellbeing aspects of COVID-19:** <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- **Rethink Mental Illness:** <https://www.rethink.org/advice-and-information/covid-19-support/>
- **Young Minds:** <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
- **Every Mind Matters:** <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- **Mind:** <https://www.mind.org.uk/information-support/coronavirus/>
- **Mental Health Foundation:** <https://www.mentalhealth.org.uk/coronavirus>

## Working together towards recovery

Testing sites in North Yorkshire, as elsewhere in England, are operated and managed by the Department of Health and Social Care and private contractors employed by them. We try to help the department by promoting the Mobile Testing Site locations and hosting information on how people with symptoms can book a test via the national government portal. **We do not manage the national booking system or laboratory testing process.**

Indications are that lab testing capacity is improving but, if you are unable to book a test at a local site straight away, please keep checking as availability varies during the day.

We are also supporting the Department in asking the public only to get a test if they are directed to do so by NHS Test and Trace or other NHS services – OR – if they have symptoms, to ensure that those people who need tests the most can be prioritised.

Before you attend you must book a test. Tests can be booked from 8pm the night before.

Testing sites operated and managed by the Department of Health and Social Care will be running at the following locations over the coming days between 11am and 3pm:

- **Every day - Harrogate** - Dragon Road Car Park, Dragon Road, Harrogate, HG1 5DB
- **Every day - Scarborough** - William Street Car Park, Scarborough. YO12 7PL
- **Thursday 12 November - Whitby** - Whitby Park and Ride, Whitby, YO21 1TL
- **Thursday 12 November - Richmond** - Round Howe Car Park, Reeth Road, Richmond, DL10 4TL
- **Friday 13 November - Sherburn in Elmet** - Pasture Way Carpark, Sherburn in Elmet, LS25 6LY
- **Friday 13 November - Filey** - Filey Country Park, Church Cliff Drive, Filey, YO14 9ET
- **Friday 13 November - Northallerton** - Newby Wiske Hall, Northallerton, North Yorkshire, DL7 9HA
- **Saturday 14 November - Selby** - South Entrance, DRAX Power Station, New Road, Selby, YO8 8PH

- **Saturday 14 November - Skipton** - Coach St car park, Skipton, North Yorkshire, BD23 1LH
- **Saturday 14 November - Thirsk** - Millgate Car Park, Marage Road, Thirsk, YO7 1PE
- **Sunday 15 November - Scarborough** - Scarborough Park and Ride, Seamer Road, Scarborough, YO12 4LW
- **Sunday 15 November - Thornton Le Dale** - National Trust Car Park, 5 Chestnut Avenue, Thornton Le Dale, Pickering, North Yorkshire, YO18 7RR
- **Sunday 15 November - Filey** - Filey Country Park, Church Cliff Drive, Filey, YO14 9ET

Watch this video to find out what to expect and how to prepare for the test:

<https://youtu.be/QawyKwlfKQ>

See the latest dates and locations, find out more and how to book at

[www.northyorks.gov.uk/testing](http://www.northyorks.gov.uk/testing)

### Library services

Libraries in North Yorkshire continue to offer as many services as they can during the lockdown – but there are changes.

Customers cannot enter a library to choose books, but the Select and Collect service that began earlier in the year is operating, enabling people to contact their library with requests and pick up books from the library entrance.

Select and Collect is available at County Council-managed libraries in Filey, Harrogate, Knaresborough, Malton, Northallerton, Pickering, Ripon, Scarborough, Selby, Skipton and Whitby. Some community-managed libraries will also offer the service where their volunteer capacity allows. To use Select and Collect, contact your library or find details at [www.northyorks.gov.uk/CovidLibraries](http://www.northyorks.gov.uk/CovidLibraries)

People can book library computers for essential use at Filey, Harrogate, Knaresborough, Northallerton, Pickering, Ripon, Scarborough, Selby, Skipton and Whitby. Some community-managed libraries will also offer computer access where they have capacity.

Libraries will continue to deliver books to customers receiving the Home Library Service.

E-books, e-audio, digital magazines and newspapers and a wide range of online reference material are available at any time through the library website, [www.northyorks.gov.uk/digital-library](http://www.northyorks.gov.uk/digital-library)

Digital resources are also available through the library app, which can be downloaded to mobile devices from the App Store for iOS and Google Play for Android devices. Search for North Yorkshire Library.

Books currently on loan have been renewed to 11 January so that people do not accrue fines.

To join the library, renew membership or get a PIN number, call your local library or the helpline number, 01609 533878.

## Supporting our schools and childcare

The majority of schools in North Yorkshire remain open. Despite rising numbers of confirmed cases in North Yorkshire generally, we still have attendance levels within our schools of 90 per cent, which remains above the national average.

Presently, there is one school fully closed in North Yorkshire and 19 other education settings with some form of partial closures. Most schools are able to deal with any confirmed cases of coronavirus by contact isolation, rather than having to close year groups or bubbles.

All schools in North Yorkshire are now set up to provide remote education to any pupils self-isolating. This may be a combination of online learning, uploading class work, provision of text books and other measures. It is a system which works well if students need to self-isolate for short periods of time.

## Teamwork to support our residents

We have now written to more than 24,000 North Yorkshire residents who are clinically extremely vulnerable to remind people at higher risk of severe illness from coronavirus that support is still there should they need it, particularly during the next few weeks as the country faces tighter restrictions. Outbound telephone calls to people who have asked for help are ongoing to put support in place.

Community support organisations and the voluntary sector partners they are working alongside also continue to provide vital help with shopping and collecting medication as well as telephone check-in and befriending services. For lots of people, just having someone to talk to has been a lifeline during coronavirus when the effects of loneliness have been even more profound. A friendly chat with a volunteer can make all the difference.

Nidderdale Plus is one of the 23 CSOs supporting people across North Yorkshire. There are 13 different volunteer networks under Nidderdale Plus and each one co-ordinates its own befriending effort. Helen Flynn, Executive Director, said: "The befriending services have become more established since Covid. A lot of the people on the other end of the phone are local people, too, which is an added bonus for those who are befriended because they can share news from the same area. It's always been important to get befriending services in, but at the minute days are getting shorter, it's colder. If you're living on your own and it's cold and dark, this can really compound feelings of social isolation. Having someone at the end of the phone to have contact with is so important, especially into the second lockdown. These are some of our most vulnerable people. Where people had help with shopping, dog walking before, a lot of those relationships have persisted beyond lockdown. That's also a form of befriending, just knowing there's someone there you can call, that you can trust."

People who need support with shopping, prescriptions, caring for pets and other essentials are encouraged to contact family, friends, neighbours or groups they belong to. North Yorkshire residents without those local networks, or anyone concerned about the welfare of someone else, can contact North Yorkshire County Council's customer service centre on 01609 780780. The centre is open seven days a week 8am to 5.30pm. People can also find details of other local voluntary and community groups offering support at [www.northyorkshireconnect.org.uk](http://www.northyorkshireconnect.org.uk). To find

local businesses offering food deliveries and takeaways in your area, go to the Buy Local directory at [www.northyorks.gov.uk/buy-local](http://www.northyorks.gov.uk/buy-local).

We're also urging people to keep checking on neighbours and people in their communities who might need help and support during the lockdown. Find advice on how to help safely at [www.northyorks.gov.uk/how-you-can-help-during-coronavirus-covid-19](http://www.northyorks.gov.uk/how-you-can-help-during-coronavirus-covid-19)

For more information about the help available, including a link to the latest Government advice for people who are clinically extremely vulnerable, go to [www.northyorks.gov.uk/coronavirus](http://www.northyorks.gov.uk/coronavirus).

## Growing our local economy

### Thinking of Christmas? Think of North Yorkshire businesses first

[Buy Local](http://www.northyorks.gov.uk/buy-local) is our free website to support North Yorkshire businesses and tradespeople, as well as help people find local services available to them.

We're urging all eligible traders and businesses who are a vital part of team North Yorkshire to register on the Buy Local website as soon as possible - it's free and easy to join.

Mark Craggs from Proper Pizzas joined Buy Local to strengthen a sense of community and ultimately, be able to support other small businesses.

He says: "We're all independent businesses trying to find stability in order to flourish and grow, so trying to build relationships can only be a positive thing in my opinion."

This month, it's more important than ever to support local businesses who can still trade during the national restrictions so, when you are thinking of your Christmas shopping, please think of North Yorkshire businesses first.

Sign up or search at [www.northyorks.gov.uk/buy-local](http://www.northyorks.gov.uk/buy-local)

Follow @northyorkscc and help us spread the word about Buy Local by sharing our posts and tweets.

All businesses on the Buy Local directory are required to abide by government guidelines on operating under Covid-19 restrictions. Please refer to individual business 'coronavirus support' information on the site for clarification of the services that they can offer during this time.

### LEP News: York & North Yorkshire Growth Hub partners with local experts to deliver a programme of free online business support

The York & North Yorkshire Growth Hub is launching a new programme of more than 40 free webinars and masterclasses starting next week and running until March 2021.

The programme, designed to appeal to SMEs in York & North Yorkshire, is being delivered in partnership with industry experts from the region and will cover a wide range of topics from visitor tourism, marketing, branding, PR, social media, leadership, employment law, mental health, well-being and business development.

To find out more and register for the webinars, please visit: <https://www.ynygrowthhub.com/events/>

### Free EU Transition webinar: What you can do now before the EU Transition ends

- Tuesday 17 November, noon

The [York & North Yorkshire Growth Hub](#) will be joined by Garbutt + Elliot and the CBI to give you an update on the current discussions with the EU, highlight key uncertainties and provide an overview of what you can do now to prepare your business. There will also be the opportunity to ask any questions that you may have.

This is the first in a five-part series of EU Transition webinars, and as talks develop, the Growth Hub will aim to explore specific issues in more depth, including finance and cash flow, importing and exporting, tariffs and taxation, and employment law.

[Visit here for more details and to book your place](#)

### **Annual Conference 2020 – Thank you**

A big thank you to everyone who attended our annual conference on Friday. We were delighted to see so many of you joining us for what was our first virtual event on this scale.

We are also grateful for all the questions put forward for our live Q&A. As we said on the day, we will ensure all the questions we couldn't get to during the session are answered. These responses will be posted on our [website](#).

The conference platform remains available to registered delegates until 6 December so you can use the same link to watch again or catch-up on any sessions missed. Today, you can see the event introduction, address, live Q&A and closing remarks and view the marketplace. In the coming days, an edited version of the live stream is due to be available, and recordings of the three webinars will also be posted, so please do keep checking back.

### **Feedback**

We would love to hear your views on the conference. A short survey is available here:

<https://www.surveymonkey.co.uk/r/9SRB6CZ>

## **Creative lockdown ideas**

### **Christmas carol singing lessons for families**

Families across North Yorkshire are invited to join online Christmas carol singing lessons to get into the Christmas spirit together.

Our Adult Learning and Skills Service will launch the weekly lessons as part of its Family Learning offer from Tuesday, 17 November, between 6pm and 7pm.

Tutor Martyn Cresswell will encourage all participants to sing up and share their enthusiasm with other families taking part. The finished performance, featuring singers in their homes, will be recorded and posted online for all to enjoy.

The course is open to families with children of all ages. Participants will need a tablet or laptop with an internet connection and a camera to record themselves, so that their contribution can be captured for the wider public audience to appreciate.

The last session will be on Tuesday, 15 December. For more information and to book, visit [https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus\\_CourseOverview?uio\\_id=12202](https://ebsontrackprospect.northyorks.gov.uk/Page/Prospectus_CourseOverview?uio_id=12202)

Or call the Adult Learning team on 01609 536066 or email [adultlearningservice@northyorks.gov.uk](mailto:adultlearningservice@northyorks.gov.uk)

In January, the service will launch a virtual choir for adults. Details will be posted in the course finder at [www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online](http://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online)

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