

Parish of Portmoak

COVID-19 Community Plan

Edition 2: Dated 02/04/2020

**IF YOU ARE IN
IMMEDIATE DANGER
CALL 999**

**IF YOU REQUIRE NON-
URGENT MEDICAL CARE
CALL 111**

Edition 2: IMPORTANT NOTES

- **On Mon 23rd March, the UK Govt introduced measures to restrict citizens movements under the provision of assisting in combating the surge of COVID-19 infections, particularly in London. Immediately afterwards the Scottish Govt implemented the same restrictions.**
- **As a result of these restrictions, Police Enforcement Legislation under the Emergency Powers Act 2020 have been enacted. NHS guidelines remain extant.**
- **The restrictions should result in the infection ‘curve’ flattening within London. Within Scotland (which is 15 days behind London) it should mean the infection curve is suppressed and almost fully ‘pushed to the right’. The remaining smaller peak in Scotland should be around Wed 8th April and is hopefully manageable within existing NHS Scotland ICU capacity.**
- **As a consequence of pushing the infection ‘to the right’ it will be harder for the Scottish Government to lift restrictions. The Scottish Govt has indicated a 13-week plan (NB. The PCC 14-week plan issued a week ago matches Scottish Govt timings). However, the new restrictions have resulted in some changes to the PCC Plan, hence Edition 2.**
- **A lock-down is not a Strategy; a dynamic series of ‘lock-downs’ are part of a wider pandemic Strategy. As such the PCC Plan reflects the probable wider Strategy.**

PORTMOAK 14 WEEK PANDEMIC RESILIENCE PLAN

Executive Summary

Portmoak Community Council has the responsibility for delivering the local COVID-19 resilience plan. The plan is designed to address the immediate risk to life posed by COVID-19 as well as the medium-term well-being/psychological/social/economic risks.

The plan will be delivered across 7 phases.

Phase 1 - **Viral Loading & Lock-Down** (pages 8-10)

Phase 2 - **Sustain** (pages 10-11)

Phase 3 - **Suppress** (pages 12-13)

Phase 4 - **Re-Assess** (pages 13-14)

Phase 5 - **Regionalisation** (pages 15-16)

Phase 6 - **Recovery** (page 16-17)

Phase 7 - **Reintegration** (pages 18-19)

As the pandemic evolves, updated editions of the Plan will continue to be produced.

Edition 3 shall be produced immediately upon notification of the increase or removal of police restrictions.

For the latest NHS COVID-19 health guidelines to keep everyone safe, please refer to:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

For the latest Police COVID-19 law enforcement actions/penalties/imprisonment please refer to:

<https://www.scotland.police.uk/about-us/covid-19-policescotlandresponse/>

Useful Contacts

A list of useful contacts is held on pages **20-25**.

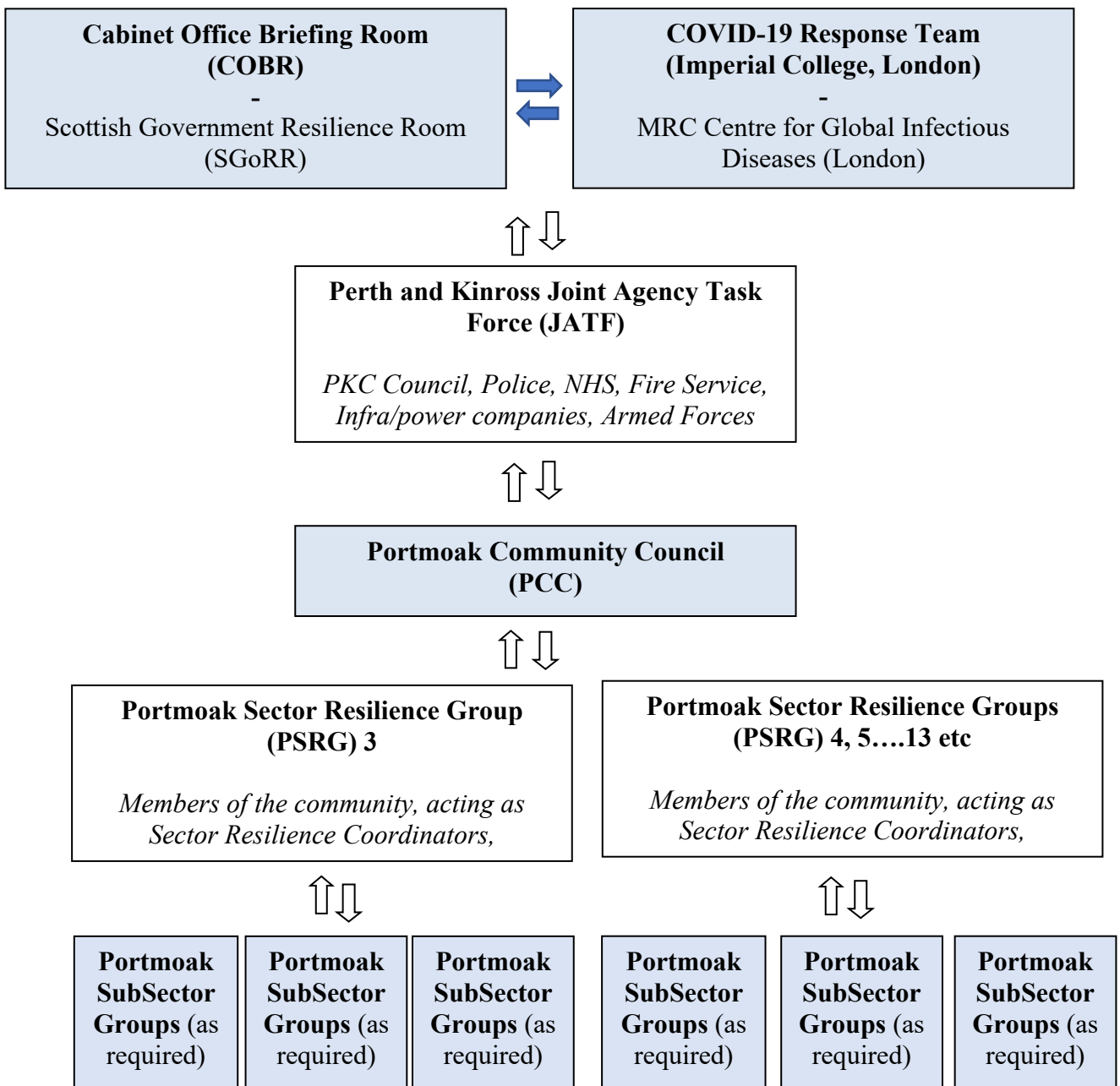
PORTMOAK 14 WEEK PANDEMIC RESILIENCE PLAN

1. Introduction. This community resilience plan has been developed by Portmoak Community Council (PCC) to ensure the community is better prepared to deal with the impact of the COVID-19 global pandemic.

a. Primary Intent. To minimise the immediate threat to life posed by COVID-19. Specifically, this is to ensure that ‘at risk’ individuals are protected and supported by the wider community against infection.

b. Secondary Intent. To minimise the medium-term health and wellbeing risk to the community by taking additional measures to ensure all members are supported and engaged throughout the pandemic.

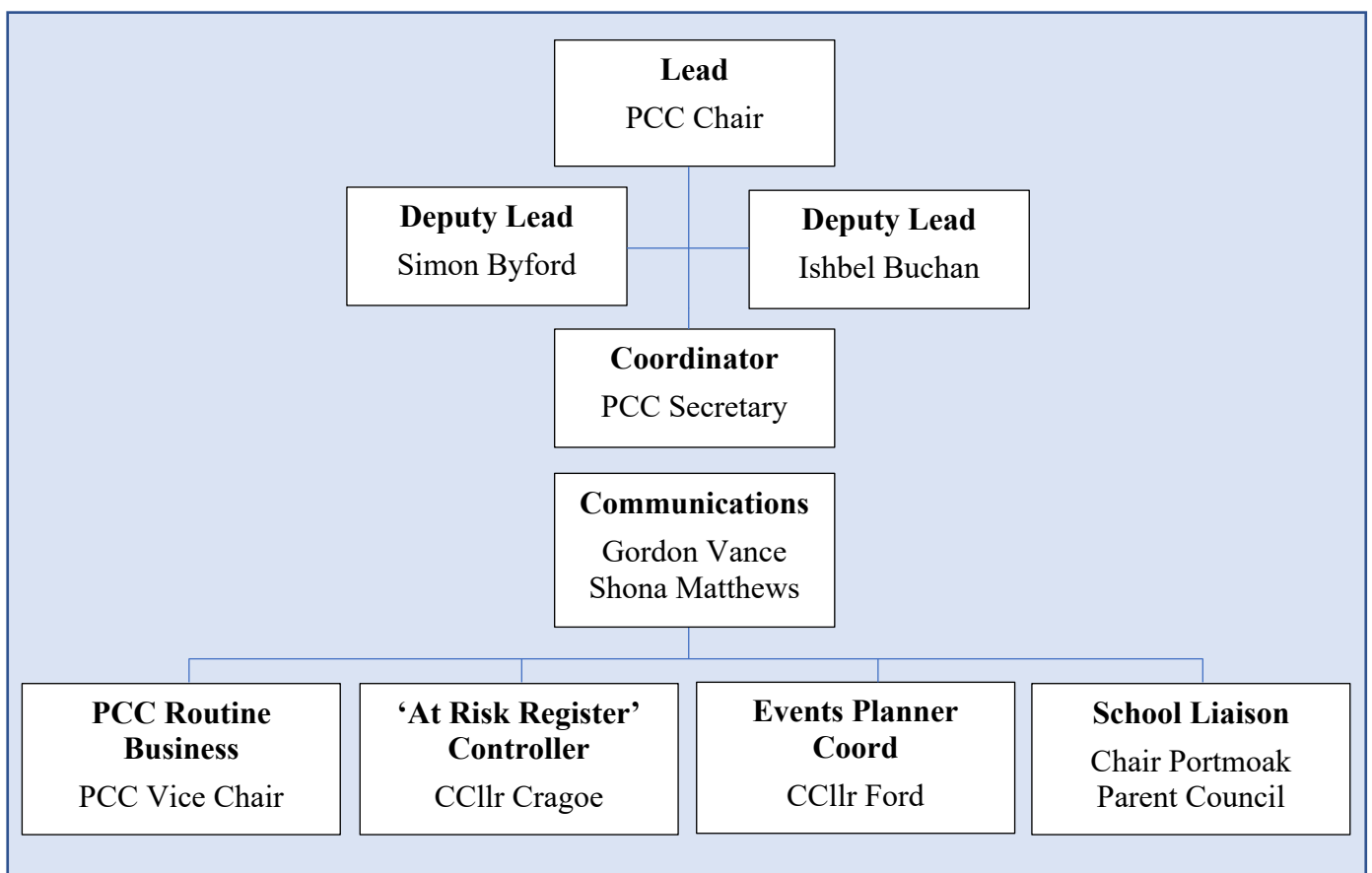
2. Organisation. The schematic (below) illustrates:



3. Resilience Plan Roles & Responsibilities (within Portmoak)

a. Portmoak Community Council

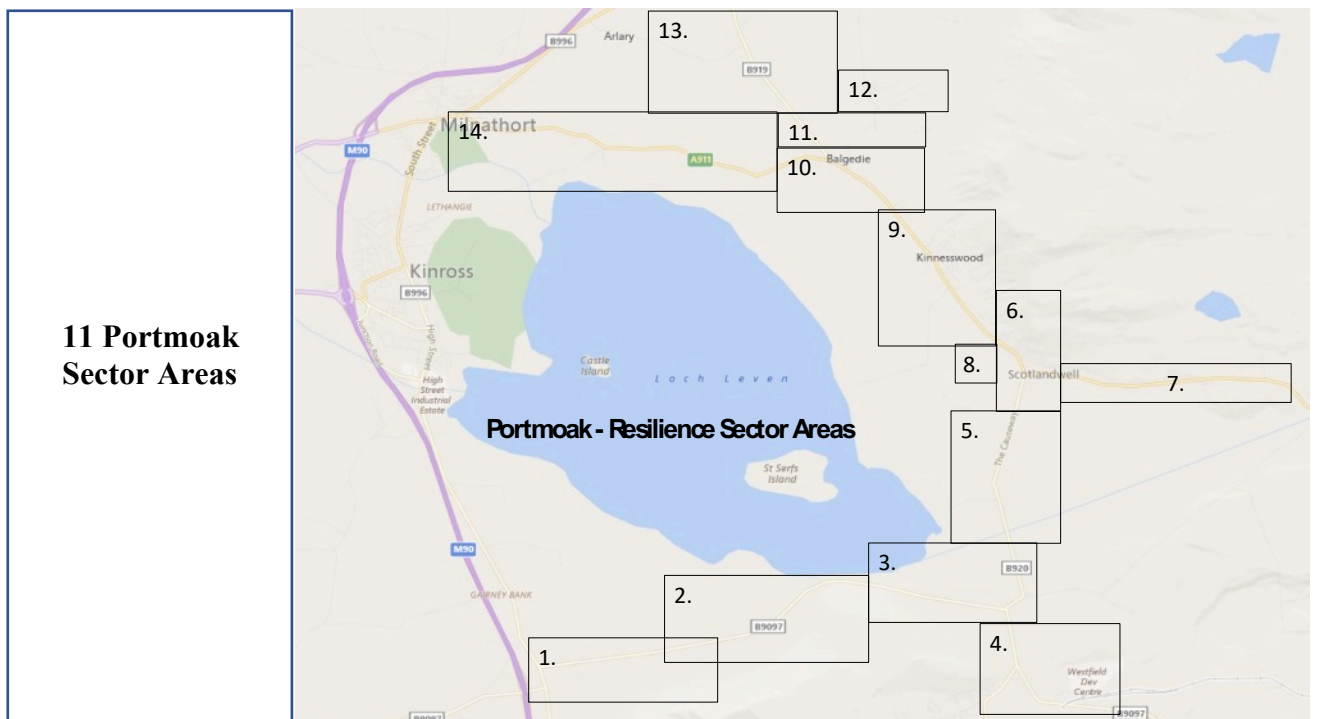
- Ownership and responsibility for the Community Emergency and Resilience Plan.
- Coordination of Intelligence with JATF/Imperial College.
- Liaison with PKC/NHS Tayside regarding critical and non-critical issues.
- Coordination of daily, weekly and monthly Portmoak activities.
- Coordination across 11 Portmoak Resilience Sector Group Coordinators.



b. Portmoak Resilience Sector Group Coordinators

- Ownership and responsibility for the Sector Resilience Plan.
- Coordination of any sub-sector groups.
- Liaison with PCC.
- Coordination of daily and weekly sector activities.

1. – N/A
2. – N/A
3. **Findatie/Brackley** – Beverly Dolan
4. **Kirkness** – Willie Baird
5. **Lochend** – Helen Martin
6. **Scotlandwell** – Michelle Robertson
7. **Arnot/Bowhouse** – Kenneth Miller
8. **Kilmagadwood** – Simon Byford
9. **Kinneswood** – Elizabeth Porter
10. **E Balgedie** – Karen Murray
11. **W Balgedie** – Sue McGregor (PCC Secretary)
12. **Glenlomond** – Ann Davidson (PCC Treasurer)
13. **Mawcarse** – Alice Erskine



c. Portmoak Resilience Sub-sector Groups

- Provide street to street support within allocated sub-sectors.
- Maintain liaison with Sector Group Coordinators.

4. COVID-19 RISK ASSESSMENT AND ACTIONS

a. Context. The global impact of COVID-19 has been profound, and the public health threat it represents is the most serious seen in a respiratory virus since the 1918 H1N1 influenza pandemic (Source: MRC Centre for Global Infectious Disease Analysis).

b. Symptoms. NHS Guidelines can be viewed at <https://www.nhs.uk/conditions/coronavirus-covid-19>.

c. Impact. Whilst most will experience a mild flu, COVID-19 (like any other influenza virus), may result in pneumonia. The average time to presentation (from first signs of symptoms) is 5.88 days, although that may be directly related to testing upon hospitalisation. Hospitalisation rates vary across countries but on average 5-6% of people infected may require critical care. A further 14% may require medical intervention (oxygen/mechanical ventilation)¹. This considerable requirement for medical intervention plus higher infection rate than originally thought, has temporarily forced the UK Govt into a strategy of suppression.

d. Risk Assessment. The risk to life of COVID-19 is High. This can be direct (an 'at risk' person becoming infected) or indirect (by placing a strain on vital NHS capacity for everyone). The probability of infection is very low but depends on actions of the individual. If an individual has minimal points of contact with others their infection risk remains very low. If individuals have moderate points of contact with others their infection risk will be significantly higher. The risk can be lowered by adhering to NHS guidelines.

e. Actions – Sanitisation/Social Distancing. Govt guidelines are available on the NHS website. For social distancing, if you stand 2m apart then your infection risk is zero. If you stand less than 0.5m apart for 15min or more then your infection risk is >90%.

¹ Statistical errors may be considerable as these rates only account for those tested. This is due to a lack of COVID-19 testing equipment. Some estimates suggest up to 86% people who have had COVID-19 are either asymptomatic or have had mild symptoms that have not been confirmed or recorded.

5. PLAN PHASING AND ACTIVITIES

a. Preliminary Phase (Initiation). 01 Mar-21 Mar. This phase commences with the first reported infection and ends with the introduction of stringent societal controls to control the spread. Specifically, for COVID-19 the UK Govt had to adopt drastic measures such as closing schools, pubs, gyms etc., after a nationwide survey showed many people were not heeding advice (specifically only 53% of 18-24yr olds were accepting and adopting social distancing measures). The Plan for police intervention has now been activated.

Common behavioural indicators you should recognise within this phase are:

- **Purchasing bottled water** – There will be no impact whatsoever on water supplies yet some people will buy water in order to feel in control of their ability to drink.
- **Excessive food shopping** – This makes insecure people feel in control of their ability to eat.
- **Panic toilet-paper buying** – This allows panicked members of society feel in control of their ability to toilet. They will continue to buy more and more toilet paper (up to 3 years supply) as an addictive means to feel safe/in control.

b. Phase 1 (Viral Loading & Quarantine). 22 Mar-13 Apr. This phase commences with the introduction of societal control measures to try and encourage individuals into a 3-week quarantine (NB. For COVID-19 the incubation period varies across countries but a 14-day quarantine appears to be effective). This Phase allows for the spread of the virus to be controlled (if people adhere to advice). Critically the virus must be controlled at this stage due to a phenomenon known as Viral Loading.

Viral Loading occurs where individual **A** comes in contact with an infected person **B** (who may not show signs of infection). If person **A** does not come into contact with another person before they produce antibodies they will have a low viral loading and therefore be at lower risk of contracting a large dose of virus. If, however, person **A** comes into contact with significantly more infected people or has prolonged contact with an infected individual before they produce antibodies then they may have a high viral loading, increasing both their risk of infection and the severity of it. During the Preliminary Phase many healthcare professionals have a higher risk of Viral Loading from treating patients. This means that they, in turn, will have to self-isolate for 14 days which places significant strain on the NHS.

As such, during Phase 1 the probability of an individual becoming infected is higher than normal, and the risk of the NHS becoming overloaded is higher than normal. It is therefore imperative that all individuals minimise all forms of contact during Phase 1.

Common behavioural indicators you should recognise within this phase are:

- **Intelligent individuals** – Approx 95% of people will heed advice and you will see them minimise contact and adopt social distancing.
- **Unwise individuals** – You will see approx. 5% of people pretending they are ‘tough’ and making a point of dismissing advice. This is a defensive mechanism to mask their deep underlying insecurity.

It is vital that social distancing advice is followed. We are fortunate in Portmoak that people are selfless and community-minded and will not engage in activities contrary to social distancing guidelines.

Phase 1 - Community Response (22 Mar – 13 Apr)	
Establish Community ‘At Risk’ register	<p>Please contact CClr Anne Cragoe on 01592 840020 if you wish, or if you know someone who wishes, to be placed on the ‘at risk’ register.</p> <p><i>NB. There is no restriction on criteria. Anyone who needs a little extra/help support may be placed on this register. Single parents, elderly, those with underlying health conditions, ill, isolated are all encouraged. No one will question your right to be on the list. It is open to anyone that needs it.</i></p>

Establish and formalise Sector and Sub-sector Resilience Groups.	Complete.
Fill Vacant Deputy Lead and Communications Coord within PCC Response	Complete.
Commence Emergency and Routine Food and Pharmacy Collections for 'at risk' individuals.	Ongoing.
Commence remote communications with 'at risk' individuals.	Ongoing.
Commence Planning for walking Groups	<p>PCC will commence planning for Portmoak Walking Clubs. This will allow people to meet in small groups (max 2 unless guidelines change), approximately 2m apart, to engage in structured walks during Phases 3-7.</p> <p>NOTE: Launch of this activity will be subject to latest NHS Guidelines.</p>

c. Phase 2 (Sustain) Estimated 14 Apr-18 Apr. This phase commences with more pronounced signs of boredom but will require social distancing measures to be sustained. Society as a whole should now have accepted the new pandemic measures and cases in Scotland will be just past their first peak. This will probably be in the region of 6,000 reported cases (in total) with a further considerable amount of unknown cases. Whilst people may be becoming bored, the spike in cases will stimulate a behavioural change that means most will adhere to the new measures. As such, this is a relatively benign and straightforward phase at the end of the Easter holidays.

Common behavioural indicators you should recognise within this phase are:

- **Acceptance** – Many individuals will now accept and adjust to the new measures.
- **Positive News Stories** – People will become fed up reading the latest grim news statistics and the media will change tack. Sadly, the cases in the US will now be reaching considerable peaks.
- **Pasta Fatigue** – After 3 solid weeks of pasta and tinned tomatoes, the panic-buyers will now turn to alternatives.

Phase 2 - Community Response (Estimated 14 Apr – 18 Apr)	
Continue Emergency and Routine Food and Pharmacy Collections for 'at risk' individuals.	Ongoing. Some buying restrictions may be lifted.
Continue face to face communications with 'at risk' individuals.	Ongoing.
Continue Planning for Walking Clubs	A programme will be promoted prior to the commencement of Phase 3. Naturally, all social distancing measures will be adhered to. The launch of the walking programme in Phase 3 will be prioritised for the lonely and will be subject to the latest police restrictions.
Plan for 'Campfires'	This shall involve scoping the provision of 'campfire' locations around Portmoak. These will require supplies of wood and will allow small groups to meet around campfires whilst maintaining social distancing.

d. Phase 3 (Supress). Estimated 19 Apr-02 May. This phase commences with a noticeable decrease in cases on a daily basis. In turn, some members of society will see this as a cue for a 'return to normal'. The Govt will begin to lift some restrictions and there is a very small possibility that some form of reopening schools may be considered. The lifting of some restrictions will be balanced against (a) the likelihood of increased cases (b) progress on pharmaceutical interventions (c) the availability of oxygen/ventilators (d) the wider second and third order social, psychological, financial consequences of pandemics. (NB. The Govt will need to corporation, income and value-added taxation to pay for the ongoing health and social care costs).

At this stage the Govt may consider going back to Plan A (to isolate the vulnerable whilst ensuring their welfare is considered). Lock-downs are not a strategy; dynamic lock-downs are part of a wider pandemic strategy. As such PCC needs to be able to respond by developing a plan to engage people whilst maintaining vital social distancing.

Common behavioural indicators you should recognise within this phase are:

- **Frustration** – A few individuals will start flouting restrictions.
- **Fatigue** – News outlets will struggle to produce stories other than COVID-19. Maintaining a 'sense of purpose' will be essential. Prepare for lots of weather stories!!!!
- **Food poisoning** – This will be when the panic-buyers begin to consume out-of-date eggs etc., resulting a spike of sore tummies. This, in turn, will result in a second wave of toilet-paper panic buying.

Phase 3 - Community Response (Estimated 19 Apr – 02 May)	
Continue Emergency and Routine Food and Pharmacy Collections for 'at risk' individuals.	Ongoing.
Continue face to face communications with 'at risk' individuals.	Ongoing.

Commence Walking Clubs	An updated Walking Club programme will be published pending police restrictions.
Continue planning for 'Campfires'	A programme will be conceived ready for Phase 4.
Plan for children's and adults sports activities	Outdoor sports adhering to social distancing should be possible if people adhere to restrictions during Phases 1-3 (that is why it is so important to follow advice and be patient). NOTE: Subject to latest police restrictions.
Plan for Baking days and production of children's activities.	This is where the 'at risk' group now becomes a vital part of the community. A programme will developed whereby they can bake etc., for the wider community (NB The viral transmission risk is therefore one-way ie away from the 'at risk' groups who will be safe from infection). Additionally, the 'at risk' groups will be encouraged to produce children's activities. NOTE: Subject to latest police restrictions.

e. Phase 4 (Re-Assess). Estimated 03 May-16 May. This phase commences with a further decrease in day-on-day cases. For many in society (obviously not in Portmoak) this will tip their behaviour. They will demand that their favourite clubs, activities or vices are re-instated. Many will now be suffering from financial hardship too. Within urban areas this may sadly result in social unrest and social disobedience. The end of this Phase will be marked by an increase in daily infections and further restraint will be required. It may mean the re-introduction of more restrictive social distancing measures.

Common behavioural indicators you should recognise within this phase are:

- **Social Unrest** – Unofficial social gatherings will start taking place that have been organised via social media.

- **Vaccine speculation** – There will be a lot of developments around pharmaceutical interventions; some tangible some fantasy.

Phase 4 - Community Response (Estimated 03 May – 16 May)	
Continue Emergency and Routine Food and Pharmacy Collections for 'at risk' individuals.	Ongoing.
Continue face to face communications with 'at risk' individuals.	Ongoing.
Continue Walking Clubs	An updated Walking Club programme will be published. NOTE: Subject to latest police restrictions.
Launch 'Campfires'	These shall be launched across the community. NOTE: Subject to latest police restrictions.
Commence children's and adults sports activities	Non-contact outdoors sports activities will commence. There will be a diverse range of programmes. NOTE: Subject to latest police restrictions.
Commence Baking Days	These may be progressively merged with 'Campfires'. NOTE: Subject to latest police restrictions.
Plan for Re-Assessment measures	This will include a review of Portmoak activities to take account of Phase 5 (Re-assessment). NOTE: Subject to latest police restrictions.

Plan for support to the Portmoak Farming Community	Initially, this will be a consultation exercise to determine what support can be provided (eg to address potential labour shortages)
--	--

f. Phase 5 (Re-Assessment Phase). Estimated 17 May-

30 May. This phase commences with an increase in day-on-day cases and concern that the control over the pandemic may be slipping. Additionally, considerable knowledge of COVID-19 will have been achieved as well as a far greater understanding of the transmission risks and the impact of social distancing measures. This Phase is therefore likely to see the tightening of some restrictions and the loosening of others. Re-opening schools will be a hot topic and some limited re-opening may occur in areas of low infection rates such as Portmoak (if everyone heeds advice during previous Phases). London schools will be very unlikely to re-open. In general, we shall now see a much more granulated and regional response to COVID-19.

Common behavioural indicators you should recognise within this phase are:

- **Complaining** – The granulated, regional and locally intelligent-led response may cause some frustration across the UK with people comparing apples with pears. PKC and PCC will now need an agile and responsive mindset.
- **International Currency Exchange** – The dollar may be dropped in favour of toilet rolls as the new international currency.

Phase 5 – Re-assessment/Regionalisation (Estimated 17 May – 30 May)	
Continue Emergency and Routine Food and Pharmacy Collections for ‘at risk’ individuals.	Ongoing

Continue face to face communications with 'at risk' individuals.	Ongoing.
Continue Walking Clubs	An updated Walking Club programme will be published. NOTE: Subject to latest police restrictions.
Continue 'Campfires'	These shall continue across the community. NOTE: Subject to latest police restrictions.
Continue children's and adults sports activities	Non-contact outdoors sports activities will commence. There will be a diverse range of programmes. NOTE: Subject to latest police restrictions.
Continue Baking Days	These may be progressively merged with 'Campfires'. NOTE: Subject to latest police restrictions.
Commence Farming Community Support	Implementation of any measures the community can do to help farmers. NOTE: Subject to latest police restrictions.
Plan for Recovery Phase	PCC planning will now begin in earnest to look at the re-establishment of local clubs and activities (particularly a form of Portmoak Festival).

g. Phase 6 (Recovery). Estimated 31 May-13 June. This phase commences with a stabilisation in day-on-day cases and tangible evidence of COVID-19 pharmaceutical interventions (either medicine to reduce the effects of COVID-19 and/or preparations for mass production of a vaccine). This Phase is naturally conditional on the identification of pharmaceutical interventions. The Recovery stage is the preparation for the Re-integration phase. It will enable Portmoak to start preparing for a return to 'normal' albeit with some social distancing measures still in place.

Common behavioural indicators you should recognise within this phase are:

- **Relief** – With an end-state in sight it will start to reduce the Self-Induced and System-Induced pressures that have been placed on society.
- **Impatience**. There will be a natural desire to rush this Phase which may prove difficult to police who may be required to reinforce necessary restrictions.

Phase 6 – Recovery (Estimated 31 May – 13 Jun)	
Continue Emergency and Routine Food and Pharmacy Collections for 'at risk' individuals.	Ongoing.
Continue face to face communications with 'at risk' individuals.	Ongoing
Continue Walking Clubs	An updated Walking Club programme will be published. NOTE: Subject to latest police restrictions.
Continue 'Campfires'	These shall continue across the community. NOTE: Subject to latest police restrictions.

Continue children's and adults sports activities	<p>Non-contact outdoors sports activities will commence. There will be a diverse range of programmes.</p> <p>NOTE: Subject to latest police restrictions.</p>
Continue Baking Days	<p>These may be progressively merged with 'Campfires'.</p> <p>NOTE: Subject to latest police restrictions.</p>
Continue Farming Community Support	<p>Deliver any support to the Farming Community (as required).</p> <p>NOTE: Subject to latest police restrictions.</p>
Commence Key Skills Networking Group	<p>This will be developed under the Recovery planning phase. It is a list of people within Portmoak with skills that can help business to recover. For example, retired accountants, lawyers etc may be able to help those preparing to return to 'normal' business.</p>

h. Phase 7 (Reintegration). Estimated 14 June-27 June.

This phase begins with the adoption of a new 'normal', a stabilisation in day-on-day cases and tangible evidence of COVID-19 pharmaceutical interventions (either medicine to reduce the effects of COVID-19 and/or preparations for mass production of a vaccine). This Phase will enable Portmoak to start preparing for a new 'normal' that includes some social distancing measures still in place.

Common behavioural indicators you should recognise within this phase are:

- **Relief** – With an end-state in sight it will start to reduce the Self-Induced and System-Induced pressures that have been placed on society.
- **Impatience**. There will be a natural desire to rush this Phase which may prove difficult to police.

- **Post pandemic nausea.** With endless news coverage of people celebrating in the streets and talk of ‘winning the war’ you may start to feel a degree of nausea.
- **Toilet-paper recession.** With the end of the pandemic panic the price of toilet paper will collapse, inducing a global toilet paper recession.

Phase 7 – Recovery (Estimated 14 Jun – 27 Jun)	
Commence the winding down of Collections for ‘at risk’ individuals.	The Portmoak Resilience Coordinators will continue to work with at risk individuals to arrange any collections (as required).
Continue face to face communications with ‘at risk’ individuals.	Ongoing and maintain as part of a wider community initiative.
Continue Walking Clubs	An updated Walking Club programme. NOTE: Subject to latest police restrictions.
Continue ‘Campfires’	These shall continue across the community. NOTE: Subject to latest police restrictions.
Continue children’s and adults sports activities	Non-contact outdoors sports activities will commence. There will be a diverse range of programmes. NOTE: Subject to latest police restrictions.
Continue Baking Days	Merged with ‘Campfires’. NOTE: Subject to latest police restrictions.

Continue Key Skills Networking Group	This will be developed under the Recovery planning phase. It is a list of people within Portmoak with skills that can help business to recover. For example, retired accountants, lawyers etc may be able to help those preparing return to 'normal' business.
Continue Farming Community Support	Continue to deliver support to the Farming Community
Plan for the Portmoak Festival	Final planning for the Portmoak Festival within the new 'normal'. NOTE: Subject to latest police restrictions.

6. PORTMOAK RESILIENCE CONTACT LIST

Lead (PCC Chair, Graham Cox)
<p>Contact:</p> <p>Primary - 07402 112712 Alternate - 01592 840211 Contingency – chair@portmoak.org</p>

Deputy Lead (Simon Byford)
<p>Contact:</p> <p>Primary - 07967 152828 Alternate – 01592 840684 Contingency – simon.byford@lineone.net</p>

Deputy Lead (Ishbel Buchan)

Contact:

Primary - tbuchanandson@yahoo.co.uk
Alternate - 07864 101660

Coordinator (PCC Secretary, CCIr Sue McGregor)

Contact:

Primary - secretary@portmoak.org
Alternate - 07984 442657

'At Risk' Register Controller (CCIr Anne Cragoe)

Contact:

Primary - annecragoe@hotmail.com
Alternate - 01592 840020

Communications Coordinators (Gordon Vance, Shona Matthews)

Contact:

Gordon Vance

gvance@taylogic.com

Shona Matthews:

shonad72@googlemail.com

Sector 1 Brackley (N/A)

Contact:

Primary - N/A

Alternate - N/A

Contingency - N/A

Sector 2 Vane Farm (N/A – Closed due to COVID-19)

Contact:

Primary - N/A

Alternate - N/A

Contingency - N/A

Sector 3 Findatie (Beverley Dolan)

Contact:

finatie@portmoak.org

Sector 4 Kirkness (Willie Baird)

Contact:

kirkness@portmoak.org

Sector 5 Lochend (Helen Martin)

Contact:

lochend@portmoak.org

Sector 6 Scotlandwell (Michelle Robertson)

Contact:

scotlandwell@portmoak.org

Sector 7 Arnot/Bowhouse (Kenneth Miller)

Contact:

arnotbowhouse@portmoak.org

Sector 8 Kilmagadwood (Simon Byford)

Contact:

kilmagadwood@portmoak.org

Sector 9 Kinnesswood (Elizabeth Porter)

Contact:

kinnesswood@portmoak.org

Sector 10 E Balgedie (Karen Murray)

Contact:

easterbalgedie@portmoak.org

Sector 11 W Balgedie (PCC Secretary, Sue McGregor)

Contact:

westerbalgedie@portmoak.org

Sector 12 Glenlmond (PCC Treasurer, Ann Davidson)

Contact:

glenlmond@portmoak.org

Sector 13 Newlands/Mawcarse (Alice Erskine)

Contact:

newlands@portmoak.org