

This update is split into the following sections:

- (1) Your Healthwatch: news about our work and that of Healthwatch England (page 1)
- (2) [Health and social care updates](#) (page 5)
- (3) [COVID news](#) (page 8)

(1) YOUR HEALTHWATCH

A) Healthwatch Brighton and Hove announces new CEO appointment



Healthwatch Brighton and Hove has announced that Alan Boyd is to become its new Chief Executive Officer in April 2023 taking over from David Liley, who will be retiring.

Alan has worked for the organisation for over 5 years and brings to the role his considerable experience and knowledge of local health and care issues affecting our city having formerly worked in the civil service in senior positions in this country and abroad.



Incoming Chief Executive Officer, Alan Boyd said:

“ It is an absolute honour to be taking on this role and I would like to extend my thanks to the Board for their faith in me. I am very proud to have worked for Healthwatch Brighton and Hove for five and half years and am ready for this new challenge. Healthwatch Brighton and Hove has an incredibly talented and dedicated staff, Board and volunteer team and with their support and skills, I know we can achieve even more. Hearing the patient and social service user’s voice is extremely important to me. A system built around people’s needs has the best chance of succeeding. Our city has some of the best NHS

staff, social care staff, local voluntary and community groups and individuals. All strive to deliver quality services and I want Healthwatch to work even more collaboratively with them all, as well as our Healthwatch colleagues in East and West Sussex. Together we can find solutions to the problems the NHS and our social care services face in Brighton and Hove and across Sussex. I will always ensure that we remain a critical friend where necessary, but equally important to me and the whole of Healthwatch is to give credit for quality service provision where it occurs.



To read more [click here](#)

B) Healthwatch Brighton and Hove Shortlisted for Prestigious Impact Award



Healthwatch Brighton and Hove's work with the patients of New Larchwood Surgery, resulting in the practice reversing its decision to reduce hours and services, has been acknowledged by a national awards scheme.

- This recognises the hard work of the Healthwatch Brighton and Hove team and volunteers, working closely with patients to **directly contribute to positive change** in the local community.



Geoffrey Bowden, Chair, Healthwatch Brighton and Hove said:

"This shortlisting recognises our team's ability to listen to what patients need from their health service, enable the patient voice to be heard by service providers, and encourage service changes that patients would like to see."



To read more [click here](#)

C) How Healthwatch volunteers made a difference to patient meals at our local Hospital

On 22 July 2022, two Healthwatch volunteers took part in an Enter and View visit of Solomon Ward, which supports stroke patients. They also undertook a food tasting on the Renal Unit. Our volunteers awarded top marks to all the food they sampled - this is the same food that patients were offered. They said:



healthwatch
Brighton and Hove

“The food was hot when it reached the patient and was well presented on the plate. All of the 3 meals that were tasted were good and we enjoyed them.”

”

But our volunteers raised concerns about a lack of engagement between clinical staff and patients on the Renal Unit. Healthwatch discussed our findings with the University Hospitals Sussex NHS Trust at their Patient Experience and Engagement Group in September where our findings were described as "very powerful". The Trust recognises that good nutrition is part of a patient's overall care package but staff are not always fully involved in mealtimes. The Trust has used our feedback to support patient mealtimes by:

- Engaging directly with clinicians on wards where this was an issue
- Liaising with dieticians and Health Care staff to hone their skills
- Discussing this with senior nurses who took our findings back to their wards to discuss with their teams
- Exploring how aligning visiting times with meal times so that patients can be supported by their loved ones and utilising volunteers to help

This demonstrates the impact of our visits to the Trust and their willingness to work with us and use our findings to continually improve the patient experience.

To read the full Enter and View Report [click here](#)

D) Healthwatch enter and view report on Sussex Partnership Foundation Trust sites

In September, Healthwatch Brighton and Hove conducted visits to two sites run by the Sussex Partnership Foundation NHS Trust (SPFT). Six of our trained volunteers and one staff member conducted these visits.

To read what we found [click here](#)

E) Flu vaccine: What you need to know



Not sure whether you're eligible for a flu vaccine or how to get it? Read Healthwatch England's frequently asked questions.

What is the flu (influenza)?

Flu is a contagious respiratory illness that infects the nose, throat and sometimes the lungs. It can cause mild to severe symptoms, which often come on suddenly. For some people, the flu can be dangerous and even life-threatening. Therefore the NHS offers a free flu vaccine to those most at risk.

Who can have the flu vaccine?

The flu vaccine is free on the NHS to adults who:

- are 65 and over
- have certain health conditions
- are pregnant
- are in long-term residential care
- receive a carer's allowance, or are the primary carer for an older or disabled person
- live with someone more likely to be seriously ill due to a weakened immune system.
- are a health worker
- are a social care worker who cannot get the vaccine through their employer

From 14 October, people aged 50 years or over can also have a free NHS flu vaccine.

Flu and coronavirus

As a result of the pandemic, fewer people have a natural immunity to the flu, so more people will likely catch it this year. If you get the flu and COVID-19 simultaneously, you are more likely to be seriously ill. It's therefore important to get your flu and COVID-19 vaccines if you're eligible.

To read the full article [click here](#)

Carry on reading for health and social care updates!

(2) HEALTH AND SOCIAL CARE UPDATES

A) Sexual health unmet need project

Terrence Higgins Trust, the UK's leading HIV and sexual health charity, are conducting a research project regarding unmet need in sexual health, which involves a survey and individual interviews.



Sexual health unmet need project

They are researching an unmet need in sexual health and how this unmet need relates to social and structural inequalities

- Where does unmet need exist?
- Who is most likely to experience unmet need

What does the project involve?

1. Survey

- 20-30 minutes long
- Reward is entry into prize draw (3 x £100 voucher and luxury hamper)
- Question areas include: Demographics, sexual wellbeing, STIs and access to services & information

2. Individual interviews

- 60-90 minutes long
- Each person paid £25
- Online (Zoom) or face-to-face
- Question covering sexual health needs and experience of services

To read more [click here](#) and to take part in the survey [click here](#).

B) Scarlet fever is on the rise

NHS



Scarlet fever
Signs and symptoms

Scarlet fever is a contagious infection that mostly affects young children and is easily treated by antibiotics.

The first signs of scarlet fever can be flu-like symptoms, including a high temperature, a sore throat and swollen neck glands (a large lump on the side of your neck).

Find a reminder of the signs and symptoms [here](#).

C) Thomas Pocklington Trust – Sight Loss Councils

As a part of their Listening Month, Thomas Pocklington Trust are asking Blind and Partially Sighted people across the country what matters to them.



The Trust are running a survey that will inform their campaign and work in the coming year. To complete the survey, please [click here](#).

For more information on Listening month 2022, please [click here](#).

For more information on East Sussex Sight Loss Council, please [click here](#).

D) Cost of Living Support



**Brighton & Hove
City Council**

Help is available this winter for households struggling to pay for food, fuel, and other essential costs. The funding is part of the government's Household Support Fund and is available until 31st March 2023. This help is available for people who are not on benefits, as well as those who are.

To find out more and apply, please [click here](#) or call the Community Hub on 01273 293117 (option 2).

E) NHS Sussex Diabetes Patient Network

The logo for Sussex Health & Care, featuring the word "Sussex" in a large, bold, dark blue font, with "Health & Care" in a smaller, dark blue font below it.

NHS Sussex calls on people in Sussex to be more Diabetes aware. There are around 100,000 people in Sussex living with diabetes with a further 170,000 at risk of developing type 2 diabetes.

A tool to test your risk of type 2 diabetes is available online, [click here](#). Or you can get free a blood pressure check and diabetes risk assessment at Tesco pharmacies, to find out more [click here](#).

For further information on diabetes, the type 2 test and details of the Diabetes Patient Network please [click here](#).

F) Women's Menopause Group

The logo for Brighton Women's Centre (BWC), featuring the letters "BWC" in a large, bold, black font on a yellow background. Below the letters is a white, brush-stroke-like graphic.

A monthly group to share experiences around the menopause. You may be premature menopausal, perimenopausal, menopausal or postmenopausal. Based on the principles of peer support like empathy, equality and empowerment this space is to share in an

open, honest and non-judgemental way. It's not about advice or experts but about a mutual exchange of shared experience

Brighton Women's Centre seek to create a supportive and caring space where you can be yourself and know that you are not alone in this time of your life. They have limited space so please contact Jane, the Women's Peer to Peer Support Manager for more information and to register a place.

janemoore@womenscentre.org.uk 07762 893 931.

Carry on reading for COVID updates!

3.COVID NEWS

A) Mobile Vaccination Units

Autumn boosters are available to book for those that are: aged 50 and over, pregnant, at higher risk due to a health condition, immunosuppressed, a frontline health and social care worker, or unpaid carers.



To book call 119 or [click here](#)

Booking is recommended to avoid waiting on the day, but you can also walk-in. The dates are as follows:

- Saturday 19 November: 11am to 3pm – Hove Town Hall
- Sunday 20 November: 11am to 3pm – Hove Town Hall
- Tuesday 22 November: 12noon–6pm – Brighton Racecourse
- Wednesday 23 November: 10am–4pm – Brighton Racecourse
- Wednesday 23 November: 10.30am–2.30pm – Tesco Superstore Hove
- Thursday 24 November: 10.30am–2.30pm – Outside Hove Polyclinic
- Thursday 24 November: 11am–2.30pm – Brighton Racecourse
- Friday 25 November: 10.30am–2.30pm – St Peter's Church
- Saturday 26 November: 11am–3pm – Hove Town Hall
- Sunday 27 November: 11am–3pm – Hove Town Hall
- Sunday 27 November: 11am–3pm – Rottingdean Whiteway Centre

B) Covid Public Inquiry invites online evidence from the public



Members of the public are being asked to share anonymous experiences about how the pandemic has affected them – or continues to impact on their health or lives – via a new [online portal](#) launched on 16 November.

The online form asks people to select which theme they want to give feedback about – such as NHS or social care they've received, Long Covid, bereavement or impact on education, jobs, mental health. People can then leave detailed feedback in free-text boxes.

People are asked to also give demographic details such as age and ethnicity and which region of the UK they live.

People can request alternative feedback formats if the online form isn't suitable.

The portal is part of the Listening Exercise the Inquiry is holding to gather public views. Formal evidence sessions will begin in Spring 2023.

To share your experience, [click here](#).



Join Healthwatch or share your story

You can sign up to receive regular bulletins and information from Healthwatch.

Please email office@healthwatchbrightonandhove.co.uk

Share your experiences of health and social care services with us:

[Have Your Say](#)

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