



## Coronavirus (COVID-19)

### Information and advice on health and social care services

**Please note.** This information has been collated by Healthwatch from various sources. The information is accurate as at the time and date of publication, but changes and updates to services are happening daily. We will revise this briefing as up-to-date information becomes available.

Should you have any questions, or require information on services not covered in this briefing, please contact us by email:  
[office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)



- The [Brighton and Hove Healthwatch website](#) contains up to date information, guidance on local services and links to services, government and NHS advice.
- We have produced answers to some [frequently asked questions](#)
- Information about the vaccine roll out is also [available](#).

### Government and NHS advice



- The latest government advice can be accessed via this [website](#)
- Updates from NHS England can be found [here](#)
- A full list of useful guidance documents can be accessed by clicking [here](#)
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### Brighton & Hove Council information



The Council webpages are regularly updated Tel:  
01273 293117



[new.brighton-hove.gov.uk/coronavirus-covid-19](http://new.brighton-hove.gov.uk/coronavirus-covid-19) or click [here](#)



[@BrightonandHoveCityCouncil](#)



[@BrightonHoveCC](#)

A [Covid Brighton & Hove](#) help directory is also available

### Brighton and Hove Clinical Commissioning Group



The CCG are providing regular updates, including [Frequently Asked Questions on their website](#)



### Accessible information on Covid-19

<b>Easy read formats</b>	<ul style="list-style-type: none"> <li>• <a href="#">Public Health England resources in accessible formats</a></li> <li>• <a href="#">Resources from Learning Disability England</a></li> <li>• <a href="#">Easy read information on COVID-19 from Mencap</a></li> </ul>
<b>Sign language</b>	<ul style="list-style-type: none"> <li>• <a href="#">Signhealth is providing a video of summaries of key coronavirus guidance in BSL</a></li> <li>• To access the NHS 111 BSL online services click <a href="#">here</a></li> </ul>
<b>For people with aphasia</b>	<ul style="list-style-type: none"> <li>• Information produced by Speakeasy is available <a href="#">here</a></li> </ul>
<b>Different languages</b>	<ul style="list-style-type: none"> <li>• A series of videos are available in <a href="#">English</a>, <a href="#">Arabic</a>, <a href="#">Farsi</a>, <a href="#">Kurdish</a> and <a href="#">Sylheti</a>.</li> <li>• <a href="#">Information</a> has produced by Sussex Interpreting Services</li> <li>• Links to more accessible and translated materials are available on the <a href="#">Healthwatch website</a>.</li> </ul>

### Doctors / GP Practices

Healthwatch has produced a guide which provides information about [Seeing a GP](#)

KEY POINTS are:

- ✓ Patients can make appointments with a Doctor, Nurse, Healthcare Assistant or Social Prescriber. Do not delay seeking medical help if you need it. Cancer referrals are still being made.
- ✓ GPs are still able to make referrals and you should not delay contacting your GP. Cancer referrals are still being made and it is important not to ignore possible symptoms.
- ✓ Many GPs continue to limit their face to face contact with patients and are conducting appointments via telephone or video consultation. You can contact your practice to learn more, or check their website.
- ✓ GPs are making alternative arrangements for certain groups of patients, such as the deaf community, people with learning disabilities, people whose first language is not English and people who do not have access to the telephone.
- ✓ GPs have been resumed many services and vaccinations

Click [here](#) to access the full guide



## Dentists

Healthwatch has produced a guide which provides information about [Seeing a Dentist](#)

In February 2021, Healthwatch England announced a dental crisis as a result of local Healthwatch, including Brighton and Hove, sharing concerns from local people trying to access dental services during the pandemic. You can read more about this by [clicking here](#) and also read about the impact which COVID has had on dental services [here](#).

Please be assured Healthwatch is aware of the issues that are affecting many people, and we continue to gather and feedback your concerns to those responsible for delivering dental services. You can read about our work [here](#).

### KEY POINTS are:

- ✓ Patients can contact a dentist if they require urgent or emergency medical help. This does not have to be the dental practice you are registered with, and you can contact any practice.
- ✓ Face to face dental appointments have resumed but the number of available slots has been significantly reduced due to COVID hygiene and safety measures to keep patients and staff safe.
- ✓ Non-urgent care has been paused, apart from those with the greatest clinical need, including for those that have a regular dentist.
- ✓ Practices do not have the capacity at the moment to take on new patients unless it is for urgent care.
- ✓ The best way to find closest practices is via nhs.uk website <https://www.nhs.uk/service-search/find-a-dentist> or call Sussex Dental Helpdesk on 0300 123 1663 (Monday - Friday 8 am - 4 pm)
- When patients ring a practice they are advised not to ask if the practice is taking on new patients as that may be interpreted as a request for non-urgent care. Instead, patients should say that they have an urgent dental need. All practices are providing urgent care at the current time.
- Patients will be assessed via the phone in the first instance. The first part of urgent care is very likely to involve remote advice, pain relief, and antibiotics with the dentist using their clinical judgment whether as to whether face to face care is also required.
- A dentist may make a referral for you to one of the Urgent Dental Care Hubs in Sussex. Please note that you cannot self-refer to one of these Hubs. You can be referred to a Hub for urgent dental treatment if you have symptoms of COVID-19 or are vulnerable or shielding, although you will be seen at dedicated sites only. Some Hubs are based outside of Brighton, but support is available to help you travel to these sites.

**If you require urgent dental treatment you can contact one of the following out of hours services:**

**Brighton and Hove** - If your own dentist is closed



- the Emergency Dental Service will give you an appointment at one of several practices around Brighton and Hove. Contact: 03001 231663 (09:00-17:00 Monday to Friday).
- iDental Care Limited offers emergency NHS out of hours dental service. Call: 03000 242548 (17:30-22:30 Monday-Friday, 9:00-17:30 weekends)

**Crawley** - 01293 518541

**Worthing** - 01903 230364

**Chichester** - 01243 793697

**Haywards Heath** - 01444 440695

Click [here](#) to access the full guide

### Home care

We have produced some advice about how to deliver self-care for common dental issues such as toothache, wisdom teeth pain, ulcers, lost crowns and knocked-out teeth. Click [here](#).

If you are finding it difficult to access dental treatment, or been told to treat yourself, please contact us at [office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

## Prescriptions

Healthwatch has produced a detailed guide which provides information about [Prescriptions](#)

### Advice for patients:

- Ask a friend or relative to collect your medicines for you.
- Call NHS Volunteer Responders on 0808 196 3646(8am to 8pm) to arrange support.
- Contact their pharmacy or their local council to find a local volunteer.

### KEY POINTS are:

- ✓ Many people are kindly supporting others by collecting their prescriptions. Before you start collecting and dropping-off medicines to patients' homes, it is important to understand how to undertake your tasks safely and effectively. This is key to protecting patient safety and confidentiality.
  - 1) Go to the right pharmacy
  - 2) Know the name and address of the person you are collecting for
  - 3) It may save time in the pharmacy if you know what medicine(s) you are expecting
  - 4) Please don't be off ended if the pharmacist asks for ID or cannot hand over some items
  - 5) Ask the patient if they pay for their prescription - it's £9.15 per prescription item
  - 6) If the patient doesn't pay, ask them which 'exemption' applies to them

Click [here](#) to access the full guide



## Hospitals: visitor restrictions

Keeping patients and staff safe is a top priority for our hospitals during the COVID-19 pandemic.

That is why hospitals in Sussex continue to recommend that friends and family use digital services such as Facetime, Skype, Zoom and WhatsApp to stay in touch with loved ones during their hospital stay, to minimise the risk of spreading or contracting the virus. iPads are also available on most hospital wards for use by patients who do not have a smartphone or other mobile device.

Please check with your local hospital in the first instance about visiting restrictions:

- [Brighton and Sussex University Hospital NHS Trust](#)
- [East Sussex Healthcare Trust](#)
- [Queen Victoria Hospital NHS Foundation Trust](#)
- [Sussex Community NHS Foundation Trust](#)
- [Sussex Partnership NHS Foundation Trust](#)
- [Surrey and Sussex Healthcare NHS Trust](#)
- [Western Sussex Hospitals NHS Foundation Trust](#)

## Hospitals: being discharged

Healthwatch Brighton and Hove is providing a Hospital Discharge Wellbeing Project in partnership with Brighton and Hove City Council, Brighton and Sussex University Hospitals NHS Trust and the Sussex Health and Care Partnership.

The service is offered to anyone discharged from hospital not just those with virus or virus-related conditions. People are phoned by Healthwatch trained volunteers within a few days of discharge from hospital, usually in the first week to check they are OK and to signpost and assist people to find the help they need.

- ✓ The government has [published information](#) in different languages which sets out how health and care systems and providers should change their discharging arrangements and the provision of community support during the coronavirus situation. This information is useful for patients who are entering hospital and subsequently being discharged to their own homes or a care home
- [Hospital discharge patient information - on entry \(leaflet\)](#)
- [What you need to know about leaving hospital - Easy Read leaflet](#)
- [When you leave hospital to go home - Easy Read leaflet](#)
- [Leaving hospital to go to a care home - Easy Read leaflet](#)



## Hospitals: outpatients' appointments

For information about attending your appointment, go to

- <https://www.bsuh.nhs.uk/your-visit/your-outpatient-appointment/about-your-outpatient-appointment/>

Or [BSUH outpatient appointments information page](#)

On these pages you can find answers to commonly asked questions about your appointment, or if you are attending for a procedure or surgery.

There is also information to help you understand how telephone and video appointments work.

### Queries about your appointment

You should contact us using the contact details provided on your appointment letter.

Generally, this will involve contacting our outpatient booking centre on:

- [0300 303 8360](tel:03003038360)
- [bsuh.outpatients.bookingcentre@nhs.net](mailto:bsuh.outpatients.bookingcentre@nhs.net)

Some services might ask you to contact them directly instead, for example [imaging](#), [sexual health](#), [HIV](#) and the [Park Centre](#).

To reschedule or cancel a maternity appointment please

email: [bsuh.maternityadminprh@nhs.net](mailto:bsuh.maternityadminprh@nhs.net) (for appointments at the Princess Royal Hospital) or [bsuh.maternityadminrsch@nhs.net](mailto:bsuh.maternityadminrsch@nhs.net) (for appointments at the County site)

If you have any questions you can't find on these webpages regarding your appointment then please use the contact details in your appointment letter, or call on [01273 664511](tel:01273664511) (Royal Sussex County Hospital, Brighton) or [01273 664973](tel:01273664973) (Princess Royal Hospital, Haywards Heath)

## Hospital services: Accident & Emergency

A&E departments are not closed and continue to be open to deal with genuine life-threatening emergencies, such as:

- loss of consciousness
- acute confused state and fits that are not stopping
- chest pain
- breathing difficulties
- severe bleeding that cannot be stopped
- severe allergic reactions
- severe burns or scalds
- stroke
- major trauma such as a road traffic accident



### Visiting A&E

- You should not visit the Emergency department at the Royal Sussex County Hospital if you have symptoms of coronavirus.
- If you are worried that you may have coronavirus (Covid-19) please stay at home and follow the [guidance for staying at home](#).

### Alternatives to A&E

- Use the NHS 111 [online](#) service:
  - ✓ To check your symptoms
  - ✓ If you feel you cannot cope with your symptoms at home
  - ✓ If your condition gets worse
  - ✓ If your symptoms do not get better after 7 days.
- NHS 11 can now book an appointment slot at A&E for you.  
<https://www.england.nhs.uk/urgent-emergency-care/nhs-111/accessing-nhs-111/>
- Arrange to speak to your GP or visit your local pharmacist who may be able to help.

### Pharmacy

- ✓ Expert advice on a wide range of long-term conditions and common illnesses such as coughs, colds and stomach upsets. Treatments for minor ailments and allergies. Many offer health checks.
- ✓ **Run out of your regular medicine?** You can do this through the NHS App, Prescription Ordering Direct, your surgery or pharmacy's online service or call your surgery if these are not available
- ✓ [Full description of pharmacies](#)

### Urgent care service

- ✓ Fast access to health advice, emergency contraception and minor injuries such as cuts, sprains and small fractures
- ✓ [Full description of urgent care](#)

### Minor Injuries

- ✓ [Minor Injuries Unit at Queen Victoria Hospital, East Grinstead](#): assessment and treatment of a wide range of minor injuries and ailments in both adults and children. Open 8am to 8pm, 7 days a week.

### Walk-in centre for minor conditions

- ✓ [Brighton Station NHS Walk in Centre](#)
- ✓ **Tel: 0333 321 0946**
- ✓ Aspect House, 84-87 Queens Road, Brighton, BN1 3XE
- ✓ [More information](#) and [Services](#)
- ✓ Less severe injuries can be treated in urgent care centres or minor injuries units, including:
  - sprains and strains
  - suspected broken limbs

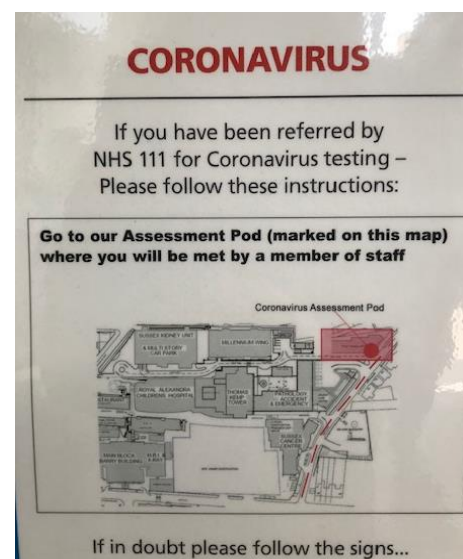


- minor head injuries
- cuts and grazes
- bites and stings
- minor scalds and burns
- ear and throat infections
- skin infections and rashes
- eye problems
- coughs and colds
- feverish illness in adults
- feverish illness in children
- abdominal pain
- vomiting and diarrhoea
- emergency contraception

## Hospital services: referrals for testing for Covid-19

### What to do if you are referred for testing

- If you are referred for testing then follow the guidance given by NHS 111 and do not self-present at our coronavirus (COVID-19) isolation pods.
- If you are attending for testing on the advice of NHS 111 then look out for the signs directing you to our pods, do not go into A&E.
- Testing of suspected coronavirus (COVID-19) cases is done by taking samples from the nose and throat and carried out in line with strict regulations. This means that suspected cases are kept in isolation, away from public areas of the hospital and returned home also in isolation. Any equipment that come into contact with suspected cases are thoroughly cleaned as appropriate. Specific guidance has also been shared with NHS staff to help safeguard them and others. Patients can be reassured that their safety is a top priority
- If you are attending for testing **on the advice of NHS 111** then look out for the signs directing you to an assessment, but do not go into A&E.
- The assessment pod is based in the Trust HQ building which is immediately up from the access ramp to the main A&E building. Please follow the signs that are in place. Please refer to the photos below.



More information about testing for Covid-19 can be found at the end of this guide





## Hospital services: Sexual Health

### Sexual Health & Contraception services (SHAC Patients)

[Sexual Health and Contraception \(SHAC\)](#) services.

- Call on 01273 523388 or 07770 813 972. SHAC phone lines are open Monday, Tuesday, Thursday & Friday 0900-1630, Wednesday 1230-1700.
- Under the current lock-down, we will aim to deal with your issue over the phone. We will only book you an appointment if you need to be seen. Please wear a face covering when you come to the clinic.
- If you have no symptoms, you can order a home testing kit [here](#).
- If you are under 20, we have a [walk-in clinic](#) on Wednesday afternoon at Morley Street.
- [SHAC West](#) is temporarily closed.
- If you require emergency contraception, you can contact us as above - or access free from these [pharmacies](#).
- IF you are given an appointment, please do NOT bring friends or partners (unless we have requested they attend). Key workers or support workers are welcome.
- We have limited availability for routine smears, coil and implant fits. Please call to discuss.
- We strongly advise you to do all you can to protect your sexual health. Reducing your number of sexual partners and using condoms will help with this. Please check our website regularly and we will keep you posted of any further developments.

### [Lawson Unit](#) (for patients living with HIV)

- ✓ During the current pandemic we are still open but our staff are also supporting the main hospital in caring for people with COVID who are inpatients.
- ✓ The majority of our doctor's appointments are being held by phone.
- ✓ Pharm@Sea is providing a delivery service for medications. We are reviewing blood appointments week by week and may need to delay your appointment if it is safe to do so.
- ✓ We will continue to supply antiretroviral therapy as normal.
- ✓ If you have concerns about your HIV-related health or mental health please ring us for advice or a telephone assessment and we will arrange for one of our doctors to see you where this is indicated.
- ✓ Vaccinations for COVID: we would advise all people living with HIV to ensure that they are registered with a GP who is aware of their HIV status, so that they can be assigned to the [appropriate priority group for vaccination](#) (group 6 or higher for all, depending on age and comorbidities). BHIVA have issued some advice about vaccination for people living with HIV which can be found [here](#).



## Advice for pregnant patients

Healthwatch worked with [Brighton and Hove Maternity Voices Partnership](#) to produce a [detailed guide](#) which provides further information about maternity and pregnancy

Healthwatch England has produced an updated guide explaining [how coronavirus could affect you, your baby and your pregnancy care](#).

[Maternity services](#)- information is available on your pregnancy, giving birth including where to give birth, self-referrals, and information leaflets that you can download.

### Contact details

- For any queries related to Coronavirus please email [BSUH.E.Midwife@nhs.net](mailto:BSUH.E.Midwife@nhs.net). This service is covered currently Monday to Friday by a midwife who will reply to the email or call if preferred
- Alternatively, you can call 07900 716067 Monday to Friday 8am to 6pm.

### Further advice

- ✓ **Antenatal clinic appointments:** For any scan queries contact [bsuh.imagingsecretaries@nhs.net](mailto:bsuh.imagingsecretaries@nhs.net)
- ✓ **Antenatal and postnatal ward visitors:**  
If you are unsure how the guidance applies to your individual situation, please email [BSUH.E.Midwife@nhs.net](mailto:BSUH.E.Midwife@nhs.net).
- ✓ **Additional advice** has been [produced](#) by the Royal College of Obstetricians and Gynaecologists
- ✓ **Peppy** helps parents-to-be and new parents remotely access trusted, convenient advice from perinatal and mental health experts.

## Advice for cancer patients

Healthwatch England has [produced a comprehensive guide on cancer and coronavirus](#). This provides advice for people living with cancer and anyone who is worried that they may be displaying symptoms of cancer

You can also [watch the video](#) from our Healthwatch Cancer Webinar held on 11 June. Hear from three local cancer experts about how cancer services are operating during the coronavirus pandemic, and what you can expect from your care.

### Screening

#### Cervical screening

- ✓ Screening for cervical cancer is happening in Sussex and you should receive your letter if you are expecting one. If you have had an appointment postponed your GP surgery will make it a priority to get you booked in.



- ✓ The charity [@eveappeal](#) have updated their [Screening and Coronavirus FAQs](#) to help you know what to expect if you get an invitation to your appointment [#CervicalScreeningAwarenessWeek](#).
- ✓ You can [watch a video](#) of Tracy, a Practice Nurse, explaining what you can expect at your smear test during the pandemic.
- ✓ It's also really important to see your GP if you are experiencing any symptoms of cervical cancer such as unusual bleeding or discharge, pain during sex or unexplained pain in your lower back or pelvis. You don't have to wait to be invited and your surgery can arrange for you to come in for an examination.

### Advice for those living with cancer

- Patients undergoing treatment are advised to follow the advice of their care teams.
- Your healthcare team might review your cancer treatment plan. They will aim to continue with your treatment wherever possible but may need to change your treatment or prioritise certain treatments over others. For example, face to face contact will be minimised by offering telephone or video consultations instead, and some non-essential face-to-face follow ups may be cut. Your team will always contact you if there are any changes to your care or treatment.
- Contact your GP or cancer specialist if you are due to go to a hospital appointment.
- There is currently no shortage of medicines due to the coronavirus outbreak.
- You should contact your cancer advice line, chemotherapy helpline or Acute Oncology Service if you have symptoms of coronavirus and you are having cancer treatment or have cancer that affects your immune system. You should do this as soon as possible
- Further advice is available on the BSUH website where you can also find a detailed set of [frequently asked questions](#). **And also** <https://www.facebook.com/BSUHMaternityServices/>

### If you are worried that you may have symptoms of cancer

- Should you have any health concerns related to cancer, but have not been tested or diagnosed, then you are strongly urged to contact your GP as normal. GP's are continuing to refer patients for diagnostic testing where necessary.
- Read the advice from Cancer Research UK on [having cancer symptoms during the pandemic](#).

### Support

- You can phone the Cancer Research UK nurses if you would like to talk to someone at this worrying time. 0808 800 4040 (Freephone) Lines are open from 9am to 5pm, Monday to Friday.



- Ask Eve is a charity providing free and confidential nurse-led information relating to gynaecological health. People can contact Ask Eve by emailing [nurse@eveappeal.org.uk](mailto:nurse@eveappeal.org.uk) or calling 0808 802 0019.
- Macmillan Horizon Centre Schedule is offering phone support (counselling, benefits advice and general information and support)  
**Phone support: 01273 468770** or e-mail [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)
- [Vinehealth](#) is a mobile app to support cancer patients and their loved ones during treatment by allowing them to easily track and understand their care, including their symptoms, side effects, appointments and medications.

## Personal Protective Equipment

- Healthcare providers can order personal protective equipment (PPE) through the portal [PPE portal: how to order emergency personal protective equipment](#)
- GPs and small social care providers can place orders [multiple times per week](#) within the limits set out in the guidance, instead of a singular order.

### Local supplies

- The Council continues to take stock of supplies from a national roll-out scheme and has also procured additional PPE stock. [Click here to find out more about how to order PPE](#)
- The Council has established a PPE distribution team, and a triaging team is being put in place to handle requests for stock. An online form has been created to allow carers to apply for PPE. This can be accessed [here](#). Those who can apply includes where the care is unpaid, provided through a care agency, funded through direct payments from the council, privately funded by the person receiving care or provided in the person's own home

### Further advice

- More advice about PPE, including how to take it on and off, can be found on the Council's [website](#). When disposing of PPE, it is important that it is double bagged, then kept for 72 hours before placing them in a rubbish bin.

General Enquires about PPE, IPC should be sent to: [sxccg.infectionprevention@nhs.net](mailto:sxccg.infectionprevention@nhs.net)

## Patient Transport Services

### Actions being taken

- South Coast Ambulance Services (SCAS) continue to accept requests from patients for transport to help them attend appointments.
- Guidance has been developed for staff to ensure patients can be transported to minimise risk to each other, including appropriate use of PPE equipment for staff, and an assessment of all patients for COVID-19 related-symptoms.



- Appropriate social distancing measures within vehicles are being applied, such as only transporting one passenger at a time or observing 2-meter distance between patients who are travelling together.
- Drivers have been fully trained and provided with appropriate safety and protective equipment.
- Cleaning and infection control for all vehicles has been stepped up.

### Contact

- Should you have any questions please contact the Central Booking Line 0300 123 9841 between 07:00 - 20:00 Monday to Saturday (08:00 - 17:00 Sundays and Bank Holidays)
- Patient Transport Service Cancellation Line 0300 790 0143 available 24/7 365 days a year.

## Making a complaint

### Locally:

- ✓ the local Patient and Liaison Service (PALS) team continue to provide a limited telephone help service to patients and their relatives who wish to raise a concern.
- ✓ All new complainants will be advised that their complaint will be shared with the appropriate clinical teams, and the individuals involved, and that action will be taken to learn from it.

### Contact

#### ✓ Phone

Royal Sussex County Hospital: [01273 664511](tel:01273664511) or [01273 664973](tel:01273664973).

Princess Royal Hospital: [01444 448678](tel:01444448678)

#### ✓ Email

[bsuh.pals@nhs.net](mailto:bsuh.pals@nhs.net)

#### ✓ Post

PALS, Royal Sussex County Hospital, Eastern Road, Brighton, BN2 5BE

[bsuh.pals@nhs.net](mailto:bsuh.pals@nhs.net)

## Mental Health Services

People across Sussex struggling with their mental health during the coronavirus (COVID-19) outbreak are being offered additional telephone and crisis support to help them cope.

Sussex Partnership NHS Foundation Trust has expanded the Sussex Mental Healthline - 0300 5000 101 - to provide a 24/7 service to people needing urgent help with their mental health





### Advice

- Sussex Partnership Foundation Trust has published advice for people with [learning disabilities](#), and how to [look after your mental health](#)

### Staying well whilst at home

For more advice, see:

[Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)

[Every Mind Matters: how to look after your mental wellbeing while staying at home](#)

[Every Mind Matters sleep page](#)

Easy-read: [Things to do if you are staying at home](#)

### Support for your mental health

- Advice from [MIND](#)
- [Self-help for anxiety](#)
- The [NHS Every Mind Matters pages on Covid-19 - 10 tips](#)
- The Mental Health Foundation [advice on looking after your mental health during the coronavirus outbreak](#)
- [Community Roots Mental Health & Wellbeing Support](#), help for navigating and accessing services in Brighton and Hove

The following sources of support are also available:

- [Samaritans](#) 116 123 (free number) or 01273 772277
- [Saneline](#) 0300 304 7000, 4.30pm-10.30pm daily
- [Grassroots Suicide Prevention](#)
- The Sussex Mental Health Line 0300 5000 101, 5pm-9am on week nights and on a 24 hours basis during weekends and Bank Holidays
- The Brighton and Hove the Mental Health Rapid Response Service is able to offer support: 0300 304 0078 (24 hours a day, 7 days a week including bank holidays, if you live in the Brighton and Hove area).

### Top tips for children, parents and teachers

Specialists from Sussex Child and Adolescent Mental Health Service (CAMHS) are offering helpful tips to parents and children about going back to school, and how to manage the new feelings and emotions they have experienced during the coronavirus lockdown. You can access the top tips below:

- [Children and young people](#)
- [Parents and carers](#)

A wide variety of help and resources is available on the [Sussex CAMHS website](#)



## Care Homes

### Visitor restrictions

- ✓ You are advised to contact your care home directly for more details.
- ✓ From Monday 8th March, residential care providers can arrange for visits to residents from single named visitors and essential care givers. Once the data shows it is safe, the Government also has plans to go further and allow more visiting - and more visitors. In mid-April, the Government will look carefully at the effectiveness of the vaccine for people living in care homes, as well as levels of infection in the local community, especially those of any new variants.
- ✓ For the most up to date guidance, including information of what should be included in your care home's visiting policy, visit the [Gov.uk website](#).
  - [Find out more](#)
  - See also the [guidance for supported living settings](#).
  - You can visit the [Healthwatch webpage](#) for further information.
- For information from Brighton & Hove City Council click [here](#)

## Testing for Covid19

All the information you need about testing as well as how to get a test can be found on this updated government website

[Coronavirus \(COVID-19\): getting tested](#)

This single GOV.UK testing service is for anyone who has symptoms and wants to get tested.

Or visit the [NHS website](#)

### Different types of tests explained

The government has [published guidance](#) for the general public on the different types of coronavirus (COVID-19) testing available, including which types of test you should use and when, and what you should do when you receive a test result.