

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 7)
- (3) COVID news (page 12)

(1) YOUR HEALTHWATCH

(A) Healthwatch Brighton and Hove are recruiting

We are currently seeking to recruit 2 Directors and a new chair to join our existing Board.

We work to get the best out of local health and social care services responding to local voices. From improving services today to helping shape better ones for tomorrow, we gather, analyse and act upon the feedback provided by patients and the public in our city, and use this to influence decision-making and drive improvement in local Health and Social Care Services. This includes services like GPs, pharmacists, hospitals, dentists, care homes and community-based care. If this is something you would like to get involve in, here is an opportunity.

You will need to be a team player and strategic thinker, with good communication and interpersonal skills, and be able to speak up on behalf of Healthwatch on issues that are important.

We wish to appoint a new Chair who can continue the growth and success of Healthwatch Brighton and Hove. We are in exciting and challenging times with COVID still with us, health and care services trying to recover, a Health and Care Bill on the horizon and funding for social care to be resolved. This is an ideal time for a Chair to shape the next era of Healthwatch Brighton and Hove. You will have knowledge of the health and care agenda, strategic vision, and a passion for championing users views and experience, along with excellent leadership and communication skills and experience of leading a Board.

Board members represent Brighton & Hove residents, and we encourage applications from all sections of our diverse community. All positions are voluntary, and you can find out more by downloading the Role Description and Person Specification on our [website](#). The deadline to [apply](#) by is Friday 8th October 2021

You can also talk to the current Chair, Fran McCabe, who can be contacted on frances.mccabe@icloud.com.

(B) Outpatient referrals: share your views



Healthwatch want peoples' opinions about being referred for an outpatient's appointment. Please take our short, 5-minute survey:

<https://www.surveymonkey.co.uk/r/FBCVMRQ>

Background to the survey

- *Have you been referred for an outpatients' appointment?*
- *How well informed did you feel about how your referral was progressing?*
- *Did you know whether your referral had been sent off, or received by the hospital?*

Healthwatch would like to hear about how well you were communicated with after being told that you needed to be referred for an outpatients' appointment.

The is a short survey containing 16 questions and will only take a few minutes to complete. Depending on the results, we may run a longer survey to gather more of your feedback and experiences.

You can share more details about your referral at Question 11, or by emailing us at office@healthwatchbrightonandhove.co.uk

(C) Healthwatch volunteers support the city's COVID-19 Vaccination Enquiry Service



The COVID-19 Vaccination Enquiry Service was set up by Sussex NHS Commissioners to respond to public enquiries.

Healthwatch Brighton and Hove volunteers have played a huge role in supporting this vital service.

Between 4 February 2021 when the service went live and the end of July, 12 Healthwatch Brighton and Hove volunteers have answered 1,473 calls, and contributed 601 hours

[Read our short infographic report.](#)

Thanks received:

"We would like to thank each and every volunteer who has helped us with the Covid-19 Vaccine Enquiry Line. They have been pivotal to the COVID-19 vaccination effort here in Sussex and we could not have done without their support."

– Sussex NHS Commissioners, June 2021

"I just wanted to drop you a note to say a huge thank you not just for the help, but also for the patience and warm courtesy you've shown in trying to set up my elderly parents' second vaccination. This has now come through for next Friday - hooray! I was especially grateful for your understanding and willingness to follow things through. Holly and Carol and yourself deserve especial praise. Thank you"

– Member of the public supported by our volunteers

Contact the enquiries line

If you have a question about the Sussex COVID-19 vaccination programme, please take a look at the frequently asked questions page. If you can't find the answer, please contact the Vaccine Enquiries Team:

Email us at sxccg.vaccineenquiries@nhs.net

Call the vaccine enquiry phone line: 0800 433 4545 (open 9am - 4pm, Monday to Friday).

(D) Advice and information

This month we have published advice on seeking help from your pharmacy, what should happen when you are diagnosed with dementia, and updated advice on how your data is shared.



Did you know that pharmacies provide advice and information on minor illnesses and ailments? Take a look at how they can help you.

[Click here to read more](#)

Pharmacists are qualified healthcare professionals who can offer clinical advice and over-the-counter medicines for a range of minor illnesses. The pharmacist will let you know if you need to visit a doctor, but they can help you with a number of things first such as:

- common ailments such as coughs, colds, and the flu
- tummy trouble
- aches and pains
- skin rashes
- cystitis
- access to the morning after pill and pregnancy tests



Being diagnosed with dementia can be a big shock, and it can be hard to know what to do next.

[Take a look at our guide to find out what support you should receive.](#)

The essential information you should get:

1. Your type of dementia and how it will affect you.
2. Any further tests, treatment, activities, or therapies that might help you.
3. Who will provide your care and how to contact them, including the professional who will coordinate your care?
4. Support groups and charities that can help you.
5. How dementia can affect your driving and what you need to do.
6. How your employer should support you if you work (or are looking for work).
7. Any research studies you could take part in.



The NHS is making some changes to how it collects and uses patient data.

To make sure you're clued up, read some frequently asked questions about the upcoming GP Data for planning and research collection below.

[GP Data for planning and research collection: what you need to know | Healthwatch](#)

More information

1. [How confidential patient information is used](#)
2. [When your choice does not apply](#)
3. [Make your choice](#)

(E) Patient Transport Services: join our online event



We are keen to find out more about what you think about patient transport services in Sussex.

You are invited to join us at an online event which will take place using Microsoft Teams.

On: 13 October 2021
At: 2 - 3:30 pm

Please email getinvolved@scas.nhs.uk for more information and joining instructions.

The event is led by South Central Ambulance Service NHS Foundation Trust (SCAS) who provide Patient Transport Services throughout Sussex, in collaboration with Healthwatch in Sussex and the Sussex NHS Commissioners (CCG).

There will be presentations from SCAS and the CCG, with an opportunity for you to ask the panel questions at the end. The panel will include members of the patient transport service team, the CCG and your local Healthwatch.

Please email questions that you want to ask the panel before the 30 September to getinvolved@scas.nhs.uk

A summary report will be published after the event that will also include answer to any questions that were raised. In coming months, we hope to run workshops/webinars on topics that are important to you. We will keep you advised on the dates and times of these events.

You may also be interested in a [new report](#) from NHS England and NHS Improvement on its review of non-emergency patient transport services (NEPTS).

This review was formally announced at the 2019 Healthwatch annual conference, following publication of the joint report [There and Back](#) produced with Age UK and

Kidney Care UK. Healthwatch shared the results from our [patient engagement last year](#) with the NHS and this was fed into the national review.



The report commits to improving access to the Healthcare Travel Cost Scheme, and is published alongside a [national consultation on eligibility](#) to ensure that patients, carers and social care service users agree with and understand the proposals on updated eligibility criteria. The consultation will run until **25 October 2021**.

(F) Learn more about our recent activities



Below, you will find a summary of some of our recent activities, including the work of our volunteers.

Healthwatch in the media

We shared an important press release on behalf of the Sussex Health and care partnership responding to the increase in interest in [vaccinations for 16-17 year olds](#) (20.8.21). More details about vaccinations for this group are provided in section 3, below. We were also approached by The Argus to comment on the vaccine roll out for 16-17-year-olds (20.8.21), and by ITV to comment on COVID booster vaccinations and the lower vaccination rates in Brighton and Hove (25.8.21)

Healthwatch surveys

We published a survey seeking people's experiences of being referred for an outpatient's appointment, so that we could understand if communications were timely and useful.

Healthwatch engagement activities



Healthwatch met with Sussex NHS Commissioners (9.8.21) to discuss how we could help to gather patient feedback on Musculoskeletal (MSK) services. The service is due to be recommissioned in 2023. We agreed to support several workshops.

We also joined the first Planned Care and Cancer insight and improvement group which was well attended by the CCG and proved to be a very useful meeting. This will bring together leads from the various planned care and cancer areas into one meeting to hear and share the same insight. It will not be a public forum, but will be the chance to use patient feedback, data from Healthwatch, the CCG, NHS Trusts etc to identify improvements.

Healthwatch helpline

We're here to help

Whether you'd like to share your feedback about health and care services, or you're looking for local support - get in touch. We're here to help.

Our helpline routinely assists people with queries concerning their health and social care. The latest full data for July showed that they responded to 24 emails and took 15 calls from members of the public.

Top queries related to COVID vaccine/vaccination roll-out (18), complaints about access to GPs or issues with GPs (8), making a complaint about NHS services or treatment (7) and dentists/accessing NHS treatment (3, which is a significant decline compared to recent months). Where known, 7 enquiries were from men, and 13 from women.

Healthwatch volunteers

Thank you

In July, our amazing volunteers contributed 48 hours to the COVID helpline, 62 hours supporting our Hospital Discharge project, 12 hours answering public queries received to the Healthwatch inquiry inbox and many

more hours of their time to supporting our work on other projects and by attending meetings. A HUGE thank you.

They spoke to 72 people recently discharged from hospital, 89 people on the COVID helpline, and 38 individuals who contacted us via our information line. And many more people whilst undertaking survey interviews, and in meetings.

Healthwatch volunteers have expressed an interest in supporting a joint initiative between Sussex Partnership NHS Foundation Trust and Sussex Community NHS Foundation to join a working group on their 'green plan' (a commitment to all things related to protecting the environment). Whilst our Young Healthwatch team were asked to field a volunteer to join a focus group exploring the development of an ENT Hub.

Healthwatch Board members have also been asked to join an adult social care focus group to identify views and experiences of current and potential innovative activities in the provision of adult social care services.

Social media.

facebook
twitter

In July, we published 72 tweets, achieving 1,804 profile visits, 23 mentions and 10 new followers. We posted 59 times on Facebook and had 720 followers. In July, we had 19,100 visits to our website (an increase of 9K on June).

Carry on reading for health and social care updates!

(2) HEALTH AND SOCIAL CARE UPDATES

(A) Promoting Health in Acquired Brain Injury Services.



My name is Angelika Wydra, and I recently became a Director for Healthwatch; and I am very proud of that. I have worked in Health and Social Care services, including elderly care, autism, learning disability, brain injuries, substance misuse and Cerebral Palsy across different services in frontline and managerial roles. In my article, I discuss how we can promote health in those with acquired brain injuries.

“An acquired brain injury (ABI) is an injury caused to the brain after birth. There may be many causes such as a fall, a road accident, tumour, or stroke. ABI is a major public health issue. Emerging evidence suggests that the risk factors of brain injury are closely linked to social determinants of health and causes of social exclusion, including poverty and marginalisation. The evidence also shows that socially excluded groups, like those who are homeless, are more likely to die from injury than the general population and the global understanding of brain injury in these groups is limited.

A brain injury can impact health in a variety of ways. For instance, they can change our behaviour, emotions, hormones, cognition, communication, and memory while also having physical effects, like fatigue. Leading a healthier lifestyle often requires changes in our behaviour which is difficult for any individual to accomplish. The process can be infinitely more difficult for those who suffer from an ABI due to these impairments associated with injury. For instance, some of the common behavioural effects of brain injury are impulsivity and obsessive behaviour. Therefore, strategies to reduce impulsive behaviour, or moving between automatic and conscious thoughts, may have to be used to effectively introduce positive changes into someone’s lifestyle. This may require sufficient training for staff and working closely with psychologists and other professionals to identify needs and introduce appropriate strategies to support the individual.

Getting to know the person we support is the very beginning of personalising the support we provide. This includes establishing their goals, finding out what motivates them and what their main challenges are. Some people with frontal lobe injuries may seem unimpaired when assessed in short conversations but they may have a great difficulty in completing everyday tasks, hence getting to know individuals, and seeing them in different environments is essential to personalise the support.

Additionally, building a trusting relationship with the person we support can be crucial to encourage them to lead a healthier lifestyle. This ensures our recommendations are personalised to help them achieve their goals. Open, honest communication and consistency in the information provided can be fundamental in building a trusting relationship. The idea of a healthy lifestyle can differ between individuals; therefore, everyone involved in the individual’s support must work to the same standards that are personalised to individual goals/needs and in line with national health recommendations.

Understanding the individual and the challenges they face, while providing a non-judgmental atmosphere can help individuals to feel psychologically safe. This facilitates

a safe space to comfortably discuss their concerns and preferences, which can help us to adjust the support provided to better suit individual needs and increase their self-efficacy. There are many behaviours change models and theories, many of which mention self-efficacy and confidence in being able to change the behaviour as a key factor in achieving behaviour change. Being encouraging and enthusiastic, making as many tasks as possible achievable with the least effort, highlighting past and celebrating current achievements can also help to motivate and increase individuals' self-efficacy. Therefore, visualising and tracking these little achievements, as well as the end goal, using tools such as journals or picture boards is key. This is particularly significant for people who have memory-related concerns.

Our attitude towards a healthy lifestyle can also influence individuals' views about their behaviour. This can then affect their behaviour change process. Consequently, speaking positively about healthy lifestyles and the benefits it leads to may help with a general attitude towards lifestyle choices. Depending on the impairment of the person we support, their opportunity of leading a healthier lifestyle can hugely depend on us and the available resources. Therefore, we must make healthy choices as accessible and available as possible. To achieve that, the partnership working with medical services and stakeholders is essential.

More information can be found on Headway the brain injury association website <https://www.headway.org.uk/>

(B) Do you know your risk of Type 2 Diabetes?



The NHS Diabetes Prevention Programme

There are lots of small changes you can make to prevent diabetes from developing in the first place. It's so important to find out if you are at high risk of Type 2 diabetes so you can get support to lower your risk. You may even be eligible for your free local Healthier You: NHS Diabetes Prevention Programme.

This risk tool can help you find out if you're at risk of developing the condition. It takes just a few minutes and could be the most important thing you do today.

[Click here to learn more](#)

(C) A new Dermatology service: share your views



A new Dermatology service is being created. The NHS want to hear about your experiences of using Dermatology services to make improvements

[Click here to take the survey](#)
Please complete this survey by **30 August 2021**.

Email: sxccg.involvement@nhs.net or 01903 708411

(D) Mental Health: share your views about a new Crisis House



A [#MentalHealth](#) crisis can be described as feeling at breaking point and needing help urgently.

Our city is developing a Crisis House which will offer 24/7 support in a safe and comfortable environment.



Please [share your experiences\(External link\)](#) and views to help shape mental health crisis house services in Brighton & Hove. The survey should take around 12 minutes to complete.

Mental health and wellbeing resources for young people



[Resources have been created to support young people with mental health and wellbeing.](#)

The toolkits, created by partners across Sussex Health and Care Partnership give top tips on how to look after your mental wellbeing and links to helpful resources and tools.

They have been sent to schools across Sussex to be shared with parents and young people as well as to GPs, community groups, and organisations who are working with young people.

If you are interested in receiving copies of the resources please contact sxccg.comms@nhs.net


Sussex Partnership NHS Foundation Trust have also developed some useful '[Recipes 4 Wellbeing](#)' cards that might help parents and carers support a young person experiencing difficulties with their mental wellbeing.

(E) Cancer: be aware of the signs and seek help, and support



Online education webinars for people with a learning disability





Hello! We are **Anna** and **Lydia**




Please join us on **Thursday 19th August at 11am**





To learn about **cervical cancer** and how to keep your **body healthy**



Join Zoom:
<https://us06web.zoom.us/j/84233694207?pwd=bEJMazZwanUwQ2dDSDdWZENsa2xqQT09>



If you need help, please call
Anna: 07414755594
Lydia: 07402543060



Created by the Patient Engagement Team for East and Central Brighton Primary Care Network August 2021

Thursday 19th at 11am. The topic will be cervical cancer.

Inviting all women over 18 with learning disabilities to this webinar

East & Central Brighton Primary Care Network are working on increasing uptake in cancer screening and have collaborated with Speak Up Against Cancer (Albion in the Community) to run some online education webinars for their patients with learning disabilities. The sessions are open to all people with a learning disability across the city.

[Watch a video explaining the event here](#)



Just contact your GP practice

If you've had **tummy trouble** such as **discomfort or diarrhoea for three weeks or more**, or seen **blood in your pee – even just once**, it could be a sign of cancer. It's probably nothing serious, but finding cancer early makes it more treatable.

Your NHS wants to see you.
nhs.uk/cancersymptoms



(F) Opportunity to take part in a research study



Participants are being sought to join a new study, 'A pathway for reducing the risk of medication-related harm in older people'.

The organisers will be holding virtual meetings with older people and their carers. They want to hear your views on medication-related problems.

A number of older adults experience harm from their medications in the 8-week period after discharge from hospital. This harm may be due to side effects of medicines, taking the wrong amount or type of medicine, or not taking prescribed medicines. In many cases, this harm could be prevented. The researchers want to find out what patients will find helpful in reducing harm from medicines. They are interested in the views of older people who have been in hospital and were discharged with medications.

The study involves taking part in 3 virtual focus group meetings via Zoom. The meetings will be about 6-8 weeks apart. Each focus group meeting will last around 90 minutes including a short break. Support can be provided to guide you through getting set up on Zoom if you are not already familiar with it. If you do not have access to the internet but would be interested in participating, please let the researchers know and they will send you some questions for you to fill in on paper.



Please choose one of the following dates:

Wednesday 8 September, 1-3.30pm

[A pathway for reducing the risk of medication-related harm in older people Tickets, Wed 8 Sep 2021 at 13:30 | Eventbrite](#)

Tuesday 14 September, 1-3.30pm

[A pathway for reducing the risk of medication-related harm in older people Tickets, Tue 14 Sep 2021 at 13:30 | Eventbrite](#)

Monday 20 September, 2-3.30pm

[A pathway for reducing the risk of medication-related harm in older people Tickets, Mon 20 Sep 2021 at 14:00 | Eventbrite](#)

Contact: Ellen Thomas Departmental Assistant, Department of Elderly Care
e.thomas@bsms.ac.uk

Carry on reading for COVID updates!

(3) COVID NEWS

(A) Vaccinations: Brighton Centre is closing from 30 August and relocating services to Churchill Square



Brighton's large-scale vaccination centre is moving from the Brighton Centre to Churchill Square shopping centre, into the former Topshop store, from Monday 30 August.

The new site, which is just a short walk from the existing vaccination centre, will be ready to vaccinate people with booked appointments, or those who just want to walk in, from 8.30am.

Vaccination appointments will continue at the Brighton Centre until 7pm on Sunday 29 August before the big move.

Anyone who has a second dose appointment booked at the Brighton Centre on or after Monday 30 August will be contacted by text message and email and informed about the change of location for their vaccination. The date and time of the appointment should remain the same.

Free parking for one hour in Churchill Square's Orange Car Park is still available for people attending the new site for their jabs over the coming weeks and months.

The new centre will also offer walk in vaccinations to 16- and 17-year-olds. The Brighton Centre vaccination centre was opened on Monday 25 January by Sussex Community NHS Foundation Trust. At its peak it delivered up to 3,000 vaccinations a day and the team there has given over 250,000 first and second dose vaccinations since opening.

Find out [more about the vaccination centre move to Churchill Square](#)

(B) Vaccinations for 12-17-year-olds



[The UK regulator has confirmed that Moderna vaccine is safe and effective in this age group.](#)

You will find the latest information about vaccinations for this age group below.

Young people aged 16 and 17 (who are not in an 'at risk' group)

Thousands of invitations are going out to 16- and 17-year-olds in Sussex this week so that they can benefit from the all-important protection needed to prevent severe illness from COVID-19.

While we know that the majority of younger people aged 16 -17 aren't at risk of severe illness if they catch COVID-19 themselves, we do know that infection rates among this group have been increasing. It's vital for them to get their all-important protection before they go back to school, college or begin work to help stop the spread in our communities.

You have two ways to receive your 1st dose:

1. You can go to one of the walk-in vaccination sessions. No appointment is needed, and you can simply turn up to receive your vaccination. [See the latest dates and venues for walk in sessions.](#)
2. You will be contacted by your local vaccination service. Your GP practice or a team working on their behalf will contact you to arrange an appointment for you.

If you are 16 and 17 you cannot currently book your appointment on the national booking system or by calling 119 unless you turn 18 in the next three months. If you will be turning 18 soon, you can [book your COVID-19 vaccination appointments online.](#)

You will be offered the Pfizer vaccine.

We expect that you will be contacted by 27 August to offer you a vaccination.

The Sussex COVID-19 vaccination programme has produced some [frequently asked questions](#) for younger people aged 16 -17 years old.

Young people aged 16 and 17 who are in an at-risk group

For some time, young people aged 16 and 17 who in an ['at-risk' group](#) have been offered two doses of the COVID-19 vaccine. If you have not yet received yours, please speak to your GP practice. You will be offered the Pfizer vaccine.

Some children aged 12 to 15

Children aged 12 to 15 can get vaccinated against COVID-19 if:

- they have a condition that means they're at high risk from COVID-19
- they live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus, or rheumatoid arthritis)
- Visit the [Sussex Health and Care Partnership website](#) for more details

Helpful materials

- [COVID-19 vaccination: a guide for eligible children and young people \(print version\)](#)
- [Information for children and young people on what to expect after COVID-19 vaccination \(print version\)](#)
- [COVID-19 vaccination for at-risk children and young people aged 12 to 15 years \(simple text print version\)](#)

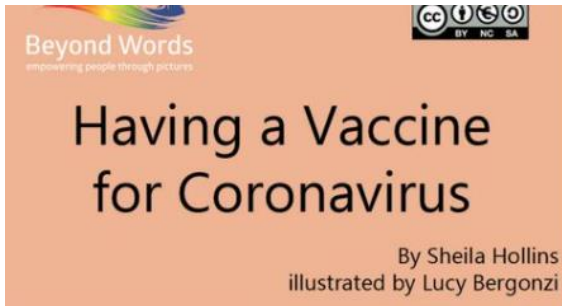
(C) Vaccinations for those who are pregnant



Health professionals advise that approved vaccines do not affect fertility in women or men.

[Find out more here.](#)

(D) Vaccinations: a simple guide to help your understanding



This pictureless story has been created to encourage those who may find it hard to understand words to get their COVID-19 vaccination.

Please share with anyone who would find this helpful. <http://ow.ly/xm7R50FNaz5>

(E) Vaccinations: COVID vaccination boosters - latest

Latest update
on Phase 3
(Autumn
boosters)

Nationally the Joint Committee on Vaccination and Immunisation has provided interim advice that COVID-19 booster vaccinations should be offered in two stages from September.

The Sussex Health and Care partnership have been working on the basis of this information and been making preparations to identify all of the sites where they will be able to offer vaccinations. This includes GP led vaccination services, vaccination centres, pharmacy led vaccination services and hospital hubs.

They are expecting that there will be further advice from the JCVI over the coming weeks about how the vaccinations should be offered. This includes whether the COVID-19 and flu vaccines can be given at the same time, and which vaccines will be used.

The current advice is that those most at risk from serious disease should be offered a booster first. This includes:

- adults aged 16 years and over who are immunosuppressed;
- those living in residential care homes for older adults;
- all adults aged 70 years or over;
- adults aged 16 years and over who are considered clinically extremely vulnerable;
- frontline health and social care workers

After this group then the following groups should be offered a booster vaccine:

- all adults aged 50 years and over

- adults aged 16-49 years who are in an influenza or COVID-19 at-risk group as outlines in the Green Book
- adult household contacts of immunosuppressed individuals

It is recognised that wherever possible and desirable the seasonal flu vaccine should be offered alongside the third, booster dose of the COVID-19 vaccine this year.

[Please visit this website for updates](#)

(F) Need confirmation of your COVID vaccinations?



The [NHS App](#) is now available to use as a vaccine passport

A paper version will also be available by calling 119.

Please do not telephone your GP Practice to ask about the vaccine passport as they are unable to provide vaccine passports and it's essential we leave phone lines free for people who need medical assistance.

You can read more:

- [NHS App help and support](#)
- [Demonstrating your vaccine passport](#)
- [Healthwatch website](#)

(G) Grab a jab! Walk in and mobile units



Anyone aged 17 years and 9 months is eligible to have lifesaving vaccinations.

Walk in services are available. Just turn up and walk in for your first vaccination, no appointment is necessary.

Pop-up and mobile vaccination sessions are taking place in various locations across the

county to deliver first vaccinations.

Second jabs are also available at some of the walk-ins, if it has been at least eight weeks since the first dose (please note: your second dose must be the same vaccine as your first).

Getting your vaccine is easy, just bring one form of ID (photo ID not required) and your NHS number, if you know it. Dates and times are subject to change at short notice, so do double check by [clicking this link](#).

There are some walk in sessions for 16/17-year-olds. Please click the above link for details.

(H) COVID cases in Brighton and Hove

A message from the Public Health team for our city



For the second week in a row, we've seen a very small change in the number of confirmed new cases of COVID-19 in the city. While on the face of it, this might look like an encouraging hint that numbers are stabilising or are on their way down, it really is too soon to relax.

The virus is still most present among young adults and teenagers. However, the number of cases in older people has risen considerably and we now have one of the highest case rates in people aged 60 and above in the South East. This hasn't led to the same level of seriously ill people needing hospital care that we saw earlier in the pandemic thanks to the effectiveness of the vaccination programme.

What we do know, is that the virus loves a crowd and spreads most easily when people come together, especially indoors. When we socialise with friends and family it's too easy to let our guard down. But with such high rates here in Brighton & Hove, coupled with rising cases in the rest of the country, we all must do everything we can to try to slow the spread.

That means regularly testing with the free lateral flow test kits at home every week, especially if you're planning to get together with friends or socialise in crowds. If you get a positive lateral flow test, or have even the mildest Covid symptoms, definitely do not go out. Stay home and book a PCR test to make sure you don't have COVID, so it doesn't get a chance to spread to people you mix with.

The best way to keep everyone you care about safe is to get vaccinated.

From next Monday, our 16- and 17-year-olds have the opportunity to get vaccinated at the new vaccination centre in the old Topshop in Churchill Square. It is the same team of NHS workers and volunteers who ran the vaccination centre at the Brighton Centre, many of them giving their time freely.

I want to ask you to join me in thanking them, and all the other volunteers and community groups who have so generously given their time since the start of the pandemic. They have helped to keep the city safe and have provided much needed community support to people who have needed it most and deserve our gratitude and respect



Key statistics

To date, more than 1.15 million people across Sussex have received both of their vaccines and now have the highest level of protection. This means that 92% of individuals in cohorts 1-9 in Sussex have received their first dose, and 89% have received their second dose.

The local NHS is reminding everyone that it is never too late - if you are yet to have your first vaccination, book your appointment today or come to one of our walk-in sessions.

[Read more about the vaccination programme](#)

People aged 20-24 currently have the highest COVID-19 infection rate in England.

[Watch a short video shared by @NHSuk on Twitter](#) about the importance of getting both jabs.

You can find key local data showing confirmed cases of COVID-19 and deaths related to COVID-19 on the [Brighton and Hove Council website](#). We have reproduced some of the data displayed on the website. The data is accurate as at the time of publication, but updates occur daily. The Council also provides links to other available data related to COVID which can be accessed [here](#).

In the 7 days up to 20 August (based on data published on 25 August) we had 1,277 confirmed new COVID-19 cases in Brighton & Hove.

This is:

- down 1.7% on the previous 7 days
- equivalent to a weekly rate of 438 per 100,000 residents
- higher than the south east, which was 318 per 100,000
- higher than England, which was 328 per 100,000

(I) Test and Trace - the new requirements from 16 August



The Government has updated its advice about NHS Test and Trace and what to do if you are contacted. This reflects changes to self-isolation regulations for contacts that came into force on 16 August. [Click here](#) to read the advice in full.

Key points:

- if you develop symptoms, you should self-isolate and arrange a PCR test
- you can leave self-isolation to [get a test](#) to find out if you have COVID-19, or to take a home test to a [priority post box](#)
- if you test positive for COVID-19, you must continue to self-isolate. Your self-isolation period includes the day your symptoms started and the next 10 full days.
- It remains a legal requirement to self-isolate if you test positive for COVID-19 or if you are identified as a contact and told to self-isolate by Test and Trace. Failure to self-isolate for the full time-period can result in a fine, starting from £1,000.
- If your test is negative, you will no longer be required to self-isolate, though you may wish to do so if you still feel unwell and have symptom

You are not required to self-isolate if you are notified you have had close contact with someone with COVID-19 and any of the following apply:

- you are fully vaccinated

- you are below the age of 18 years and 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

You are fully vaccinated 14 days after your final dose of an MHRA-approved vaccine that was administered in the United Kingdom. This is to allow for an antibody response to develop.

These websites contain all the information you need about testing:

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Coronavirus in children](#)
- This link to the [government website](#) explains all you need to know about testing
- More information explaining how Test and Trace works can be found [here](#). [The council has updated their advice about obtaining a test for COVID-19](#)
- [Testing for coronavirus at home](#) How to use your coronavirus home test kit
- Click here to [Get a free PCR test](#)
- Click here to [Order your lateral flow test](#)
[find a pharmacy where you can collect tests](#)
[9 in 10 pharmacies now offering free, rapid coronavirus \(COVID-19\) tests](#)
[find a local site to get tested at](#)
[find a local site where you can collect tests](#)

(J) Other COVID related news

[UK signs deal with Pfizer/BioNTech for 35 million vaccines](#) The doses will be delivered from the second half of 2022. Plans for ensuring the country remains ahead of the virus for years to come and for any future booster programmes

[Cost of NHS travel tests to be reduced and private provider list reviewed](#) The cost of NHS Test and Trace tests for international arrivals will now be reduced from £88 to £68 for one test and private testing providers will be reviewed. In addition, 82 testing providers will be issued warnings over misleading prices.

[Government launches UK-wide antibody surveillance programme](#) - Home antibody tests available for up to 8,000 people a day

[Arrangements for visiting out of the care home](#) Updated guidance to reflect the change in guidance on 16 August that you no longer have to self-isolate after confirmed close contact with a positive case of COVID-19 if you are fully vaccinated or under 18.

[New study to test third COVID-19 vaccine for people with weakened immune systems](#)
A new clinical trial will investigate whether a third dose of vaccine for people with weakened immune systems gives a stronger immune response than two doses.

You can now recycle PPE in dedicated bins in Brighton and Hove. Read more here: <http://ow.ly/FJGq50FSEgQ>



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