

COVID-19

A message from Alistair Hill, Director of Public Health (18.11.20)



When we reported the drop in numbers last week, I warned it was too early to say that this would be sustained. Unfortunately, the numbers of confirmed cases of Covid-19 are again going up among all age groups.

The [full data](#) is available on our website. In summary, there has been a 46% increase in cases in the city's population as a whole. There was an especially sharp 57% rise in adults aged over forty and a 50% rise among people aged over 60. This growing spread of Covid among our older and most vulnerable residents is very worrying.

It has been suggested some of the increase in cases seen nationally in the last week reflects extra social interaction in the period leading up to the national lockdown. This highlights why the lockdown guidelines to stay home and to avoid meeting people outside your household ([except where allowed](#)) are so necessary to stop Covid spreading out of control in our city.

With such high stakes, we must all take this second lockdown as seriously as the first one. We are already two weeks in with only a short time left to play your part in helping to reduce the numbers of cases in our city.

[Work from home](#) if you can and only go out for essential activities to avoid close contact with people outside your household. If you [cannot work from home](#) follow Covid safety guidelines in your place of work.

If you experience any [Covid related symptoms](#) - even if very mild - you must immediately self-isolate with your household, [apply for a test](#) and follow the [self-isolation guidelines](#) to stop the virus infecting more people.

To break the chain of transmission we need everyone who is contacted by NHS Test and Trace to respond to the calls and emails to provide the information they ask for.

The Council's [Community Hub](#) can provide support and advice for all residents, especially people who need to self-isolate. If you or anyone you know needs help during this difficult time, please do not hesitate to contact our Community Hub.



The [Brighton and Hove City Council](#) website has more information

[Coronavirus outbreak FAQs](#): Frequently asked questions on what you can and cannot do during the coronavirus outbreak.



HM Government

NHS

NATIONAL RESTRICTIONS

5 NOV - 2 DEC

- You must stay at home
- Only leave home for food, medical reasons, exercise, education or work
- You must work from home if you can
- Avoid travel unless essential
- Schools and essential shops will remain open
- Remember: wash hands, cover face, make space

For the latest guidance, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

YOUR HEALTHWATCH

(1) “Ask Us - Tell Us” campaign: your experiences of health and social care during lockdown 2

healthwatch
Brighton and Hove



Healthwatch in Sussex are supporting the NHS and Social Care to understand what is and is not working well for people during ‘Lockdown 2’.

We are interested in hearing from you about your experience of accessing services:

Tell Us your experience of health and social care services, for example are you more worried or affected by changes to care or support services?

Ask Us about how services are running during lockdown e.g. GPs, outpatients and dental. You may find the information you need on our [COVID-19 webpage](#)

To Ask Us - Tell Us, please contact us via our online feedback form by clicking [here](#)

Here is a QR code that you can scan using your smart mobile phone and which should take you to the Healthwatch Brighton and Hove website.



You might also be interested in a BBC Radio Sussex interview with our Chief Executive, David Liley, that also mentions this campaign. If interested, please click [here](#)

(2) Amplifying the voices of relatives with loved ones in care homes across Sussex

Healthwatch in Sussex statement for Sussex MP's and Councillors

healthwatch
in Sussex

“ The impact of the COVID-19 pandemic on care homes, carers and care home residents has received considerable coverage in recent months. Concerns about infection among vulnerable people has led to many care home residents having little or no contact with their loved ones. This remains a significant issue across Sussex where there are approximately 800 Care Homes.

One Healthwatch in Sussex response to care home issues has been the hosting of a webinar on the 10th November. This event was attended by 90 people, made up of members of the public, representative bodies, commissioners and front-line staff from health and care services across Sussex. It explored the impact and potential solutions to the separation of care home residents and their loved ones in a pandemic.



Healthwatch in Sussex appreciates the efforts of MPs and local councillors in maintaining a spotlight on care home issues and we believe that the findings and recommendations from our webinar can inform the effort to balance safe practice and essential contact between loved ones.

Webinar participants heard numerous powerful accounts of the impact and consequences of enforced separation from frail and often confused family members.

One relative, who, a week prior to this event was interviewed at length on BBC Radio Sussex, shared her moving account of being separated from her mother for 17 weeks. Her distress at being prevented from providing care and support to her mother, and the sense of a mother who no longer recognises her daughter, is an experience that could be felt by any of us.

Families also spoke about their concerns and possible solutions moving forwards including:

How the adoption of 'Key Worker' status for a family member or friend would contribute significantly to sustaining safe visits. In a live poll on the night, 85% of people agreed that relatives should be given 'key worker' status.

The potential role of increased COVID-19 testing in helping relatives keep in touch with loved ones.

The urgent need to clarify and confirm the options available for visiting care home residents over the Christmas period.

The prospect of a potential vaccine, and how a roll-out starting with care home residents and staff in the first tranche would be a significant turning point for families.

A commitment was made on the night by health and care representatives that the details and practicalities of the proposal for expanding 'key worker' status should be explored as a priority to achieve a consistent approach across Sussex.

Dr Mathew Thomas, a GP who gave a presentation at the webinar, shared his impression of the whole event:

"It was a privilege to be asked to engage with the families of care home residents on the Healthwatch Webinar. They gave powerful, insightful, and touching stories of the trauma and upset that COVID-19 has caused them and their loved ones. I also heard about some wonderfully caring Homes and staff who have gone the extra mile. It gave me a lot to think about and will help shape some of the support I give to the care homes going forward."



“ Experiences and views that were shared at the event have been recorded and will be drawn together, shared with participants, and published to inform future decision-making for care homes. The webinar was recorded and is available for anyone to watch by clicking the following link: https://youtu.be/D53_dekly3k

Healthwatch in Sussex will also publish a webinar report which will include details from all the Question and Answers sessions by the end of November.

We are keen to work collaboratively with all MPs and Councillors to amplify the voices of families and friends with loved ones in care homes across Sussex. If you require more details about the event or wish to discuss these themes further, then please contact your local Healthwatch.

”

Learn more about a [pilot for family members to get regular testing for safer care home visits](#) which will enable named family and friends to regularly visit loved ones in care homes. The pilot will involve:

- Care homes across Hampshire, Cornwall and Devon will pioneer the new system which will see a designated visitor given access to tests
- Around 20 care homes will be included in the trial before a wider roll-out in December

Family members or friends of those living in care homes will be given regular testing to reunite them with their loved ones in care homes as a new pilot launches on Monday (16 November 2020).

Share your experiences



John's Campaign are currently collecting responses from people with friends or relatives currently living in care homes to find out exactly that. This survey is for anyone who has a friend or relative currently living in a care home or residential care setting in England. This includes both older and younger adults. The survey closes **Monday 30th November** <https://www.surveymonkey.co.uk/r/XQM6ZKR>

John's Campaign challenges the current enforced separation of closest family or friends when one member lives in a care home, particularly if that family member is living with a disability such as dementia. Currently we have lodged an application in the High Court for Judicial Review of the Government's guidance on visiting arrangements in care homes. During this period of national restriction Government guidance has changed and we hope families will find their access improved, especially with new emphasis on individual visiting plans.

(3) Healthwatch reports



[Young People's preferences towards the future of health and social care services in Sussex - Findings during the coronavirus pandemic, 3 November 2020](#)

Young Healthwatch has worked alongside Healthwatch Brighton and Hove to explore young people's experiences of Sussex health and social care services during the coronavirus pandemic (including phone, video, and online appointments).

Key findings

- Most young people who needed health and social care support during the pandemic have booked appointments. Only a minority who needed support decided not to book an appointment. This is in contrast to the findings from our [main Healthwatch report](#) which revealed that 37.4% of people chose not to make an appointment during the pandemic despite having a need to access health, social or emotional care.
- Levels of satisfaction for remote appointments were high (78.18%, 88.89% and 79.59% of young people being satisfied/very satisfied with phone, video, and online appointments, respectively).
- However, specific concerns were raised around remote appointments, including: anxiety and difficulty to express oneself through phone or video appointments; issues with technology during video calls; remote appointments not being appropriate when prescribing a new medication or treating specific conditions that require face-to-face assessment.
- Most young people said they were happy with future appointments to be remote.
- Recommendations from young people were:
 1. Allow patients to choose the type of appointment they feel most comfortable with.
 2. Use patient's type of condition and severity to decide the most suitable appointment type.



Our 6-month Healthwatch in Brighton report demonstrates what we have been doing and what projects we are planning to do in the future. Click [here to read this report](#).

Healthwatch Brighton and Hove - Hospital Discharge Wellbeing Report - 22 October 2020.

The Hospital Discharge Wellbeing Project (HOPS) project started early in April 2020 as part of the response to COVID-19. We report here on the 5 months from April to Sept 2020. Click [here to read this report](#). We have also created a one-page summary [here](#)

(4) Learning the lessons from COVID-19: read the response to a new House of Lords report



A message from Healthwatch England (13th November 2020). Click [here to read more](#).

A new report from the House of Lords Public Services Committee set out several issues with the UK's approach to delivering public services, which the report calls on the Government to address as a matter of urgency. Healthwatch England has welcomed the report, especially the call for more to be done to:

- Reduce the deep and ongoing health inequalities which have been exacerbated by COVID-19.
- Assess the changes that have been made to the way health and social care services are delivered to ensure that positive changes are not lost; and
- Involve users in the design and delivery of public services.

Healthwatch England submitted evidence to the Lords inquiry about the experiences that people have had since the arrival of the COVID-19 pandemic, and the impact it has had on their health and care. Read the report '[COVID-19: What people are telling us about their care](#)' to find out more.

HEALTH AND SOCIAL CARE UPDATES

(1) Advice for people at high risk from coronavirus (shielding)

If you are at high risk (clinically extremely vulnerable) from coronavirus (COVID-19), there are things you can do to help keep yourself safe.

There is some general advice for everyone at high risk, as well as extra advice depending on where you live.

If you're not sure if you're at high risk, see [who's at higher risk from coronavirus](#).

Get a shielding note if you cannot work

If you are unable to work because you work in an area where shielding advice is in place, you may be able to get a shielding note to give to your employer.

You can use this note to claim Statutory Sick Pay (SSP) or Employment and Support Allowance (ESA).

[Get a shielding note](#)

More information and advice about work:

- [GOV.UK: work and financial support during coronavirus](#)
- [Citizens Advice: if you are worried about working](#)

You can also get advice from [Acas](#). Call the Acas helpline on 0300 123 1100 (Monday to Friday, 8am to 6pm).

You can also get help with food and medicine deliveries from an NHS volunteer. Call 0808 196 3646 (8am to 8pm) to get help from [NHS Volunteer Responders](#). Brighton and Hove Council have included lots of useful information on their website, including how to [request help for yourself or someone else](#)

If you live alone or you are a single parent who lives only with your children, you can meet with 1 other household without staying 2 metres away from them. This is called a support bubble. Find out more about [making a support bubble with another household on GOV.UK](#).

[COVID-19: guidance on shielding and protecting people defined on medical grounds as extremely vulnerable](#) - Information for shielding and protecting people defined on medical grounds as extremely vulnerable from COVID-19.

(2) Updated advice for people receiving direct payments

[Coronavirus \(COVID-19\): guidance for people receiving direct payments](#)

Advice for people who buy care and support through a direct payment, as well as local authorities, clinical commissioning groups and those who provide care and Updated the attachment 'Using direct payments during the coronavirus outbreak: full guidance for people receiving direct payments and personal assistants' and easy read, and the attachment 'Using direct payments during the coronavirus outbreak: the most important things to know'. The updates reflect current national policy and add sections on mental health support, accessing the winter flu vaccination and testing.

(3) Facemasks

Magazine Which? Has produced 5 articles on face masks and coverings:

[Best reusable face masks](#)

[How to buy the best face covering](#)

[How to wear, store and wash your face covering properly](#)

[How to make your own face covering](#)

[Find out about the pros and cons](#) of disposable face masks, the different types and whether a reusable or disposable face mask is best for you

Read more by clicking [here](#)

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(4) Mouth Cancer Action Month.



This month is Mouth Cancer Action Month. You can download a [digital toolkit with lots of free resources](#). The five key risk factors are:

1. **Tobacco** is the leading cause of mouth cancer. Tobacco transforms saliva into a deadly cocktail that damages cells in the mouth and can turn them cancerous.
2. **Alcohol**: Drinking alcohol to excess is linked to more than a third of mouth cancer cases in men and a fifth in women. Heavy drinkers and smokers are up to 35 times more at risk.
3. **HPV** (the Human papillomavirus): The world's most common sexually transmitted virus is being linked to the growth of mouth cancer cases and is expected to become the leading cause of the disease in the near future.
4. **Diet**: Research shows that a diet high in fresh fruit and vegetables can reduce the risk of developing mouth cancer.

(5) Alcohol Awareness Week 16 - 22 November

The banner is divided into three horizontal sections. The top section is yellow with the text 'Alcohol Awareness Week 16 - 22 November 2020. For the facts on alcohol and mental health.' and the Alcohol Change UK logo. The middle section is teal with the text 'One in five people said they drank to handle stress or anxiety during lockdown' and a photo of beer bottles. The bottom section is yellow with the text 'Download the free Try Dry app to track your drinking' and a photo of smartphones displaying the app interface. The Alcohol Change UK logo is repeated on the right side of each section.

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It is a week of awareness raising, campaigning for change, and more. The theme this year is 'Alcohol and mental health'. Drinking alcohol can also weaken your immune system and put you at greater risk from COVID-19.

[Find ways to drink more healthily and look after your mental health](#)

[Test your knowledge on alcohol with this quick quiz](#)

[Top tips for cutting down or stopping drinking](#)

Taking steps to manage our drinking and look after our mental wellbeing has never been more important.

[Download the free Try Dry app to help you keep track and drink more healthily](#)

[Support is available](#) in for anyone affected by alcohol misuse. Do not suffer alone Get help at:

www.brighton-hove.gov.uk/alcohol-or-drug-misuse

(6) Impact Initiatives Food Access Support service.



AGEING
WELL

This service is available to anyone aged 18+ in Brighton and Hove who can afford to pay for their food but are struggling to get these items as not able to go to the shops.

This service includes:

- Support to use online and telephone shopping options.
- Access to priority online delivery slots for Tesco & Iceland home deliveries.
- Signposting people to paid shopping services.
- One-off small food shop in if no other options are available.
- As Covid-19 restrictions ease, short-term support for individuals to regain confidence in shopping for themselves again.

To access support from this service:

- Call **01273 293117, option 3** (BHCC Local Discretionary Help and Advice phone line)
- Call or text **07770 061072** (Ageing Well single point of contact)
- Email ageingwellbh@impact-initiatives.org.uk

You can find lots of information on food and shopping options by clicking on the 'Shopping & Help Accessing Food' button here;

<http://ageingwellbh.org/coronavirus/>

If you have any questions, please get in touch using the above contact options.

(7) Free flu jab



Seeking the views of Pregnant People

The Sussex NHS Commissioners are keen to seek pregnant people's views on the flu vaccine and would appreciate if you could please complete a [short survey](#) by Monday 23rd November 2020. Please contact Isabel Costello (isabel.costello1@nhs.net or 0792 0244 988) if you have any questions or require the survey in an alternative format.

The Government has [announced](#) that **people aged 50 to 64** will get free flu vaccine from 1 December as part of expanded flu vaccination programme this winter. Individuals aged 50 to 64 will be able to get a vaccine from their GP or pharmacy. This significant new group can now be included in the flu programme [Click here to read more](#)

Flu is a particular threat to people with long-term conditions that include:

- respiratory conditions, such as asthma (needing steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis
- diabetes
- heart conditions, such as coronary heart disease or heart failure
- being very overweight - a body mass index (BMI) of 40 or above
- chronic kidney disease
- liver disease, such as hepatitis
- neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- people with a learning disability
- problems with your spleen, for example, sickle cell disease, or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or taking medicines such as steroid tablets or chemotherapy

Further information and links:

For a full list of [priority groups](#) and other information about this year's flu vaccine, visit www.nhs.uk and search for flu vaccine.

Every year the flu virus kills people and hospitalises many more. This year it is even more important people who are most at risk of flu have their free flu vaccination.

- Information from Brighton and Hove Clinical Commissioning Group regarding the flu vaccination is [here](#)
- NHS Guidance on who is eligible for free Flu Vaccinations is available [here](#)
- Why have the flu vaccination? Advice is available [here](#). This includes translated materials.
- [Frequently Asked Questions about the flu](#)
- Information on the free flu vaccine is available in [Easyread](#) formats and in a [variety of languages](#).
- [The government has released its plan](#) for the flu vaccines and supply for the national flu programme. [Millions of extra flu jabs available to support largest UK vaccination programme](#): over 30 million people to be vaccinated this year to protect them from flu and support the NHS

(8) NHS Guidance: Help Us, Help You

Across Sussex, the NHS is working hard to respond to COVID-19 but the NHS is still here for you and it is still our responsibility to make sure you get the right care, in the right place, now more than ever.

While everyone is being told to stay at home, it can be hard to know what to do if you are unwell.

Help and support from a GP Practice

GP practices remain open and are working to keep you safe whilst still providing the care you need.

Please do not just turn up to your GP practice:

- visit the GP surgery's website, or use an [online service](#) to contact your GP - [find your GP surgery](#) to get its website details
- call your GP surgery first

Your GP surgery will then give you advice about what to do. A phone or video call with a GP, nurse or other healthcare professional may be booked for you. You will only be asked to visit the surgery if absolutely necessary.

Your GP surgery may be very busy at the moment and you may have to wait longer than usual to speak to someone if it is not urgent. [Read our Healthwatch guide](#) to seeing a GP.

Urgent medical help

If you need urgent medical help, call NHS 111 or use the [NHS 111 online service](#). The 111 online service asks questions about your symptoms to help you get the help you need. Call 111 if you need urgent help for a child under 5 or cannot get help online.

Dental treatment

Dental practices are open, but they are prioritising vulnerable patients with the most urgent need. Contact your dental practice by phone or email

If you think you need urgent dental treatment:

- call your dentist
- email your dentist
- call NHS 111 or use the [NHS 111 online service](#) if you cannot contact your dentist or you do not have one

Your GP cannot provide dental treatment. [Read our Healthwatch guide](#) to seeing a dentist.

Emergency medical help

For life-threatening emergencies, such as a stroke or a heart attack, call 999 for an ambulance. Try to avoid going straight to A&E instead of calling an ambulance.

Access to NHS Services during COVID-19 Guide

Sussex NHS Commissioners has produced a [guide to support you to access NHS services that are still here for you during COVID-19](#), which includes helpful information explaining how you may need to access services in a different way to stay safe. This guide is also available in different languages and British Sign Language (BSL) on request by contacting the Public Involvement team on 01903 708 411.

You can find more information on getting the care and treatment you need [here](#).



(9) Big Health and Care (Socially Distancing) conversation

Sussex NHS Commissioners launched the [Big Health and Care \(Socially Distancing\) conversation](#) in July this year, seeking feedback to help them understand people's experiences of health and care during the COVID-19 pandemic. They have produced a report of the findings to date and wanted to update you as to the impact that your feedback has had so far.

- Shaped by feedback from surveys carried out in April and in July they developed the '[Help us, Help you](#)' leaflet, which provides information to the public about a range of services, available in different formats and languages on request.
- Work has also begun to develop patient and clinician videos to develop confidence in participating in online appointments.
- Based on the gaps in insight that were apparent, they have secured funding for a range of projects to help them better understand the experiences of those for whom health inequalities have been exacerbated by COVID-19.
- As it became clear that black, Asian and minority ethnically diverse communities were being disproportionately affected by COVID-19, they launched the BAME Disparity Programme, with the aim of better understanding the experiences and challenges of these communities, and using that information to inform and challenge our services to better support and protect them during the pandemic and beyond. The [reports of this programme](#) from the first phase of community engagement have been published and further work is underway to build on this feedback and take action. A series of informative webinars for the public have been arranged over four months from October, each with a different theme, and a virtual conference has been held for staff.
- A COVID-19 [bereavement leaflet](#) has been co-designed by the SHCP and colleagues including Sussex Police and coroners to provide information to help people who lose loved ones during the COVID-19 pandemic. As a result of this work, a helpline was also established to provide further information, advice and support.
- The Big Debate: The emerging themes from the Big Health and Care Conversation have been around wellbeing and delayed care. The Big Debate has focused in on these issues and drawn out more detail, and this week Commissioners will begin a series of online workshops where Sussex residents will deliberate wellbeing, in terms of the services and therapies available to improve wellbeing and responsibilities for keeping the population well. This is a new engagement mechanism, and the findings will be reported in due course.



Thank you very much to those of you who have taken the time to contribute to the conversation so far, and please do continue to feed in your thoughts, experiences and suggestions about health and care services; **your views are important and can make a difference**

- Visit [the website](#) and share your experience, ask questions, and more!
- Email the team at sxccg.involvement@nhs.net or call us on 01903 708411

(10) New freephone number: Citizens Advice Brighton & Hove

Get free, confidential and impartial advice

Call Citizens Advice Brighton & Hove on

08082 78 78 15

Our freephone advice line is open

Monday 9.30 - 12.30, 1.30 - 3.30
Tuesday 9.30 - 12.30, 5.00 - 7.30
Wednesday 9.30 - 12.30, 1.30 - 3.30
Thursday 9.30 - 12.30, 1.30 - 3.30
Friday 9.30 - 12.30



For general advice:

Visit our national website,
citizensadvice.org.uk
where you can also chat to an
adviser online.

**Email through our local
website at:**
www.brightonhovecab.org.uk

**Call our local freephone
advice line:**
08082 78 78 15

For help claiming Universal Credit:

Phone:
0800 144 8 444

Textphone:
18001 0800 144 8 444



LOCAL COVID NEWS

(1) A message from Alistair Hill, Director of Public Health for our City about COVID numbers



From 16th November, Public Health England (PHE) has updated the way it records the location of people who test positive for COVID-19.

PHE now assigns cases to an area based on the address given at the time of testing, instead of the details registered on the patient's NHS Summary Care Record.

This better reflects the distribution of cases and tests. However, it does result in differences to previously reported numbers of cases in the city. The change has been retrospectively applied by PHE to confirmed positive tests from the 1st September onwards.

This adjustment has not made a significant difference to our current 7-day case rate (the current rate, published 16th November, is 176.4 per 100,000 based on 513 cases in the 7 days up to 11th November).

However, the cumulative number of cases in Brighton & Hove has increased from 3,420 reported yesterday (15/11/20) to 3,650 reported today (16/11/20).

A significant proportion of this increase relates to historical cases in students that were previously assigned to their "home address".

Since the 13th October, we have been provided with information locally from Public Health England on confirmed cases where either address was Brighton & Hove, so we have taken action based upon this information.

Kind regards
Alistair Hill, Director of Public Health



[Brighton and Hove City Council Covid-19 pages](#)

If you need support or advice the [Brighton and Hove City Council](#) website has more information (see below)

Advice around attending school, college and universities can be found [here](#) with answers to commonly asked questions available [here](#).

Support available in Brighton & Hove

Emergency help with food, energy bills and other essentials

Local Discretionary Social Fund
www.brighton-hove.gov.uk/emergency-help-with-bills 01273 293117 (option 1).

Debt advice if you are facing financial difficulties

www.brighton-hove.gov.uk/debt-advice
Citizens Advice 0300 330 9033
Money Advice Plus 0800 988 7037.

Food, shopping and meal deliveries Brighton & Hove Food Partnership www.bhfood.org.uk/coronavirus-update.

Mental health Sussex Mental Healthline 0300 5000 101 (freephone).

Wellbeing Healthy Lifestyles team www.brighton-hove.gov.uk/healthylifestyles 01273 294589.

Carers The Carers Hub www.carershubs.co.uk 01273 977000 (Monday to Friday, 9am to 5pm).

Loneliness Together Co www.togetherco.org.uk 01273 775888.

Older people Ageing Well www.ageingwellbh.org 07770 061072 (Monday to Friday, 9am to 5pm) or call The Silver Line 0800 470 8090.

Domestic abuse The Portal www.theportal.org.uk 0300 323 9985.

Bereavement Cruse Bereavement Care www.cruse.org.uk 0808 808 1677.

Digital support and resources Digital Brighton & Hove www.digitalbrightonandhove.org.uk 07475 946084.

Adult social care Access Point www.brighton-hove.gov.uk/adult-social-care 01273 295555 (Monday to Friday, 9am to 4.30pm).

Children or families Front Door for Families www.brighton-hove.gov.uk/front-door-families 01273 290400 (Monday to Thursday, 9am to 5pm, Friday until 4.30pm). If you still need extra support and don't have anyone to help you at the moment, contact our community advice and support hub. www.brighton-hove.gov.uk/coronavirus-help If you can't get online, call 01273 293117 (option 2) Monday to Friday, 10am to 4.30pm.

Do not leave home if you or someone you live with has any of the following:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Self-isolate immediately and get a test.
Go to nhs.uk/coronavirus or call 119.

(2) COVID-19 Vaccination Preparedness

You may have seen recent media reports that the NHS is seeking to recruit 40,000 vaccinators and volunteers to help to deliver a COVID-19 vaccination programme as soon as a safe and effective vaccine become available.

The Government has asked the NHS to be ready to deliver a vaccination programme for England from December. In Sussex, detailed planning is well progressed, building on the expertise and strong track record the NHS has already in delivering immunisations like the annual flu vaccination programme.

Sussex Community NHS Foundation Trust is the lead provider for the vaccination programme across the county and will be responsible for coordinating and running the programme and delivering it alongside GPs and other health and care partners. The government recently set out a new contractual arrangement for GPs and their teams that is currently being discussed through which they can support the programme.

A priority in all our planning is to ensure that it is as easy as possible for eligible

people to access a vaccination when they become available. The NHS, working with partners, will deliver the vaccine through a network of locations, for example to vulnerable and housebound people in their own homes, at community clinics and at large scale sites.

Eligibility for the vaccine will be prioritised by the Government's Joint Committee on Vaccination and Immunisation, based on the latest evidence of vaccine effectiveness and clinical characteristics. The most recently published advice is that vaccines should first be given to care home residents and staff, followed by people aged over 80 and health and social care workers, before being rolled out to the rest of the population in order of age and risk.

Rolling out the vaccine as quickly as possible will mean recruiting many more staff and volunteers, to ensure the NHS can continue to maintain other vital services. Parliament recently changed the law to allow a wider group of people to undertake training to deliver vaccines, including paramedics, physios, pharmacy and dental professionals and healthcare scientists - many of whom currently work outside the NHS.

Vaccinators are being recruited as well as stewards, administrators and patient transport and liaison volunteers, working in partnership with St John's Ambulance. In all cases, appropriate training, supervision and PPE will be provided to ensure the safety of staff, volunteers and those being vaccinated.

More information for those wanting to support this historic vaccination effort in Sussex is available at www.ksscovid.nhs.uk

A national public information campaign will commence shortly. It will promote public understanding of the safety and effectiveness of vaccines and provide more information to the public on when and how they will be able to access a vaccine when one becomes available.

(3) How and where to get a COVID test

Advice from the Council is available [here](#).

There is very high demand for coronavirus tests. Keep trying to book through the government [website](#) or by calling 119. [Self-isolate](#) immediately for 10 days if you have symptoms and all household members also need to stay at home.

A walk-in coronavirus test centre in East Brighton park is open. Anyone wanting a test must book an appointment, as with the mobile drive-through test centre currently operating from Withdean.

Click here to [get a coronavirus test](#).

If you do not have access to the internet, you can call 119 to book or order a test.

In the event that anyone with symptoms is unable to obtain a local test, it is not recommended that you travel long distances. Government advice is to try booking again in a few hours. A good time to try is 8.30pm when new slots are made available.

A test for suspected COVID-19 is free and NHS treatment for COVID-19 is free for all, including overseas visitors who are not usually entitled to free treatment from the NHS.

Symptoms

Anyone with [symptoms](#) can get a coronavirus test, whatever their age. Main symptoms are:

- **a high temperature:** this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough:** this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (a usual cough may be worse than usual)
- **a loss or change to your sense of smell or taste:** this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

These websites contain all the information you need:

- [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 how to get a test.
- 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 (COVID-19) home test kit.

Antibody testing is available for certain groups only.

You can get [a free at-home antibody test if all of these apply](#) you live in England , you are 18 or over and you work in paid adult social care.

[How tests and testing kits for coronavirus \(COVID-19\) work](#)

[NHS Test and Trace: how we test your samples](#)

LOCAL COVID DATA

Local data on COVID and statistics published by the Council

Key statistics for Brighton & Hove

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 data below. The Council also provides links to other available data which can be accessed [here](#). The graphs below provide more detail.

CONFIRMED CASES OF COVID-19 in Brighton and Hove

There has been an increase in the number of confirmed cases of COVID-19 in Brighton & Hove in the previous week. As of 18th November, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stands at 3,774. This has increased by 1,431, up from 2,343 on 30th October, the date of our last Healthwatch bulletin. In the last 7 days up to 14th November, there were 503 confirmed cases.

Published data provides an average rate of new cases of COVID-19 per 100,000 people over two time periods:

- a) the last 7-days
- b) the average since March 2020

The two averages are therefore different. For information, the population of Brighton and Hove is estimated by the [ONS](#) to be 290,885.

7-day average

This data is published by the [Public Health England](#) and population data by the Office for National Statistics. The rates are calculated by the Brighton & Hove City Council Public Health Intelligence team.

In the seven days up to 14th November there were 503 confirmed new COVID-19 cases in Brighton & Hove. This is equivalent to a weekly rate of new cases of 172.9 per 100,000 residents ($503/290,885 \times 100,000 = 172.9$). This rate has increased from 155.7 as of 24th October (and from 16.5 as of 2nd October). This rate is lower than the national average for England of 273.4 and the South East average of 188.6.

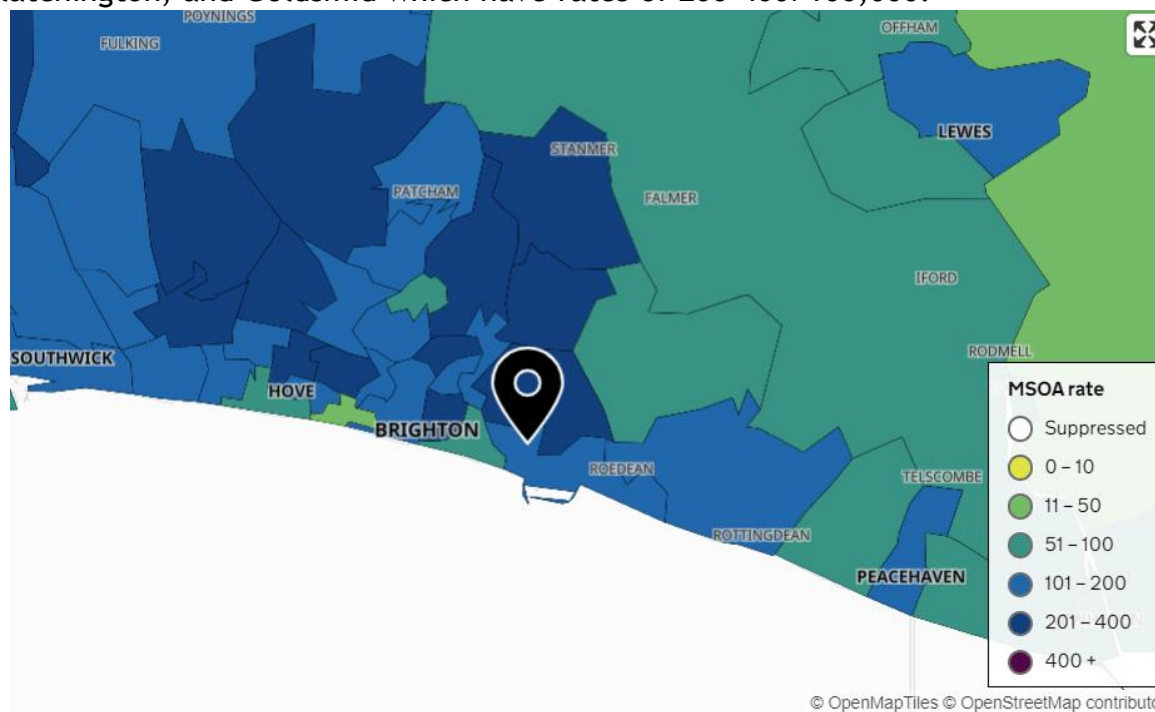
Average rate since February 2020

This data is published on the [government website](#). As of 14th November, the rate of confirmed cases in Brighton and Hove is equivalent to 1,297 cases per 100,000 residents ($3,774/290,885 \times 100,000 = 1,297$). This number has increased from 805.5 as of 24th October (and 377.5 as of 2nd October). This rate is lower than the national average for England of 2,219.8 but higher than the South East average of 1,236.4.

In the last few weeks, we have seen a slight increase in numbers of recorded deaths, which now stands at 177.

Where are the highest rates of infection in the city?

This government [map](#) displays weekly data, including seven-day case rates and direction of change ending on 17th November 2020. This shows that the highest rates of infection are in Stanmer, Coldean, Patcham, Westdene, Bevendean, Mouslecoomb, Hollingdean, Whitehawk, St James's, Queens Park, Hangleton, Blatchington, and Goldsmid which have rates of 200-400/100,000.



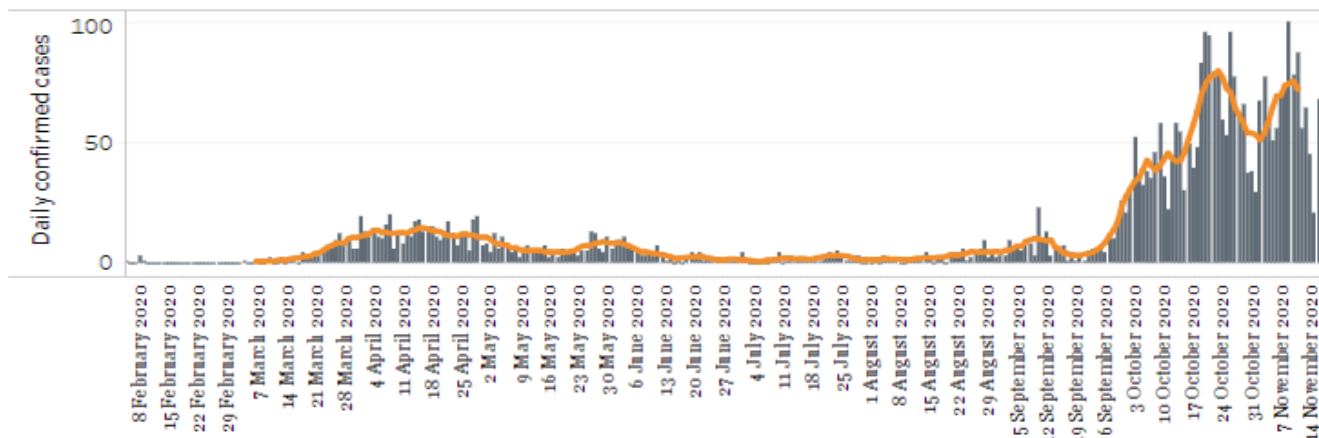
Government data showing confirmed COVID-19 cases in Brighton and Hove:

Date	No of confirmed cases	Total number of confirmed cases
18.11.20	0	3,774
17.11.20	17	3,774
16.11.20	68	3,757
15.11.20	21	3,689
14.11.20	45	3,668
13.11.20	64	3,623
12.11.20	56	3,559
11.11.20	87	3,503
10.11.20	78	3,416
9.11.20	100	3,338
8.11.20	73	3,238
7.11.20	70	3,165
6.11.20	56	3,095
5.11.20	51	3,039
4.11.20	57	2,988
3.11.20	77	2,931
2.11.20	67	2,854
1.11.20	29	2,787
31.10.20	38	2,758
30.10.20	37	2,720

COVID-10 confirmed cases following a test conducted within the those carried out by commercial laboratories (data obtained from the [Brighton and hove Council website](#)).



Confirmed COVID-19 cases in Brighton & Hove



Key 7 day daily average Daily confirmed cases	Confirmed cases up to 18 November 2020: 3,774	Confirmed cases (rate per 100,000 population) up to 18 November 2020: 1,297
	Confirmed cases in the 7 days up to 14 November 2020: 503	Confirmed cases (rate per 100,000 population) in 7 days up to 14 November 2020: 172.9

Most recent days subject to reporting delay. Last available data: 18 November 2020

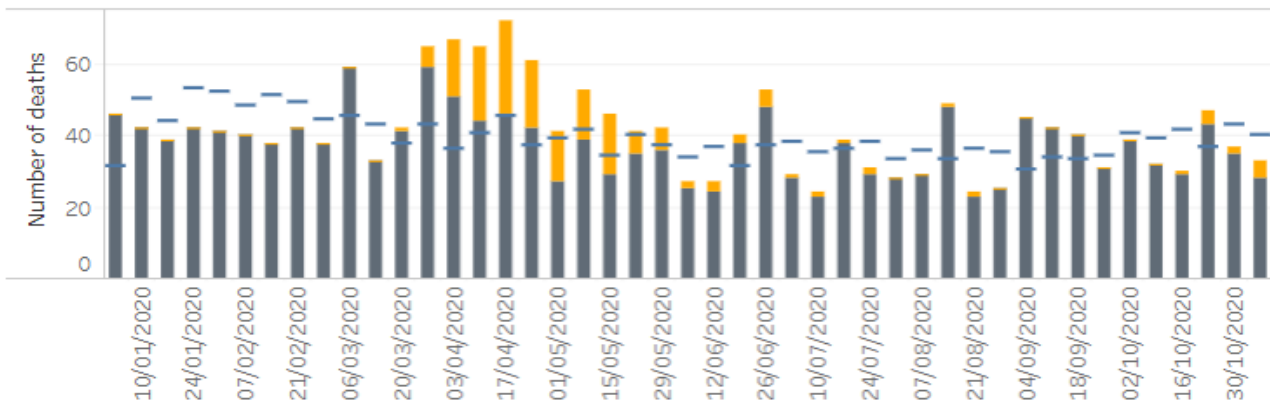
Deaths related to COVID-19 in the city

The number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate (yellow) is shown in the graph below (data obtained from the Brighton and Hove Council [website](#))

As of 6th November, the total number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate stands at 177 (recorded since February 2020). These are deaths which occurred up to 6^h November and registered up to 14th November 2020. In the last 7 days, there were 5 new deaths recorded.

The ONS has published an up-to-date [interactive map](#) which shows the number of deaths occurring in the period 1 March 2020 and 31 July 2020 and registered by 15 August 2020, where COVID-19 was mentioned as a cause on the death certificate. The results continue to show that the highest number of deaths has been recorded in the Woodingdean area of the city, with 16 deaths.

Deaths in Brighton & Hove in 2020



Legend
■ Covid deaths in week (2020)
■ Non-Covid deaths in week (2020)
■ 5-Year Average (2015-19)

Number of deaths recorded in 2020, up to 06 November 2020, with mention of COVID-19 on the death certificate:
177

Number of deaths recorded in the week up to 06 November 2020, with mention of COVID-19 on the death certificate:
5

Deaths shown occurred up to 06 November 2020 and were registered up to 14 November 2020.

Deaths recorded by NHS Trusts

Brighton and Hove University Hospitals NHS Trust’s total number of deaths recorded by Brighton and Sussex University Hospitals NHS Trust since the beginning of the outbreak is 150. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 15 November 2020](#)

For interest (comparisons are not appropriate) other Sussex Trusts have recorded the following numbers of deaths:

- Brighton and Sussex University NHS Trust 150
- East Sussex Healthcare NHS Trust 101
- Surrey and Sussex Healthcare NHS Trust260
- Sussex Community NHS Foundation Trust18
- Western Sussex Hospitals NHS Foundation Trust127

Data on COVID in care homes

The Office for National Statistics began publishing data on deaths in care homes in late July. The latest data was updated on 14th August and shows the ‘Number of deaths in care homes involving COVID-19 by date of notification to the Care Quality Commission, Local Authorities in England’.

For Brighton and Hove the number, as of 23rd October, stood at 64. This is against a total of 177 COVID-related deaths in the city which occurred up to 6th November and registered up to 14th November 2020 [This data is available on the Brighton and Hove website.](#)

NATIONAL COVID NEWS

Learn more about the current [National Restrictions which are in force from 5 November to 2 December](#)

(1) News on COVID-19 vaccines

Three vaccines - Pfizer-BioNTech, Sputnik and Moderna - have already reported good preliminary data from phase three trials, with one suggesting 94% of over-65s could be protected from COVID-19. A further Oxford vaccine has published promising preliminary results.

The UK has already ordered 100 million doses of the Oxford vaccine, manufactured by AstraZeneca, 40 million doses of the Pfizer-BioNTech vaccine and five million of the Moderna vaccine.

A further Russian vaccine, Sputnik V COVID, has announced it is 92% effective.

To understand more about the approval process for a potential COVID-19 vaccine, [click here to read a statement from the government](#).

This BBC podcast may also be of interest: [How to Vaccinate the World - who will get priority?](#)

(a) Pfizer/BioNTech vaccine

[UK government response to Pfizer/BioNTech's publication of efficacy data of their COVID-19 vaccine](#)

On Monday 9th November, Pfizer/BioNTech published positive efficacy results from Phase 3 studies of their potential Covid-19 vaccine, showing it to be more than 90% effective in preventing coronavirus in participants. A government spokesperson said:

“The results from Pfizer/BioNTech are very promising and we have procured 40 million doses of their vaccine.

While we are optimistic of a breakthrough, we must remember that there are no guarantees.

We will know whether the vaccine meets robust standards of safety and effectiveness once the safety data have been published, and only then can the medicines regulator consider whether it can be made available to the public.

Once approved, the NHS stands ready to begin a vaccination programme for those most at risk, as currently recommended by the independent Joint Committee on Vaccination and Immunisation (JCVI), before being rolled out more widely.”

(b) Moderna vaccine

[UK government's response to Moderna's publication of efficacy data for its COVID-19 vaccine](#)

Biotech company Moderna today (Monday 16 November) published positive efficacy results from its Phase 3 studies of its potential COVID-19 vaccine, showing it to be nearly 95% effective in preventing coronavirus. The [Government has secured 5 million doses of Moderna vaccine](#) which could be delivered to the UK from Spring 2021.

A government spokesperson said:

“The news from Moderna appears to be good and represents another significant step towards finding an effective COVID19 vaccine. As part of the ongoing work of the Vaccines Taskforce, the government is in advanced discussions with Moderna to ensure UK access to their vaccine as part of the wider UK portfolio.

Moderna are currently scaling up their European supply chain which means these doses would become available in spring 2021 in the UK at the earliest.

To date, the UK government has secured early access to 350 million vaccines doses through agreements with six separate vaccine developers. This includes 40 million doses of Pfizer/BioNTech's vaccine, which is based on the same platform as Moderna's vaccine and if approved by the medicines regulator, is expected to begin delivery as early as December 2020. ”

We will know whether the vaccine meets robust standards of safety and effectiveness once their safety data has been published, and only then can the medicines regulator can consider whether it can be made it available to the public

(c) [Oxford vaccine shows 'encouraging' immune response in older adults](#)

The Oxford coronavirus vaccine shows a strong immune response in adults in their 60s and 70s, raising hopes that it can protect age groups most at risk from the virus. Researchers say [the Lancet phase two findings](#), based on 560 healthy adult volunteers, are "encouraging". They are also testing whether the vaccine stops people developing Covid-19 in larger, phase three trials. Early results from this crucial stage are expected in the coming weeks.

(d) Janssen vaccine trials

[Janssen to begin Covid-19 vaccine trials in the UK](#)

Global pharmaceutical company Janssen began clinical trials of its potential vaccine in the UK on Monday 16th November, involving 6,000 volunteers across the country. The Janssen Pharmaceutical Companies, part of Johnson & Johnson, is the

latest study in the UK, jointly funded by the UK government's Vaccine Taskforce, to test the safety and effectiveness of a potential COVID-19 vaccine. It is the third potential vaccine to enter clinical trials in the UK, alongside US biotech company Novavax and University of Oxford / AstraZeneca whose studies are currently ongoing. 6,000 UK volunteers, some from the NHS Vaccines Registry, will take part in the Janssen studies at 17 National Institute for Health Research (NIHR) sites, including in Southampton, Bristol, Cardiff, London Leicester, Sheffield, Manchester, Dundee, and Belfast. Recruitment into the study will complete in March 2021 and the trial will last for 12 months. To date, over 300,000 people have signed up to the NHS Vaccines Registry to take part in vital coronavirus vaccine studies.

(2) Volunteering for COVID-19 vaccine clinical trials

People wishing to volunteer to support clinical trials can sign up for information on COVID-19 vaccine trials with the NHS COVID-19 vaccine research registry, developed in partnership with NHS Digital. Anyone living in the UK can sign up online to take part in the trials through the NHS, giving permission for researchers to contact you if they think you are a good fit. Once you sign up, you can withdraw at any time and request that your details be removed from the COVID-19 vaccine research registry. The process takes about 5 minutes to complete. More information is available at [NHS.UK/coronavirus](https://www.nhs.uk/coronavirus).

(3) Wider impacts of COVID-19

In this section we have provided several articles or publications which describe the effects that COVID-19 has had on society. These primarily relate to health and social care, but some go wider.

(a) [Wider impacts of COVID-19 on health monitoring tool](#)

National monitoring tool that brings together metrics to assess the wider impacts of coronavirus (COVID-19) on health

(b) [Coronavirus and the social impacts on Great Britain: 13 November 2020](#)

Indicators from the Opinions and Lifestyle Survey covering the period 4 to 8 November 2020 to understand the impact of the coronavirus (COVID-19) pandemic on people, households and communities in Great Britain.

(c) [Coronavirus \(COVID-19\) Infection Survey: characteristics of people testing positive for COVID-19 in England, October 2020](#)

(d) [Coronavirus and the latest indicators for the UK economy and society: 12 November 2020 Early experimental data on the impact of the coronavirus \(COVID-19\) on the UK economy and society. These faster indicators are created using rapid response surveys, novel data sources and experimental methods](#)

The Compendium contains ONS data and analysis on the health, social and economic impact of COVID-19 for the period of March to October 2020. It is a stocktake of the pandemic since it began, on a thematic basis, of how society and the economy has responded so far.

(e) [Vulnerable children and young people survey](#)

A summary of a local authority survey in England to help understand the impact of the coronavirus (COVID-19) outbreak on children’s social care.

[Ofsted: Children hardest hit by COVID-19 pandemic are regressing in basic skills and learning](#)

Ofsted has published its second report on the effects of the COVID-19 (coronavirus) pandemic across the sectors it inspects and regulates.

(f) [COVID-19: mental health and wellbeing surveillance report](#)

This is a routinely updated report about population mental health and wellbeing in England during the COVID-19 pandemic.

[COVID-19 mental health and wellbeing surveillance: Spotlights](#)

NATIONAL COVID DATA

(1) COVID-19 national data

National COVID-19 surveillance reports

These reports provide a [weekly summary](#) of findings monitored through various COVID-19 surveillance systems. They display the following data:

- National and regional rates of infection
- Recorded death rates within 28, and 60 days
- Deaths by ethnicity
- Testing levels and results
- Hospital admissions

Excess mortality in England: weekly reports

Government data shows [Excess mortality in English regions](#). Monitoring excess mortality provides an understanding of the impact of COVID-19 during the course of the pandemic and beyond. Excess mortality is defined as the number of deaths in 2020 which are above the number expected based on mortality rates in earlier years. For Brighton and Hove the data is as follows (20 March - 6 November):

Registered deaths	Expected deaths	Excess deaths	COVID-19 related deaths
1,440	1,260	180	177

Death rates

There are 2 definitions of a death in a person with COVID-19 in England, one broader measure and one measure reflecting current trends:

- 1) A death in a person with a laboratory-confirmed positive COVID-19 test and died within (equal to or less than) 28 days of the first positive specimen date.
- 2) A death in a person with a laboratory-confirmed positive COVID-19 and either: died within 60 days of the first specimen date or died more than 60 days after the first specimen date, only if COVID-19 is mentioned on the death certificate

Coronavirus deaths and cases give a sense of the spread of the epidemic. Deaths are counted where a lab-confirmed positive coronavirus test result is reported in any setting. This means that not all deaths reported here are caused by coronavirus.

In England, as of 19th November, the **number of deaths** of people who had had a positive test result for COVID-19 and died within 28 days of the first positive test stood at 53,775. The weekly rate per 100,000 people is 83.7.

Data on death rates are published on the [daily dashboard](#). Additional data is available here: [Coronavirus cases in the UK: daily updated statistics](#)

(a) Infection levels

[Latest interim findings from COVID-19 study published](#) Findings from Imperial College London and Ipsos MORI show the number of infections continues to rise across all regions.

The data reveals that as of 19th November the **total number of lab-confirmed UK cases of COVID-19 stood at 1,453,256** (this has increased from 965,340 as of 30th October the date of the last Healthwatch bulletin). This is the total number of people who have had a positive test result. This number has been increasing since July. The weekly rate per 100,000 people is 273.4

For up-to-date numbers of coronavirus (COVID-19) cases and risk in the UK, click [here](#). You can also view the [coronavirus dashboard](#) which is updated daily.

(b) R-number and growth rates

[Last updated on Friday 20th November 2020](#)

The latest R estimate for the UK is between 1.0 - 1.1 and the growth rate for the whole of the UK is between 0% to +2%.

An R number between 1.0 and 1.1 and that on average every 10 people infected will infect between 10 and 11 other people.

A growth rate between 0% and +2% means the number of new infections is growing by 0% to 2% every day.

The UK estimates of R and growth rate are averages over very different epidemiological situations and should be regarded as a guide to the general trend rather than a description of the epidemic state.

For the South East, the latest R number range is 1.1 - 1.3 whilst the latest growth rate range for the South East is +1 to +4%. Data is not available at Local Authority level.

What do these numbers mean?

The reproduction number (R) is the average number of people one person who is infected with COVID-19 may go on to infect. A high R number implies the transmission rate from person to person is increasing, a low number means it is declining. The R number range for the UK implies the transmission rate is increasing (for up-to-date numbers of coronavirus (COVID-19) cases and risk in the UK, click [here](#)). Brighton and Hove Council has previously confirmed that it is not possible to calculate meaningful R values at a very local level.

The growth rate reflects how quickly the number of infections is changing day-by-day. If the growth rate is greater than zero (+ positive), then the disease will grow, and if the growth rate is less than zero then the disease will shrink. The size of the growth rate indicates the speed of change. A growth rate of +5% will grow faster than one with a growth rate of +1%. Likewise, a disease with a growth rate of -4% will be shrinking faster than a disease with growth rate of -1%. The current growth rate for the UK implies that infection rates are increasing.

(c) Test and trace

More than 2 million people reached by NHS Test and Trace NHS Test and Trace has completed a record number of cases during this reporting week, with 85% of people who have tested positive successfully contacted

You can access data here from the [NHS Test and Trace \(England\) and coronavirus testing \(UK\) statistics: 5 to 11 November](#)

Since NHS Test and Trace launched (28 May to 11 November):

- 167,369 people tested positive for coronavirus (COVID-19) at least once in England between 5 November and 11 November.
- Positive cases have been rising steeply since the end of August and in the latest week there has been an increase of 11% compared to the previous week. 9.6% of people tested had a positive result, similar to the 9.7% reported the previous week.
- A total of 11,580,277 people has been tested at least once since Test and Trace began.

- Between 5 November and 11 November, the median distance travelled by people to a test site was 2.6 miles. Overall, there has been a downwards trend since September.
- 156,853 people were transferred to the contact tracing system between 5 November and 11 November, a 11% increase compared to the previous week. The number of people transferred is over 17 times higher than the number transferred at the end of August.
- Of those transferred to the contact tracing system between 5 November and 11 November, 84.9% were reached and asked to provide information about their contacts.

(2) Government announcements

The current situation means that new guidance is being issued daily. Below we have provided links to some announcements which may be of interest.

[Health and Social Care Secretary's statement on coronavirus \(COVID-19\): 16 November 2020.](#)

[Coronavirus outbreak FAQs:](#) Information on what you can and cannot.

[New National Restrictions from 5 November](#) Information on the national restrictions, including what they mean for working from home and business closures, and the financial support available. Added translated versions of guidance in Welsh, Urdu, Turkish, Somali, Romanian, Punjabi, Polish, Gujarati, Chinese, Bengali, and Arabic, as well as large format and easy read versions

[Coronavirus \(COVID-19\): Social distancing](#) Information on social distancing with translated versions in Welsh, Urdu, Turkish, Somali, Romanian, Punjabi, Polish, Gujarati, Chinese, Bengali, and Arabic, as well as large format and easy read versions.

[Education and childcare settings: national restrictions from 5 November 2020](#) How national restrictions to control the spread of coronavirus (COVID-19) impact education, childcare and children's social care settings.

[What parents and carers need to know about early years providers, schools, and colleges during the coronavirus \(COVID-19\) outbreak](#) Information for parents and carers about going back to schools, nurseries, and colleges in the autumn term.

[Coronavirus \(COVID-19\): travel corridors](#)

[People with learning disabilities had higher death rate from COVID-19](#) England death rate up to 6 times higher from coronavirus during the first wave of the pandemic than the general population, Public Health England study finds.

[Coronavirus \(COVID-19\): looking after people who lack mental capacity](#) Guidance for health and social care staff who are caring for, or treating, a person who lacks the relevant mental capacity.

RESOURCES, ADVICE, AND INFORMATION

(1) Free help to keep warm and cosy this winter



The free energy and money saving advice service, LEAP (Local Energy Advice Partnership), is back to help people in Brighton & Hove who are struggling to keep warm at home.

LEAP's local, friendly energy advisor can:

- help find a **cheaper energy deal**
- fit **free energy saving kit** in the home (such as lightbulbs and draught-proofing)
- check if a household is eligible for **insulation or a new boiler**
- give **practical advice** on heating systems and saving energy
- arrange a **free money advice consultation** to help with benefits, debt, and other money problems

Eligibility criteria for LEAP is very broad and the service is available to homeowners, private renters, and social housing tenants. Referring someone is quick and easy and LEAP also accepts self-referrals.

To book a free energy advice phone call for yourself or someone else:

Call free on: **0800 060 7567**. Apply online at: www.applyforleap.org.uk

Heating your home to at least 18°C (65°F) is important for your health and immune system, especially for people with reduced mobility, who are 65 or over, or have an existing health condition such as heart or lung disease.

LEAP is working in partnership with Brighton & Hove City Council and is nationally funded by a legal obligation on larger energy suppliers to support people at risk of fuel poverty.

(2) Friends of Brighton & Hove Hospitals - online Christmas shop



Visit our NEW [online Christmas shop](#) and help Royal Sussex County Hospital elderly patients over the festive period and into 2021

We have set up a festive online shop where you can buy your Christmas cards and a special money saving Small Acts of Friendship Advent Calendar. All proceeds from the shop will benefit NHS hospital patients in Brighton and Hove not only this Christmas but into the New Year.

(3) 'My Community Forum' for people living with HIV is open for registration.



Terrence Higgins Trust has launched a new and improved forum which can be found at <https://forum.tht.org.uk/> and replaces the old myHIV platform.

Many people who rely on the services may be struggling with loneliness and isolation or worried about losing their jobs. The new My Community Forum is a friendly, safe, and supportive hub where they may meet like-minded people and connect with a range of relevant THT services.

Where users may have been members of the old myHIV site, they will need to sign up afresh on the My Community Forum.

(4) Brighton & Hove Speak Out

**SPEAK OUT
HELPLINE
AND SUPPORT**

For people with learning disabilities during the Coronavirus outbreak

BRIGHTON & HOVE INDEPENDENT LEARNING
SPEAK OUT

WE CAN HELP IF YOU NEED:

- Information about the Coronavirus and how to look after yourself
- Help to deal with a problem or get more support
- Someone to talk to - we can call you regularly for a chat
- Connect with other people - you can join our virtual groups and social media for a chat, fun and companionship.

CALL US ON:
01273 421921
Open 9am-5pm Monday to Friday

Please check our website for weekend helpline times and more information about our support
www.bhspeakout.org.uk [Brighton and Hove Speak Out](#)



Charity Registration No 1079669
Company Registration No 3807102



We want to let everyone know that we are continuing to offer the following support to people with learning disabilities during Covid-19.

- **Telephone helpline** - Monday - Friday 9-5pm & Sunday 11am-3pm on 01273421 921
- **Check in calls** - from Speak Out staff or a volunteer for people who are isolated and need this support.
- **Advocacy** - over the phone or via video calls.
- **Online support** including:
 - Advocacy groups via Zoom
 - Virtual drop-in sessions - Tuesday and Wednesday 2-4pm & Friday and Sunday 6.30pm-8pmbit.ly/ZoomDrop-In

Speak Out chat rooms - including an information hub where people with learning disabilities can get information about local support bit.ly/SpeakOutChat

Please see Speak Out's website for more information www.bhspeakout.org.uk or email us at info@bhspeakout.org.uk

Healthwatch Brighton and Hove information and advice

The following Healthwatch COVID-19 guides are available (these are being regularly updated):

[COVID-19 webpage](#)

[Answers to Frequently Asked Questions](#)

[Maternity and pregnancy advice and information](#)

Top tips for [staying active and looking after your mental health](#).

Guides which provide information about:

- visiting a [dentist](#)
- [seeing a GP](#)
- [collection of prescriptions](#)

Plus, accessibility resources to help you communicate about COVID-19

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [Signhealth has made their InterpreterNow remote BSL interpretation service available for free across all healthcare services](#)
- [Signhealth is providing a video of summaries of key coronavirus guidance in BSL](#)
- [Signhealth advice for testing](#)
- [Public Health England stay at home guidance](#), translated and in easy read
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap
[About the NHS Test and Trace scheme](#)
[What to do if you are contacted by NHS Test and Trace](#)
The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats
- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability



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

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

office@healthwatchbrightonandhove.co.uk

01273 234040

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healthwatchbh

Website: www.healthwatchbrightonandhove.co.uk

Volunteer for us



If you would you like to get involved and help make a positive difference, then we offer a variety of roles. And you do not have to stick to one, some of our volunteers do more than one. You do not need a background in health or social care, just a keen interest in improving services

for everyone. For more information [click here](#).