



International Nurses Day 2021

- Share your message of thanks
- Tag your nursing colleagues
- Share a photo if you can!
- Don't forget to use **#IND2021**

Wednesday 12th May was International Nurses Day, a chance to say a HUGE THANK YOU to all our nurses. Your skills, commitment and expertise are invaluable and there's no way we could have got through the pandemic without you ❤️❤️❤️❤️

YOUR HEALTHWATCH

(1) Latest Healthwatch report: People's experiences and views about COVID-19 vaccinations in Brighton and Hove



From 13th February 13th to 31st March, Healthwatch Brighton and Hove explored people's experiences and views about the COVID-19 vaccine. The survey was completed by 2,102 people across the city.

We have shared our findings with the Sussex Health and Care Partnership who are responsible for the vaccination programme. The findings are helping them to target those groups who are hesitant about having the vaccine, and supporting them to develop communications, advice, and assurance.

[Read our full report here.](#) Or view the two-page infographic which is attached to his email which describes the findings from across the whole of Sussex.

Key findings from the Brighton and Hove survey

- 75.5% of people had received at least one vaccine.
- Over 76% of people who described themselves as “White-British” had had at least one vaccine compared to 66% of other ethnic groups.
- Reasons given for accepting the vaccination were a mixture of personal interests and those for the wider public benefit. e.g., nearly 90% wanted to protect themselves whilst over 86% wanted to play their part in combating the COVID-19 virus.

People were generally positive about their vaccine experience:

- Nearly 93% rated the information about where and when to receive the vaccine as excellent.
- Around half of people were able to book an appointment at a time/date that suited them.
- Over 92% said they were very likely to encourage their family and friends to having a COVID-19 Vaccination.

- **Of the 103 people yet to have the vaccine**, one fifth said they were unlikely to accept the vaccine or had declined it.
- For those people who were hesitant about having the vaccine, over 50% mentioned safety, side-effects, strength of evidence of effectiveness, and the right to choose as their reasons.
- 27.5% of people from ethnic minority groups indicated that they were hesitant to have the vaccine.
- One third of those with disabilities were hesitant to have it (compared to 16% of those without disabilities).

(2) Read our Equality Impact Assessment

healthwatch
Brighton and Hove



Healthwatch Brighton and Hove regularly evaluates its projects and reviews of health and care services to assess how effectively we have engaged with the general population of the city and its diverse communities.

COVID-19 has resulted in us delivering more online forms of engagement and it is known that more women will respond to this form of engagement relative to men (within a health and social care context).

[Read our full report](#)

In 2020-2021, Healthwatch was effective in hearing the views from:

- People with disabilities. 33% of the people we heard from had a disability. This is higher than the 16% estimate of people living with a disability across the city.
- People who are LGBTQ+. 12% of people we engaged with identified as either a Lesbian, Gay man, Bisexual or Other. This is comparable to the city’s Joint Strategy Needs Assessment’s ‘best estimate’ which suggests that between 11% and 15% of our population identify as LGBTQ+.

- People with or without a religion. From the reports that recorded people's religious status, Healthwatch was effective in hearing the views of those with and without a religion (49% and 51% respectively). These figures are almost identical to the city's estimated figures.

Although Healthwatch heard the views of a diverse range of people, there are areas that require more engagement. These are the following:

- Ethnic diversity. Our reports achieved good representation from those who are not 'White-British' at 13%. However, this is less than the city's estimate that 19.5% of our population are from an ethnically diverse group.
- As for many online surveys nationally, our surveys included higher proportions of responses from women 68.8% compared to men.
- Age. 60% of those responding to our engagement activities were aged 40-74 years, with just 10% aged under 34 years.

Reaching marginalised or less heard from groups remains a challenge for all health and social care sectors and finding new and novel ways to engage communities sits at the heart of Healthwatch England's [updated strategy](#) which has a stronger focus to understand and amplify the views of those who are not heard by health and care services. You can read more about their strategy [here](#). Healthwatch Brighton and Hove is also examining how we can extend our reach by forming new relationships with key groups and trying different methods of engagement. We would love to hear from you should you have any ideas to help us reach our communities - please email office@healthwatchbrightonandhove.co.uk

(3) Learn more about Young Healthwatch



Did you know that we work with the YMCA to run a Healthwatch for young people under 25?

YMCA Right Here has been commissioned through Healthwatch to talk to younger people about their experiences with health and wellbeing. This could be about the services they have used, for example GP services, mental health services or sexual health services.

Young Healthwatch aim to find out what young people think these services are doing well, and also what they think needs improving. They do this in a number of ways, including surveys, focus groups and listening labs. They then collect their findings into youth-friendly reports, so that they are accessible to young people. They make sure that their findings are communicated to the people who run these services, so they know how to best support young people and help make their services as accessible as possible.

Our amazing volunteer, Lucy explains more about Young Healthwatch in a video which you can watch by [clicking here](#)

Want to learn more about Young Healthwatch? [Click here to visit the Healthwatch website](#)

Video consulting with your NHS

A quick guide for patients



Video consultations

Have you been invited for a video consultation with your doctor, or other healthcare professional?

With more and more appointments happening online, the NHS has pulled together some tips on how to get the most out of the virtual health and care appointments both for patients and health and care professionals. There are lots of benefits to having appointments this way, and this leaflet explains these benefits and provides a quick guide to how it works <http://ow.ly/1Lui50EBA61>

You can also visit the [Healthwatch website](#) for more information.

(2) Registering with your GP: understanding your rights



University Hospitals Sussex
NHS Foundation Trust

Some people have told Healthwatch that they are finding it hard to register with a GP. This article explains more about your rights and what do to if you are refused the right to register.

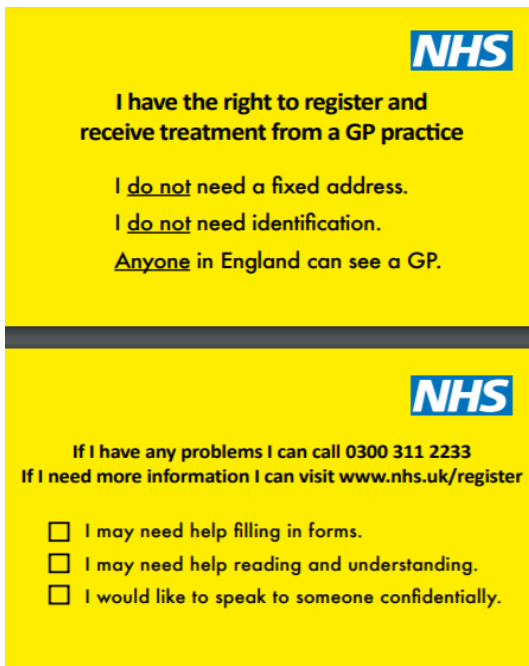
An average patient will see a GP around seven times a year, according to the Royal College of GPs. Yet accessing a GP continues to be a common issue that people talk to their local Healthwatch about.

This [NHS](#) web page provides some answers to help you understand your rights when registering with your GP. Questions covered include:

- Do I need a proof of address to register with my GP?
- Do I need ID to register with my GP?
- What could stop me from being able to register at my GP?
- What to do if you are refused the right to register

Do you know anyone who could benefit from a GP Access card?

Previously known as My Right to Healthcare, GP Access cards allow people who aren't registered with a GP practice, have no fixed address or identification to communicate their right to healthcare.



The cards explain that everyone has a right to register with GP surgeries, including those experiencing homelessness, Gypsies and Travellers and other people who may be refused registration. They are small, plastic, credit card-style cards emphasising that when registering with a GP:

- you do not need a fixed address
- you do not need identification
- your immigration status does not matter

You can access and download the card on the [Healthwatch website](#). It is also available in different languages - please click this link [click here](#)

More information about your rights can be found in these leaflets:

- [Leaflet for asylum seekers and refugees](#)
- [Leaflet for Gypsy, Travellers, and Roma communities](#)
- [Leaflet for homeless people](#)
- [Information for overseas visitors about using the NHS](#)

We are interested in hearing from you if you have experienced any issues accessing your GP. Please get in touch and share your experience office@healthwatchbrightonandhove.co.uk

(3) COVID-19: What you need to know when visiting a care home



The guidance around visiting your loved ones in care homes had changed. From Monday 17th May, more restrictions will be eased for care homes.

Care home residents will be able to have more named visitors and more opportunities to make visits out with no need to self-isolate when they return.

- Care home residents will be allowed 5 named visitors (up from 2 currently)
- Self-isolation will no longer be required following visits to GPs, dentists, and day centres.
- Visits to care homes will only pause for a minimum of 14 days rather than 28 days following an outbreak of COVID-19

For the most up to date guidance, including information of what should be included in your care home's visiting policy, visit the [Gov.uk website](#) or go to [Visiting arrangements in care homes](#) (please note that this webpage will be updated from 17th May)

(4) *REMINDER* Making it compulsory for care staff to have the COVID vaccine - your views



The government is seeking your views on a proposal to make COVID-19 vaccination a condition of employment in older adult care homes.

This consultation is [available here](#) and closes at 11:45pm on 21 May 2021

Consultation description

Older adults living in care homes have been significantly affected by the COVID-19 pandemic because of their heightened risk to COVID-19 infection, often with devastating consequences, as well as the risk of outbreaks in these closed settings. Ensuring very high levels of vaccination of people living and working in these settings is an essential public health intervention.

While vaccination uptake rates are increasing slowly week on week, there are still a high number of older adult care homes which do not have the level of protection needed to reduce the risk of outbreak. To increase vaccine take up, the government is considering amending the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014.

This would mean older adult care home providers could only use those staff who have received the COVID-19 vaccination (or those with a legitimate medical exemption) in line with government guidance.

(5) Type 2 diabetes

**High risk of Type 2 diabetes?
Find out in 2 minutes.**

Take the test today and reduce your risk.

TYPE 2
DIABETES PREVENTION WEEK

The graphic features a dark blue background. At the top, it asks "High risk of Type 2 diabetes? Find out in 2 minutes." Below this is a circular clock icon with a yellow needle pointing to the 12 o'clock position. To the right of the clock, it says "Take the test today and reduce your risk." At the bottom right, it says "TYPE 2 DIABETES PREVENTION WEEK" in white, bold, uppercase letters.

Type 2 diabetes can lead to serious health complications if left untreated.

Finding out your risk only takes a few minutes using the Diabetes UK risk tool – it could be the most important thing you do today. [Click this](#) link to take a short online quiz.

(6) Remember: call NHS 11 first if it is not an emergency



We are seeing an increasing number of people attending A&E departments, often with conditions or symptoms which could be dealt with by GPs, pharmacists, or NHS 111.

Understanding which service can best help you can be confusing which is why the NHS has pulled together a [simple guide](#).

NHS First

NHS 111 First was established across Sussex in December 2020. Unless you have a medical 999 emergency, the NHS is urging everyone to call 111 rather than turning up at A&E. If you prefer, you can also use [NHS 111 online](#) and complete a few questions.

How does the service work?

If you have an urgent, but not life-threatening health problem you can contact NHS 111 First to find out if you need to go to A&E.

NHS 111 can book you an appointment at your local A&E or emergency department. This means you will have an allocated time to attend hospital and be treated, so you do not have to wait a long time to be seen and can also help services avoid becoming overcrowded.

You can contact NHS 111 either online or by phone 24 hours a day, 7 days a week.

What will this mean for you?

If your condition is not life-threatening, NHS 111 may direct you to a more appropriate service or one that can see you sooner. You may also be asked to wait at home until the emergency department is ready to see you, avoiding a long wait in A&E for you and helping to prevent overcrowding.

If you need an urgent face-to-face assessment or treatment, NHS 111 should be able to arrange this immediately for you.

We have reproduced parts of the leaflet below.

ACCIDENT AND EMERGENCY

WHEN SHOULD I GO TO A+E?

- Loss of consciousness
- Broken bones
- Stroke
- Chest pain
- Breathing difficulties
- Severe burns or scalds
- Severe confused state and fits that are not stopping
- Severe bleeding that cannot be stopped
- Severe allergic reactions

A&E IS NOT AN ALTERNATIVE TO A GP APPOINTMENT

HOW CAN I ACCESS THIS SERVICE?

A+E departments across Sussex are open and continue to have a walk in service. If you have a medical emergency and need an ambulance, you should call 999.

OTHER EMERGENCY AND URGENT SERVICES

Emergency Dental

If you have a dental emergency call your dental practice during their normal opening hours for advice; call NHS 111 or visit www.111.nhs.uk if you don't have a dentist. If you need to be seen urgently, you may be referred to a local urgent dental care hub.

Sussex Mental Health line

The Sussex Mental Health line offers crisis care for people in urgent need of help. To access the service, call 0300 5000 101. Text Relay calls and New Generation calls are also available.

#HelpUsHelpYou



PHARMACY

WHEN SHOULD I USE A PHARMACY?

- Prescriptions
- Over the counter medication
- Aches and pains
- Sore throat
- Common coughs and colds
- Flu
- Earache
- Cystitis
- Skin rashes
- Teething
- Emergency contraception

HOW CAN I ACCESS THIS SERVICE?

Repeat prescriptions should be available as usual. It is important to only request your medicines when they are running low (e.g. one weeks supply left) as you usually would.

If you are well and able to visit your pharmacy please follow social distancing guidelines. Opening times of pharmacies vary.

If you are self isolating or poorly, friends and family are able to collect prescriptions on your behalf.



#HelpUsHelpYou

SELF CARE

It's so important to make sure you take good care of your body, and mind every day, not just when you get sick. Learning how to eat well, reduce stress, exercise regularly, and take time out when you need it are effective ways to self-care and can help you de-stress, stay healthy, and be able to manage in difficult times.

LOOKING AFTER YOUR MENTAL HEALTH DURING THIS TIME

- Talk about your worries; it's normal to feel a bit worried or scared at this time
- Plan practical things like food and medication
- Limit your time spent looking at the news
- Look after your body; healthy eating and exercise
- Do things you enjoy; there are lots of free courses and tutorials online
- Stay connected with others; through phone calls, video calls or social media

For more information and support with your mental health needs please visit <https://www.nhs.uk/oneyou/every-mind-matters/>



#HelpUsHelpYou

GP PRACTICES

WHEN SHOULD I CONTACT MY GP?

- Minor injuries
- Wound dressing
- Chronic illness management
- Cancer services/ screening
- Immunisations
- Mental Health needs
- Referrals
- Blood tests
- Infections

HOW CAN I ACCESS THIS SERVICE?

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

If you need a GP appointment please ring your practice to arrange an initial telephone or video consultation. Interpretation services are available for people where English isn't their first language, including Signlive for British Sign Language (BSL) users.

Face to face appointments are available if necessary and you may be asked to attend another local practice for your appointment.

"Hot" sites have been set up which patients with Covid-19 symptoms can be referred to if they need to see a GP and "cold" sites for patients to have face to face appointments where they do not have any symptoms. All staff are following infection prevention processes.



#HelpUsHelpYou

URGENT TREATMENT CENTRES

UTCs are co-located with A+E departments across Sussex. GP-led, open at least 12 hours a day, every day, offer appointments that can be booked through 111 or through a GP referral, and are equipped to diagnose and deal with many of the most common ailments people attend A&E for including:

- Minor burns and scalds
- Suspected broken bones
- Removal of foreign bodies
- Chest infections
- Abdominal pain
- Ear, throat and nose conditions

HOW CAN I ACCESS THIS SERVICE?

UTCs remain open during this time. They are a walk in service but please apply social distancing guidelines.

EAST SUSSEX:

Eastbourne District General Hospital
Hastings Conquest Hospital
Lewes Victoria Hospital

WEST SUSSEX:

Crawley Hospital
St Richards Hospital, Chichester
Worthing Hospital

BRIGHTON AND HOVE:

Royal Sussex County Hospital



#HelpUsHelpYou

(7) Have your say about Adult Learning



Brighton & Hove City Council want to find out what's most important to adults with learning disabilities, their families, and the learning disability community.

Have your say on their five-year plan for services in Brighton & Hove:

➔ Complete the consultation by Sunday 16th May: <http://ow.ly/qOde50EFLYS>

➔ An Easy Read version is also available: <http://ow.ly/z6D750EFLYT>

Find out more: <http://ow.ly/aYJN50EFmiJ>

(8) Mental Health Awareness Week



NHS It's Mental Health Awareness Week and a great time to think about how we're feeling.

You can visit the NHS "[Every Mind Matters](#)" website for a free, personalised mental health action plan with tips to help boost your mood.

You can find also articles about:

- [Anxiety about lockdown lifting](#)
- [Job and money worries](#)
- [Working from home tips](#)
- [How to sleep better](#)
- [All coronavirus articles](#)

If you need local support



[Mind in Brighton and Hove](#) works to promote good mental health in our city and across Sussex

Mental Health Services in Brighton & Hove

(accurate as at Autumn 2020)

Brighton and Hove Wellbeing

service supports people with mild to moderate mental health difficulties. The service provides talking therapies to adults (18+) with mild to moderate depression, anxiety disorders and some trauma. The Children and Young People's (CYP) service provides a range of treatment for young people from 4-25 who require support for anxiety, low mood, stress and phobias.

The service offers an open access Advice and Information Service to the public as well as to Wellbeing clients.

Self-refer online Tel: **0300 002 0060**

Email: bics.brighton-and-hove-wellbeing@nhs.net

Community Roots

is a group of sixteen community groups working together to provide prevention, wellbeing and recovery support for people with a range of mental health issues. Support for carers and families is also available.

A Freephone Central Access Point phone number is operated by a team of Community Navigators who can guide people through the support available and provide professional advice.

Self-refer online Tel: **0808 196 1768**.

Open Monday to Friday 9-5pm.

Sussex Partnership Foundation Trust (SPFT)

is the specialist mental health service. Access to support is via GP and primary care team and other professional referral routes.

[Find more information about the Trust](#)

All local mental health services are using a combination of telephone, digital (text, web and online support) as well as in-person support.

Sussex Mental Healthline

provides direct support for mental wellbeing and signposting to other services. Sussex Mental Healthline 24/7 telephone service: **0300 5000 101**.

Mental Health Rapid Response Service (MHRRS)

provides support for adults (18+) experiencing a mental health crisis.

Anyone can refer, **0300 304 0078** - if the line is busy, an advice message will be given.

Brighton & Hove City Council

provides support for social care, education, housing, finance and related public services.

Go to the **[Brighton & Hove website for more information](#)**

Supporting your own Health and Wellbeing

Every Mind Matters **[gives useful guidance on keeping yourself well](#)**.

Primary Care

GPs are continuing to provide mental health support. Contact is via GP Surgery in the usual way.

(9) Dementia Action Week 2021 (17-23 May)

Dementia Action Week

17 - 23 May 2021

[Dementia Action Week 2021](#) (17-23 May) encourages the public to take action to improve the lives of people affected by dementia, working to create a dementia friendly UK where those with dementia feel included.

Our ambition is to be an age and dementia friendly city - making Brighton & Hove a great place to grow older. A series of local dementia friendly events will be running during the week.

Activities planned in Brighton & Hove

- [Time to Talk Befriending](#) in partnership with [Nubian Life](#) and [Brighton and Sussex Medical School](#) will host the discussion **best practice and barriers: diversity and inclusion** which includes insights on delivering successful community initiatives for the African Caribbean and Asian population of Hammersmith and Fulham. Wednesday 19 May 10.30-11.30am To book please email info@tttb.org.uk
- [Switchboard](#) and [Alzheimer's Society](#) are holding a discussion on **Dementia and the LGBTQ+ community** on Wednesday 19 May 6.30-8pm. Visit Eventbrite to book free tickets <https://www.eventbrite.co.uk/e/dementia-and-the-lgbtq-community-a-discussion-tickets-152367127179>
- [D-Mob](#) and [Age UK](#) will be running one hour Dementia Friend information sessions on: Monday 17 May 2pm; Wednesday 19 May 11am and Friday 21 May 2pm. Please contact Alex Furber to register: alex.furber@ageukwestsussex.org.uk
- [Impact](#) and the [Hop Stop 50+](#) are holding one to one chats about joining the Ageing Well service and taster sessions. Please contact 01273 729603 or thehop50@impact-initiatives.org.uk for more information or for help with transport to the Hop. The 1.5 hour taster sessions include:
 - **Sensory session: Immersion in Nature** - a sensory exploration of the garden
 - **Ignite session** - explore the world as it opens up through art appreciation
 - **Relaxation session** - a coffee, chat, facial massage and relaxation techniques for carers and/or people in early stages of dementia
 - **Music and Rhythm session** - experience the joy of music and participate in an interactive session to stimulate the senses
 - **Something Crafty** A group collage using mixed media
- Use Your Marbles Workshop hosted by [Time to Talk Befriending](#) and led by [Story Chaplain](#) Tuesday 18 May 2021 10.30am - 12pm. To book a place please email chelsey@tttb.org.uk or call the Time to Talk Befriending team on 01273 737710
- [Brighton & Hove Music for Connection](#) have produced a 30 minute music training video for carers of people living with dementia. The video can be accessed on the following link at any time www.vimeo.com/538806399 For more information contact hello@musicforconnection.co.uk
- [Maycroft Manor's](#) Lifestyle Leader, Emily Carver will be running a music session on how to use personal music playlists to aid wellbeing Thursday 20 May 11am-12pm. To book onto this session please email lisa.rose@hallmarkcarehomes.co.uk

(10) Surrey and Sussex Cancer Alliance

The Surrey and Sussex Cancer Alliance brings together health, social care and third sector organisations to work together to transform cancer care and improve cancer survival.

Cancer Alliances were set up to improve services, care, and outcomes for everyone with cancer:

- fewer people getting cancer
- more people surviving cancer
- more people having a good experience of their treatment and care
- more people supported to live as well as possible after treatment has finished.

The [NHS Long Term Plan for Cancer](#) key ambitions are:

- by 2028, the proportion of cancers diagnosed at stages 1 and 2 will rise from around half now, to three-quarters of cancer patients; and
- from 2028, 55,000 more people each year will survive their cancer for at least five years after diagnosis.

Surrey and Sussex Cancer Alliance brings together local decision-makers who work in cancer or with cancer patients - from consultants, nurses, GPs, and social care staff, to academics, voluntary staff, and patient representatives - to transform diagnosis, care, and treatment in our local area. Working in partnership in this way means they can access a broad range of expertise to help inform our work and direct funding appropriately.

Contact the team

Surrey and Sussex Cancer Alliance

Surrey Technology Centre, 40 Occam Road, Surrey Research Park, Guildford, Surrey
GU2 7YG

Telephone: 01483 685303

Email: rsch.scaadmin@nhs.net

Twitter @SurreySussexCA

Facebook @SurreyandSussexCancerAlliance

If you would like to be kept informed about their work, [email them and subscribe](#) to their new quarterly newsletter. Please visit [nhs.uk](https://www.nhs.uk) for patient information on cancer or contact your healthcare professional for advice about your cancer care and treatment.

(11) Being with Bereavement Community Support Group



UMEUS are a team of caring and dedicated professionals experienced in providing psychological and somatic therapies. Through funding from Brighton & Hove City Council they can offer five free groups, supporting 50 people who have met challenges during the COVID-19 pandemic. One of these groups is a bereavement group. The groups will be running between May and July. If you would like more information, please contact georgie@umeusfoundation.org

(1) A message from the Director of Public Health for our City



This week I have to remind everyone that Covid is still with us and the need for regular testing has never been greater. We have seen a small 5% rise in cases this week and any increase - however small - is a wake-up call.

The overall rate has stayed below 20 per 100,000 throughout April and early May, which is similar to September last year and new cases now average around five cases per week. But although fluctuations up and down are to be expected, it is never good to see the rate increase, even by few per cent.

The Covid-19 virus is still circulating in our community and, as people start to mix and relax, the risk it might spread is an ever-present concern for us all.

To contain the virus, it's vital that people get tested so those with Covid and their contacts can self-isolate to break the chains of transmission.

Everyone with symptoms must get a PCR test and immediately self-isolate. However, a third of all people who get Covid show no symptoms, which is why regular symptom-free (lateral flow) testing is so important.

It is easy [to get free symptom-free Covid tests](#) or have them delivered to your home and I encourage you to make them part of your weekly routine.

When a symptom-free lateral flow test shows positive, the result needs to be confirmed with the more accurate PCR test while you self-isolate. Please follow the [self-isolation guidance](#) and arrange a PCR test [online](#) or by calling 119 to book an appointment at a testing centre or to get a kit delivered to your home.

We know having to self-isolate can cause anxiety, inconvenience and financial worries. The council may be able to offer [financial help if you cannot work because you need to self-isolate](#). Extra support, including emergency help with food and essentials, is available from our [Community Hub](#).

We can contain the virus if we're careful, keep-up the hygiene and social distancing habits we developed during lockdown, get vaccinated as soon as we can, and make regular testing part of our routine.

Kind regards, **Alistair Hill, Director of Public Health**

(2) Support that's available

Whilst NHS services are currently extremely busy, and demand continues to rise due to higher rates of COVID-19 in our communities, you can still access urgent medical help by contacting NHS 111 online or by phone. Please only call 999 in the event of a medical emergency.

The Sussex Mental Healthline offers crisis care 24 hours a day, seven days a week on 0300 5000 101.

If you need support or advice during the pandemic the [Council](#) website has more information: [Brighton and Hove City Council Covid-19 pages](#)

A coronavirus help directory for Brighton & Hove is also available [here](#). Use this site to find support with food shopping, money, and work, COVID testing, and more. You can also use it to find help for friends, family, and neighbours.

For advice around attending school, college and universities please click [here](#). Answers to commonly asked questions are available [here](#).

(3) Which COVID-19 test is right for you?



Not all COVID tests are the same so it's important to get the right one. Find out where to go to get tested, which test is most suitable for you, and what to do if you get a positive COVID-19 test result.

Which test do I need if I have COVID-19 symptoms?

You will need a PCR (polymerase chain reaction) test if you have at least one of these three coronavirus (COVID-19) symptoms:

- a high temperature
- a new, continuous cough
- you've lost your sense of smell or taste or it's changed

Or...

- you've been in contact with someone who's tested positive
- you've been asked to get a test by a local council or contact tracers
- a GP or other health professional has asked you to get a test
- you've been asked to get a test to confirm a positive result
- you need to get a test for someone you live with who has symptoms

If you come under any of the point above, book a visit to a test site to have the test today. Test sites are open 7 days a week.

Order a home test kit if you cannot get to a test site.

[Get a free PCR test](#)

You should not use this service if you've received a positive PCR test result in the last 90 days unless you develop any new symptoms.

Remember, if you have symptoms, you and everyone you live with must immediately [self-isolate](#). Do not leave home until you get your test results, except to post a test kit or for a PCR test appointment.

Have you ordered a home test kit?

Make sure you register it so that you receive your results.

[Register your PCR testing kit](#)

Having trouble ordering a test?

You can call 119 free of charge, anytime between 7am and 11pm seven days a week.

Can I get tested even if I don't have symptoms of COVID-19?

Yes, if you do not have symptoms, you can:

- ask your employer or place of study if they provide tests
- [find your nearest rapid lateral flow test site](#)
- [find a pharmacy where you can collect rapid tests](#)
- [find a test site where you can collect rapid tests](#)
- [order rapid lateral flow home test kits online](#)

Which test do I need if I don't have COVID-19 symptoms but want to test to see if I am asymptomatic i.e., have COVID-19 but am displaying no signs?

If you do not have any symptoms of COVID-19, you can test yourself for the virus using rapid lateral flow tests.

How can I order COVID-19 rapid lateral flow tests?

You can order free packs of rapid lateral flow tests to be sent to your home. A pack of tests contains 7 tests. You can order one pack per household each day.

[Order your lateral flow test](#)

Other ways to get a rapid 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](#)
- get tests from your employer (if you cannot work from home)

When collecting packs of tests, you can collect two packs at a time (14 tests in total).

Do I need to record my rapid lateral flow test result?

If you had a rapid lateral flow test, you should get your result in 30 minutes after taking the test.

After your test packs arrive, you should take a rapid lateral flow test twice a week (every three or four days).

You must report a positive result to the NHS.

[report your result online](#)

report your results by telephone - 119

I've tested positive through my rapid lateral flow test - what do I do next?

If you or anyone in your household tests positive, everyone in the household must:

- [self-isolate](#) immediately

- [get a PCR test](#) to confirm the result (a PCR test is a different type of coronavirus test)

What is surge testing and how do I take part?

This is not currently taking place in Brighton and Hove.

Surge testing is increased testing (including door-to-door testing in some areas) and enhanced contact tracing in specific locations in England.

It involves testing of people who do not have any symptoms of coronavirus.

To see if your area is taking part in surge testing, click the link below.

[Find out if surge testing is happening near me](#)

Instructions in alternative formats

See [instructions on testing for coronavirus at home in accessible formats](#).

Royal National Institute of Blind People (RNIB) can send you braille, audio, or large print instructions. After ordering a home test you can either:

[send a request online](#)

Call 0303 123 9999 (Monday to Friday 8am to 8pm, Saturday 9am to 1pm)

Order by phone

If you cannot order online, call 119. Lines are open 7am to 11pm and calls are free

Still not sure?

[Go to NHS website](#) or phone 119 to find out which test is most suitable for you.

(4) How and where to get a COVID test

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

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.

Off to work? Get a Covid test on your way

Regular symptom-free Covid testing protects your business, customers and colleagues

Book at www.brighton-hove.gov.uk/communitytesting

No one's safe until we're all safe



Symptom-free community testing is available in test centres and participating pharmacies across Sussex.

Anyone aged 18 and over who can't work from home is encouraged to book in for a symptom-free Covid-19 test. Local testing offers free, rapid lateral flow tests to anyone who isn't showing signs of Covid-19, who can't work from home and who can't access testing through other means. Further details, including how to book, are available on the Brighton & Hove City Council website at

www.brighton-hove.gov.uk/communitytesting, or call 01243 642130.

You can order FREE coronavirus (COVID-19) rapid lateral flow tests [here](#). These are tests you perform yourself at home. A pack of tests contains 7 tests. You can order one pack per household each day

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
- [COVID-19 self-test help](#) Find out how to test yourself for coronavirus (COVID-19) if you are asked to and learn what help is available. This contains a link to the self-test instructions for use and translated versions of it.
- [How tests and testing kits for coronavirus \(COVID-19\) work](#)
- [NHS Test and Trace: how we test your samples](#)
- [Testing for coronavirus before hospital](#)

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.

(5) Vaccine Inequity Small Grants Scheme

Increasing COVID-19 Vaccination uptake

Small Grants

Our Clinical Commissioning Group has launched the Vaccine Inequity Small Grants Scheme to help support the increase of vaccination uptake, small grants will be offered to assist with neighbourhood-based activity, across communities of interest or relating to people particularly at risk of serious illness if they contract COVID-19.

The types of activities that may be eligible are:

- Development of community-based communications
- Hyper local buddying schemes to support people in accessing vaccination
- Targeted work with local groups to increase awareness of facts about vaccine and dispel myths
- Making community-based videos and distributing appropriately

(The above are examples- innovative approaches are welcomed.)

Targeted communities and groups

Applications are invited from those working to support any of the following:

- South Asian Communities
- Black African communities
- Chinese communities
- People living in identified areas of deprivation
- Adults with learning disabilities

- Gypsy, Roma, and Traveller communities
- Those with physical or sensory disabilities
- Those who are clinically vulnerable or who live with long term health issues

For groups outside of the above list, **applications are also welcome**; however, you will be asked to provide information/insight on these groups/communities having a lower-than-average uptake of vaccination.

[Read more on our webpage where you can also access the application form](#)

LOCAL COVID DATA

(1) 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 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](#).

HEADLINES

As of 12th May, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stood at 14,639. In the 7 days up to 8th April we had 47 confirmed new COVID-19 cases in Brighton & Hove.

The published data provides us with 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 (data by the Office for National Statistics).

(a) In the last 7 days

In the seven days up to 8th April we had 47 confirmed new COVID-19 cases in our city.

- This number increased since our last bulletin dated 16th April (when we reported 31 cases).
- This is equivalent to a weekly rate of new cases of 16.2 per 100,000 residents (calculated as follows: $47 / 290,885 \times 100,000 = 16.2$).
- The rate for Brighton and Hove has increased slightly from 10.7 as published in our last Healthwatch bulletin issued on 23rd April.

- For comparison, the current weekly rate for Brighton and Hove is much lower than it was as its peak on 4th January 2021 when it stood at [334.7](#), and the rate is now back to same low levels as at the end of summer last year.
- The current weekly rate for Brighton and Hove is lower than the rate for England, which is 22.1 per 100,000 and slightly higher than the South East which is 14.4 per 100,000. This data is published on the [Gov.uk website](#))

(b) Average rate since February 2020

As of 12th May, the total number of confirmed cases across the city stood at 14,639.

- This is equivalent to a rate of 5,032.6 per 100,000 residents (calculated as follows 14,639 / 290,885 x 100,000 = 6,897.8)
- This is lower than the rate for England, which is 6,828 per 100,000 and the South East which was 5,910 per 100,000. This data is published on the [government website](#).

(c) People tested, and positivity rates.

The number of individuals in Brighton and Hove who have had [polymerase chain reaction \(PCR\) test](#) in the 7 days up to 8th May stood at 6,554. The percentage of individuals who tested positive in the same time period was 0.6%.

(d) Death rates

The total [number of deaths](#) recorded up to 30th April (registered as of 8th May) with mention of COVID-19 on the death certificate stood at 467. In the last 7 days up to 30th April, there was 1 death recorded.

(e) Number of patients in hospital

On 12th May there were less than 5 [inpatients](#) with confirmed COVID-19 across the Royal Sussex County and Royal Alexandra Children’s Hospital sites. No patients were receiving intensive care. These figures relate to all patients and not just those from Brighton and Hove.

[Government data showing the number of confirmed COVID-19 cases in Brighton and Hove:](#)

Date	Number of confirmed cases	Total number of confirmed cases
12.5.21	3	14,639
11.5.21	11	14,636
10.5.21	11	14,625
9.5.21	5	14,614
8.5.21	7	14,609
7.5.21	8	14,602
6.5.21	7	14,594

For the latest data and graphs please refer to the [Brighton and Hove Council website](#).

NATIONAL COVID NEWS

(1) COVID-19 vaccines: further evidence of success

New Public Health England (PHE) [analysis shows for the first time](#) that individuals who receive a single dose of the AstraZeneca vaccine have approximately 80% lower risk of death with COVID-19 compared with unvaccinated individuals.

The report also shows protection against death from the Pfizer-BioNTech vaccine rises from approximately 80% after one dose to 97% after 2 doses.

Separate [new PHE analysis](#) also confirms the Pfizer-BioNTech vaccine is highly effective in reducing the risk of hospitalisation, especially in older ages.

[Read more here](#)

(2) Further easing of COVID restrictions confirmed for 17th May

Planned easements at Step 3 of the Roadmap will go ahead from 17th May as infection rates and hospital admissions continue to decrease.

What you can and cannot do from 17 May:

You should continue to work from home if you can. When travelling within the UK, you should aim to do so safely and plan your journey in advance.

You should [get a test](#) and follow the [stay at home guidance](#) if you have COVID-19 symptoms.

- Outdoor gatherings will be limited to 30 people
- Indoor gatherings will be limited to 6 people or 2 households (each household can include a support bubble, if eligible).
- New guidance on [meeting friends and family](#) will emphasise personal responsibility rather than government rules. Instead of instructing you to stay 2m apart from anyone you don't live with, you will be encouraged to exercise caution and consider the guidance on risks associated with COVID-19 and actions you can take to help keep you and your loved ones safe.
- Indoor entertainment and attractions such as cinemas, theatres, museums, and children's indoor play areas will reopen with COVID-secure measures in place.
- People will be able to attend indoor and outdoor events, including live performances, sporting events and business events. Attendance at these events will be capped according to venue type, and attendees should follow the COVID-secure measures set out by those venues.
- Indoor hospitality venues such as restaurants, pubs, bars, and cafes can reopen.
- Organised indoor sport will be able to take place for all (this includes gym classes).
- All holiday accommodation will be open (including hotels and B&Bs). This can be used by groups of up to 6 or 2 households
- Funeral attendance will be determined by how many people the COVID-secure venue can safely accommodate with social distancing. Limits at weddings, wakes and other commemorative events will be increased to 30 people. Other

significant life events, such as bar/bat mitzvahs and christenings, will also be able to take place with 30 people.

- The rules for care home residents visiting out and receiving visitors will change, allowing up to five named visitors (two at any one time), provided visitors test negative for COVID-19.
- All higher education students will be able to access in-person teaching.
- Support groups and parent and child group gathering limits will increase to 30 people (not including under 5s)
- There will no longer be a legal restriction or permitted reason required to travel internationally. There will be a traffic light system for international travel, and you must follow the [rules when returning to England depending on whether you return from a red, amber or green list country](#).

STEP 3

No earlier than 17 May

At least 5 weeks after Step 2

EDUCATION

- As previous step

SOCIAL CONTACT

- Maximum 30 people outdoors
- Rule of 6 or two households indoors (subject to review)

BUSINESS & ACTIVITIES

- Indoor hospitality
- Indoor entertainment and attractions
- Organised indoor sport (adult)
- Remaining accommodation
- Remaining outdoor entertainment (including performances)

TRAVEL

- Domestic overnight stays
- International travel (subject to review)

EVENTS

- Most significant life events (30)
- Indoor events: 1,000 or 50% (plus pilots)
- Outdoor seated events: 10,000 or 25% (plus pilots)
- Outdoor other events: 4,000 or 50% (plus pilots)

STEP 4

No earlier than 21 June

At least 5 weeks after Step 3

All subject to review

EDUCATION

- As previous step

SOCIAL CONTACT

- No legal limit

BUSINESS & ACTIVITIES

- Remaining businesses, including nightclubs

TRAVEL

- Domestic overnight stays
- International travel

EVENTS

- No legal limit on life events
- Larger events

(3) 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.

[\(COVID-19\) Coronavirus restrictions: what you can and cannot do](#)

Coronavirus restrictions remain in place. Find out what you can and cannot do.

[Further easing of COVID restrictions confirmed for 17 May](#)

[JCVI advises on COVID-19 vaccine for people aged under 40](#)

The Joint Committee on Vaccination and Immunisation (JCVI) has issued advice to the UK government on the use of the coronavirus (COVID-19) Oxford/AstraZeneca vaccine for people aged under 40.

[MHRA response to JCVI advice on COVID-19 Vaccine AstraZeneca for people aged under 40](#)

[Two-thirds of UK adults receive first dose of a COVID-19 vaccine](#)

More than 35 million people have been vaccinated with a first dose of a coronavirus (COVID-19) vaccine.

[Red, amber, and green list rules for entering England](#)

Countries rated as red, amber, or green for Coronavirus (COVID-19) and the rules you must follow to enter England.

[Travel abroad and coronavirus \(COVID-19\)](#)

Guidance for British people travelling abroad during the coronavirus pandemic if they are legally permitted to travel under current UK COVID-19 restrictions.

[Demonstrating your COVID-19 vaccination status when travelling abroad](#)

How to demonstrate your coronavirus (COVID-19) vaccination status to show that you've had the full course of the COVID-19 vaccine and access this status when travelling abroad

[Coronavirus and the social impacts on Great Britain: 7 May 2021](#)

[Coronavirus and the latest indicators for the UK economy and society: 13 May 2021](#)

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.

[Weekly statistics for NHS Test and Trace \(England\): 29 April to 5 May 2021](#)

NATIONAL COVID DATA

(1) COVID-19 national data

(a) Death rates

Deaths are counted where a lab-confirmed positive coronavirus test result is reported in any setting.

Deaths within 28 days of positive test by area

Across the whole of the UK, as of 13th May 2021, the total 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 127,651

In the South East, the total number of deaths stood at 20,749 cases.

Data on death rates are published on the [daily dashboard](#).

(b) Infection levels

The data reveals that as of 13th May 2021:

- Across the whole of the UK, the total number of lab-confirmed UK cases of COVID-19 since February 2020, stood at 4,444,631. This is the total number of people who have had at least one positive test result.
- In the South East, the total number of lab-confirmed UK cases of COVID-19 stood 542,545 . There were 1,323 new cases in the last 7-days.

For up-to-date numbers of coronavirus (COVID-19) cases and risk in the UK, click [here](#).

Healthwatch Brighton and Hove information and advice

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

- [COVID-19 information and advice webpage](#)
- [COVID-19 Vaccination webpage](#)
- [COVID-19 Vaccine Fact Check 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](#)
- [Sign health](#) has made their Interpreter Now 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 Easyread.
- [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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