

## YOUR HEALTHWATCH

### (1) Share your views on the COVID-19 vaccine programme



Healthwatch are running a new survey asking for people's views, experiences, and feedback on the vaccine roll out so that we can feed this back to those in charge - it will help improve the future roll out to other groups.

As the COVID-19 vaccination programme is underway in Brighton and Hove, we at Healthwatch are keen to hear your views on the vaccine and your personal experiences of the COVID-19 vaccination process (if applicable).

Please take 10-15 minutes to tell us how you feel, and you'll have a chance to win **one of five £20 Amazon vouchers** (details in the last question).

➤ **Click this link to take the survey**

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

“

David Liley, CEO of Healthwatch Brighton and Hove said:

The vaccine roll out has been delivered at pace and has successfully provided, or offered, the vaccine to everyone in the first 4 priority groups, providing protection and peace of mind. This has been a tremendous effort on the part of the NHS and teams of vaccinators.

Your answers will help us to understand public and patient opinion which we will share with health and care providers and decision-makers to inform and improve the vaccination process.

The vaccination programme will continue for the next 6 months at least so do please take 10 minutes to complete our survey as your views really do make a difference.

”

## (2) REMINDER! Healthwatch Care Home webinar: 23<sup>rd</sup> March

**healthwatch**  
East Sussex

**healthwatch**  
Brighton and Hove

**NHS**  
Sussex Partnership  
NHS Foundation Trust

**care for the  
carers**  
East Sussex  
Carers Support  
West Sussex



**Are you a relative or carer with a loved one in a care home?**

If so, please join our online webinar hosted by Healthwatch East Sussex and Healthwatch Brighton & Hove and Sussex Partnership Foundation Trust:

**Tuesday 23<sup>rd</sup> March 3 - 4pm**

What could and should the system be doing to support relatives and carers. There will be an opportunity to join representatives from the Health and care system in a Q & A session and discussion.

*The webinar is for you to hear from other family carers, contribute your thoughts and to seek answers to any burning questions that you may have. There will also be a closed session just for carers immediately following the main discussion (4 - 4.30pm).*

The link below is to register for the webinar (via Eventbrite).

<https://www.eventbrite.co.uk/o/healthwatch-east-sussex-5988120465>

Please forward any question in advance of the webinar to:

[elizabeth.mackie@healthwatcheastSussex.co.uk](mailto:elizabeth.mackie@healthwatcheastSussex.co.uk)

Any media enquiries please contact: [enquiries@healthwatcheastSussex.co.uk](mailto:enquiries@healthwatcheastSussex.co.uk)

## (3) New report: our Hospital discharge project

The Hospital Discharge Project was developed as part of the Healthwatch, Brighton and Hove City Council and NHS response to COVID-19 but is available to Brighton and Hove residents discharged from hospital whatever their condition, COVID related or not. We have published an updated performance report which you can [read here](#)

People are phoned by Healthwatch trained volunteers within a few days of discharge from hospital, usually in the first week. Our role is to signpost and assist people to find the help they need. We ask people about their experience of discharge, if there are any outstanding issues associated with their hospital discharge, or issues that have arisen since coming home with which they may need assistance. Over the period April to December 2020, there were just 4 instances where the discharge did not seem to have been managed well and issues were escalated for investigation, these were all resolved quickly and satisfactorily

The project supported 1,331 people from April to the end of December 2020. Of these, 321 people (24.4%) were referred on by Healthwatch for some form of community support, and 1,010 (76%) people were supported during the phone conversation, signposted to advice or information, or needed no further assistance. 25 people needed food or supplies, 70 people needed help paying for food, and 48 people had safeguarding concerns.

## (4) Tackling unfair health differences will need those in power to listen



Healthwatch England (HWE) has published its annual report to Parliament. Chair of HWE, Sir Robert Francis QC, reflects on the role the public can play in tackling the challenges brought about by COVID-19.

### Read 'On Equal Terms'

[Download](#) the Healthwatch England annual report to find out the difference that the Healthwatch network is making, and our plans.

Since January 2020, the COVID-19 pandemic has touched every area of life. Although the future is uncertain, some clear messages have already emerged from the pandemic. With data suggesting that if you live in a deprived area, you are twice as likely to die from COVID-19, emphasising the inequalities we knew existed before the pandemic. Tackling unfair health differences will need those in power to listen, and then act. At Healthwatch, we stand ready to help by doing more to amplify the voices of communities that go unheard.

### Looking ahead

The pandemic has forced rapid changes in how some things can be done, and we must make sure we do not revert to old ways where the new ones have been shown to be better. Before COVID-19, the Government had ambitious reform health and care services. With the NHS and social care services now facing an unprecedented backlog caused by the pandemic and public pressure to tackle health inequalities, reform is needed more than ever. Reforming health and social care will not be easy. It will require difficult choices; decisions that can only be made in partnership with the public if healthcare reforms are to work.

### Here to help

Last year, the Healthwatch network achieved our goal of supporting over a million people to share their views and access advice and care information. We plan to use this strength, not only to help tackle COVID-19 but also to assist in the nation's recovery. This means a sharper focus on hearing the views of those the system currently overlooks and making sure our evidence gets to those with the power to act swiftly. It also means making the argument for investing in community engagement at every level of health and care.

Although we face unprecedented challenges, we firmly believe that both communities and clinical and care staff share a passion to work together, to face these issues head-on so that everyone can get the health and care they need. [Find out more](#)

## (5) Is NHS 111 First making a difference?

# NHS 111

During COVID-19, people have relied on NHS 111 more than ever to get urgent medical advice. Our latest research looks at people's experiences of NHS 111 and awareness of the new A&E time slot booking service. Read the findings [here](#)

From 1<sup>st</sup> December 2020, the NHS introduced a new system called NHS 111 First. This means that NHS 111 can now book you an appointment at your local A&E or get you an urgent appointment at an alternative health service. The NHS 111 First campaign encourages people to call NHS 111 before going to emergency departments.

Read [more information about NHS 111 First](#)

Nearly 2,500 people have provided their views on the new service.

### **The public has a good awareness of NHS 111 and are likely to use it**

- 84% of people said that they were aware that they could call NHS 111 for urgent medical advice.
- 70% agreed that they were more likely to call NHS 111 than go straight to an emergency department when they had an urgent medical problem.
- The most common reasons for call 111 were because people wanted advice or reassurance, didn't think it was a 999 emergency, or did not know whether they needed to go to A&E or another NHS service.

### **Getting the right help**

- 79% felt they had got the help they needed.
- People were most likely to say that they had a very good service experience if their question was answered directly by the call handler.
- The group most likely to rate their experience as "very good" were those who received a booked time slot at emergency departments or a same-day GP appointment.

This suggests that people have the best experience of NHS 111 when the call handler can confidently and quickly advise them on their health issue, and that people appreciate the new appointment booking service. However, the number of people who told us they received an appointment at A&E or GPs was small

### **Satisfaction with NHS 111**

- 72% agreed that they generally had positive experiences when they called NHS 111.

### **What could be improved**

- 54% of people felt confident that when they phoned the service, the person they spoke to would be qualified to help them.
- Many people said they were frustrated at having to answer long lists of questions, often multiple times, and said they felt they were not being listened to.

### **Awareness of new NHS 111 First service is low**

- Those who used NHS 111 First and had a time slot booked for them at A&E were highly likely to rate their experience as very good
- However, awareness of the new service is low. 80% of our respondents were not aware that NHS 111 could reserve time slots at GPs, and 73% were not aware they could reserve time slots at A&E.

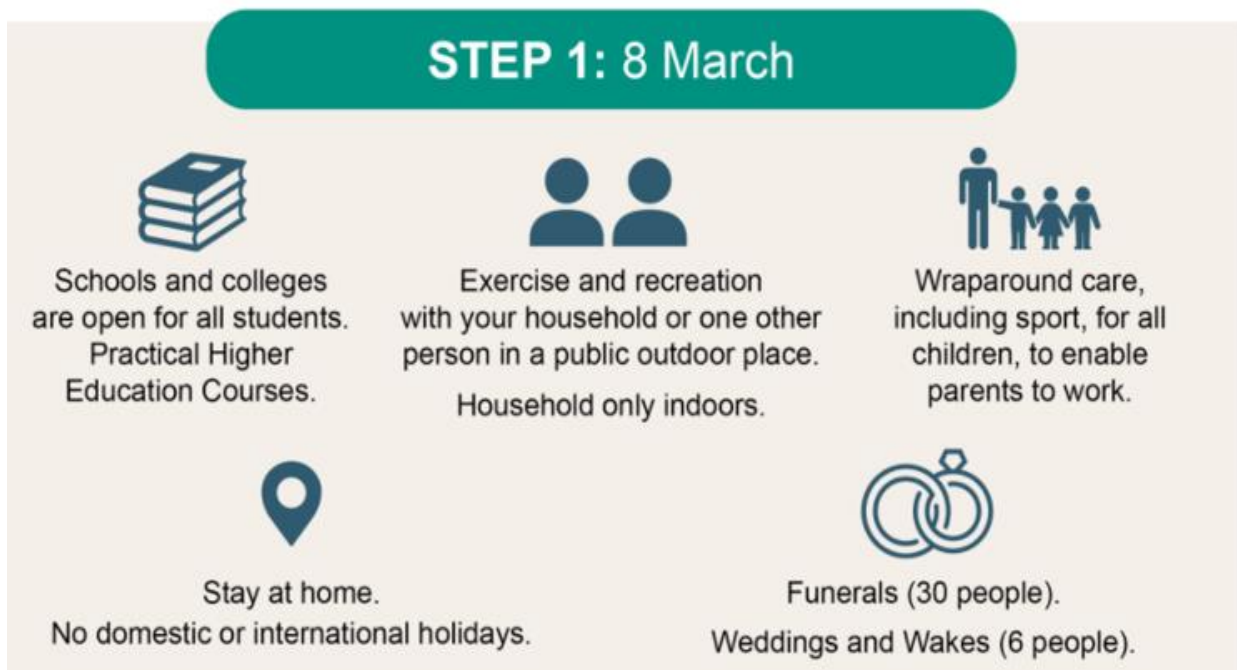
## HEALTH AND SOCIAL CARE UPDATES

### (1) The roadmap out of the current lockdown

On 23rd February, the Prime Minister announced a phased opening up of society starting with schools re-opening on 8th March.


- For a simple guide to the key dates please [click here](#).
- For more detail [click here](#).

From 8<sup>th</sup> March, restrictions started to lift and updated guidance with new rules and restrictions is available via [National lockdown: Stay at Home](#)



All the dates in the government's roadmap (see below) are indicative and subject to change. There will be a minimum of five weeks between each step: four weeks for the scientific data to reflect the changes in restrictions and to be analysed; followed by one week's advance notice of the restrictions that will be eased. Only when the government is sure that it is safe to move from one step to the next will the final decision be made. The decision will be based on four tests:

1. the vaccine deployment programme continues successfully.
2. evidence shows vaccines are sufficiently effective in reducing hospitalisations and deaths in those vaccinated
3. infection rates do not risk a surge in hospitalisations which would put unsustainable pressure on the NHS.
4. our assessment of the risks is not fundamentally changed by new Variants of Concern

<p><b>Step 1</b> 8<sup>th</sup> March</p>	<p>All children and students have returned to face-to-face education in schools and colleges. Residents in care homes can be visited by one nominated person</p> <p>Updated guidance is available below</p> <p><a href="#">What parents and carers need to know about early years providers, schools, and colleges during COVID-19</a></p> <p><a href="#">Households and bubbles of pupils, students and staff of schools and colleges: get rapid lateral flow tests</a> Find out who is eligible for twice-weekly testing and how to get tested if you do not have symptoms of coronavirus (COVID-19). This guidance is for people without symptoms.</p> <p><a href="#">Visiting arrangements in care homes</a></p> <p><a href="#">Free rapid tests for all businesses for regular workplace testing</a> All businesses in England are now able to sign up to the government’s free COVID-19 workplace testing programme.</p>
<p><b>Step 1 part two</b> 29<sup>th</sup> March</p>	 <p>The infographic for 29 March includes the following rules:</p> <ul style="list-style-type: none"> <li><b>Rule of 6 or two households outdoors.</b> No household mixing indoors.</li> <li><b>Outdoor sport and leisure facilities.</b></li> <li><b>Organised outdoor sport (children and adults).</b></li> <li><b>Minimise travel.</b> No domestic or international holidays.</li> <li><b>Outdoor parent &amp; child groups (up to 15 people, excluding under 5s).</b></li> </ul>
<p><b>Step 2</b> 12<sup>th</sup> April</p>	<p>This will see the opening of non-essential retail; personal care premises such as hairdressers and nail salons; and public buildings, including libraries and community centres. Indoor leisure facilities such as gyms will also reopen</p>
<p><b>Step 3</b> 17<sup>th</sup> May</p>	<p>This will see a continued easing of limits on seeing friends and family. Restrictions on meeting outdoors will be lifted - although gatherings of over 30 people will remain illegal. Indoors, the Rule of 6 or 2 households will apply</p>
<p><b>Step 4</b> 21<sup>st</sup> June</p>	<p>The government hopes to be in a position to remove all legal limits on social contact.</p>

## (2) Visiting a care home - New Guidance from 8<sup>th</sup> March 2021



From Monday 8th March, residential care providers can arrange for visits to residents from single named visitors and essential care givers.

Once the data shows it is safe, the Government also has plans to go further and allow more visiting - and more visitors. In mid-April, the Government will look carefully at the effectiveness of the vaccine for people living in care homes, as well as levels of infection in the local community, especially those of any new variants.

Read more about the new arrangements on the [Healthwatch website](#)

## (3) Update: Shielding advice paused from 1st April



From 1st April, people who are clinically extremely vulnerable will no longer be advised to shield.

You can find out more [here](#).

### HOW WILL YOU BE CONTACTED

Everyone on the Shielded Patients List will receive a letter from today (Thursday 18 March) informing them of the guidance changes and will include practical steps they can follow to reduce their risk of catching Covid-19. Those with an email address registered with their GP may also receive an email.

### MORE INFORMATION

You can find a copy of the letter that people will receive on the [Healthwatch website](#).

## (4) March is Ovarian Cancer Awareness month



March is Ovarian Cancer Awareness month. In the Surrey and Sussex areas, women are being diagnosed at a much later stage of ovarian cancer compared with national figures. This late-stage diagnosis reduces their chances of survival.

Surrey and Sussex Cancer Alliance (SSCA) has joined forces with local charity GRACE to raise awareness of the symptoms of ovarian cancer and encourage women to seek medical help sooner.

According to the [SSCA](#), women across Surrey and Sussex are being diagnosed at a much later stage of ovarian cancer compared with national figures. This late-stage diagnosis reduces their chances of survival.

**Do you know the symptoms of ovarian cancer? Knowing the symptoms and spotting them early can save your life. If you're experiencing these symptoms, don't hesitate to contact your GP.**

The key symptoms of ovarian cancer are:

**Know The Symptoms Of Ovarian Cancer**

**Common symptoms of ovarian cancer**

- Persistent abdominal pain, bloating or swelling.
- Loss of appetite, difficulty eating and feeling full more quickly.
- A change in bladder habits not explained by dietary or lifestyle changes.

**Ovarian cancer is one of the most common types of cancer in women. It mainly affects women who have been through menopause but it can sometimes affect younger women.**

**Seek medical advice**

- You've been feeling bloated, especially more than 12 times a month.
- You've experienced other symptoms persistently.
- You have a family history of ovarian cancer.

**Early diagnosis saves lives. If you're worried speak to your GP.**

**GRACE** Gynaecology Research and Clinical Excellence  
**NHS** Surrey and Sussex Cancer Alliance  
<https://grace-charity.org.uk> | Registered Charity No. 1189729

To coincide with Ovarian Cancer Awareness month this March, a new poster highlighting the key symptoms has been produced by [GRACE](#), a gynaecological cancer charity which supports women across Surrey and Sussex - please see below.

According to [Target Ovarian Cancer](#), a UK-wide ovarian cancer charity, the risk of getting this disease increases as a woman gets older. Women over the age of 50 have a higher risk, and most cases of ovarian cancer occur in women who have already gone through the menopause. More than half the cases of ovarian cancer diagnosed are women aged over 65 years.

Horsham resident Sylvie Allsop, 53, thought her tummy troubles were due to IBS and attributed her sporadic groin and pelvic pain to the onset of the menopause.

“I was having indigestion, constipation and a rumbling tummy after eating and thought that could be IBS. I was also having pain in my groin and pelvis and going to the loo a lot which I put down to the menopause as I was getting to that age,” says the mother of two grown-up sons. “I tried eating different types of food to see if it would get better, but it didn't. I researched the symptoms and thought maybe it is ovarian cancer, but I didn't want to believe it as I thought I was relatively young to have that.”

She went to her GP several weeks after she first started having problems and was later diagnosed with ovarian cancer. Sylvie is now in remission following a hysterectomy in August 2019 at East Surrey Hospital and chemotherapy treatment at St Luke's Cancer Centre in Guildford.



## **(5) Support to help those living with obesity**

### **New specialised support to help those living with obesity to lose weight**

**Children, adults, and families will be better supported to achieve and maintain a healthier weight through £100m of new government support.**

- £100 million to support children, adults and families achieve and maintain a healthier weight
- Sir Keith Mills appointed to advise on a new incentives and reward approach to encourage healthy behaviours
- Measures part of landmark obesity strategy published by the Prime Minister last July

Over £70 million will be invested into weight management services - made available through the NHS and councils - enabling up to 700,000 adults to have access to support that can help them to lose weight, from access to digital apps, weight management groups or individual coaches, to specialist clinical support.

The remaining £30 million will fund initiatives to help people maintain a healthy weight, including access to the free NHS 12-week weight loss plan app and continuing the successful Better Health marketing campaign to motivate people to make healthier choices. Part of the funding from the 30 million pot will also go towards upskilling healthcare professionals to support those in early years and childhood with intervention and enhanced training packages, helping up to 6,000 children and families to lead healthy lives

## **(6) Liver clinic**

The Liver Clinic is back every Thursday at 33 Grand Parade, Brighton, BN2 2QA (near Glenwood Lodge Hostel).

The community-based clinic is a way of engaging vulnerable people who are worried about their liver health due to alcohol, injecting drug-use, or sexual behaviour. The clinic is nurse-led and will include assessment, advice, fibro scan testing, screening of blood borne viruses, and treatment of hepatitis C (HCV).

This innovative service is a response to Public Health England's aim to eliminate HCV as a major public health threat by 2030 and incorporates a research project (END-C study) to assess and improve the service. As part of the project, those clients who test positive for HCV and commence treatment will receive three £10 supermarket tokens as incentives during the course of their regime.

Please cascade this information and inform any vulnerable people who you think might benefit from the service. It is a drop-in clinic, but people can also make appointments by calling 07919 880797.

## (7) Membership for merging NHS organisations

In April 2021, Brighton and Sussex University Hospitals and Western Sussex Hospitals NHS are planning to merge. The new organisation will be a Foundation Trust (FT) supported by local members and publicly elected governors.

They are now looking for thousands of new members who represent the communities they serve across Brighton and Hove, West Sussex, Mid Sussex, and East Sussex. It's free to join and takes just 5 minutes to register using the [online form here](#).

**JOIN US**  
Support your NHS  
Shape our journey  
Share your ideas  
See how we work

[www.bsuh.nhs.uk/members](http://www.bsuh.nhs.uk/members)

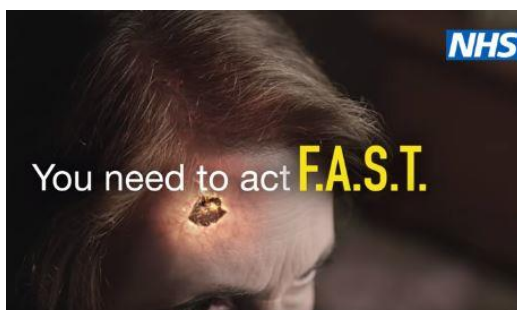
Brighton and Sussex University Hospitals NHS Trust and Western Sussex Hospitals NHS Foundation Trust are planning to merge on 1 April 2021. The new organisation will be a Foundation Trust, supported by local members and publicly elected governors. It's free to become a member via the URL above and members receive access to exclusive offers through Health Service Discounts.

If you have an interest in healthcare or a passion for supporting your local hospital, please consider joining. Members can be involved in a number of ways, from having a voice in the long-term planning process, to being kept up to date with what is happening in our hospitals.

You will also receive access to excellent offers through Health Service Discounts at <https://healthservicediscounts.com>, which is exclusively available to NHS employees and members

Anyone aged over 16 is welcome. To find out more, please [visit the website](#). Becoming a member is a great way of saying “thank you” to your NHS. We look forward to welcoming you.

## (7) NHS launches Stroke awareness campaign #ActFAST



A stroke spreads like a fire in the brain. You have to think and Act FAST. Check their Face, Arms and Speech. If you see any single one of the signs of stroke in yourself or others it's Time to call 999. The faster you act the better their chances.

The FAST acronym is a simple test to help people identify stroke symptoms:

- **Face** - has their face fallen on one side? Can they smile?
- **Arms** - can they raise both arms and keep them there?
- **Speech** - is their speech slurred?
- **Time** to call 999 if you see any one of these signs

Other stroke symptoms people should be aware of include:

- Sudden loss of vision or blurred vision in one or both eyes
- Sudden weakness or numbness on one side of the body
- Sudden memory loss or confusion
- Sudden dizziness, unsteadiness or a sudden fall, especially with any of the other symptoms

Even if you are not sure, Act FAST, make the call, dial 999.

## LOCAL COVID NEWS

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

“ This week we’re seeing signs that the steady decline in confirmed cases of Covid-19 in Brighton & Hove has started to slow down. This is partly explained by more cases being found due to the new symptom-free testing in schools, workplaces, and community testing. It is also a reminder that we all need to remain vigilant to stop Covid spreading. ”

The stay-at-home guidelines remain in force until 29<sup>th</sup> March. I want to thank everyone for helping to drive down cases in the city so far and ask that we all remain patient and continue to follow the guidance until then.

The number of confirmed Covid cases we report are only those we know about. The new symptom-free community testing programme and symptom-free testing in schools and workplaces will help stop the virus spreading when people start to mix as the restrictions relax.

Symptom-free testing, vaccinations and the hands-face-space guidelines are how we will keep to the government’s schedule to lift lockdown and get back to doing the things we miss.

We’re encouraging everyone who needs to work or volunteer away from home, or has children at school or nursery, to make regular symptom-free testing part of your weekly routine. [All the details are explained here.](#)

If a symptom free test is not available where you work, you can book them at pharmacies around the city, Hove Town Hall and Moulescoomb Leisure Centre through this [online symptom-free test booking site](#). If you have any symptoms of Covid-19 this is not the right test to take, you should [book a free Covid test \(known as a PCR test\) online](#).

Even as more of us are vaccinated and numbers remain low, let’s not relax our efforts too soon. Please remain patient and stay home until 29 March, follow the guidelines when you do go out, book your vaccination as soon as you get your invitation, and add symptom-free testing to your weekly To Do list.

Kind regards, Alistair Hill, Director of Public Health

## Support is 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](#).

## (2) 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](http://www.brighton-hove.gov.uk/communitytesting)

No one's safe until we're all safe



From this week you Symptom-free community testing is now 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](http://www.brighton-hove.gov.uk/communitytesting), or call 01243 642130.

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.

### 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.

More information can be found in these links:

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

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

[Testing for coronavirus before hospital](#)

## 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 which can be accessed [here](#). The graphs below provide more detail.

### CONFIRMED CASES OF COVID-19 in Brighton and Hove

#### HEADLINES

As of 17<sup>th</sup> March 2021, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stood at 14,218. In the 7 days up to 13<sup>th</sup> March, there were 87 new cases.

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.

#### In the last 7 days

In the seven days up to 13th March we had 87 confirmed new COVID-19 cases in Brighton & Hove.

- This is around 9% less than the previous week.
- This is equivalent to a weekly rate of new cases of 29.9 per 100,000 residents (calculated as follows:  $87 / 290,885 \times 100,000 = 29.9$ ).

- The rate for Brighton and Hove has decreased from 30.3 as published in our last Healthwatch bulletin issued on 12<sup>th</sup> March.
- For comparison, the current weekly rate for Brighton and Hove is now lower than it was as of 16<sup>th</sup> December 2020 when it stood at 101.4
- The current weekly rate for Brighton and Hove is lower than the rate for England, which was 58.3 per 100,000 and the South East which was 36.4 per 100,000 as of 18<sup>th</sup> March.

This data is published by the [Public Health England](#) and population data by the Office for National Statistics.

### Average rate since February 2020

As of 17<sup>th</sup> March, the total number of confirmed cases across the city stood at 14,218.

- This is equivalent to a rate of 4,856.6 per 100,000 residents (calculated as follows  $14,218 / 290,885 \times 100,000 = 4,887.8$ )
- This is lower than the rate for England, which was 6,655.7 per 100,000 and the South East which was 5,754.2 per 100,000. This data is published on the [government website](#).

### 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 13<sup>th</sup> March stood at 7,100. The percentage of individuals who tested positive in the same time period was 1.3% which is lower than previously reported.

### Death rates

The total [number of deaths](#) recorded up to 5<sup>th</sup> March (registered as of 13<sup>th</sup> March) with mention of COVID-19 on the death certificate stood at 449. In the last 7 days up to 5<sup>th</sup> March, there were 6 new deaths recorded.

### Number of patients in hospital

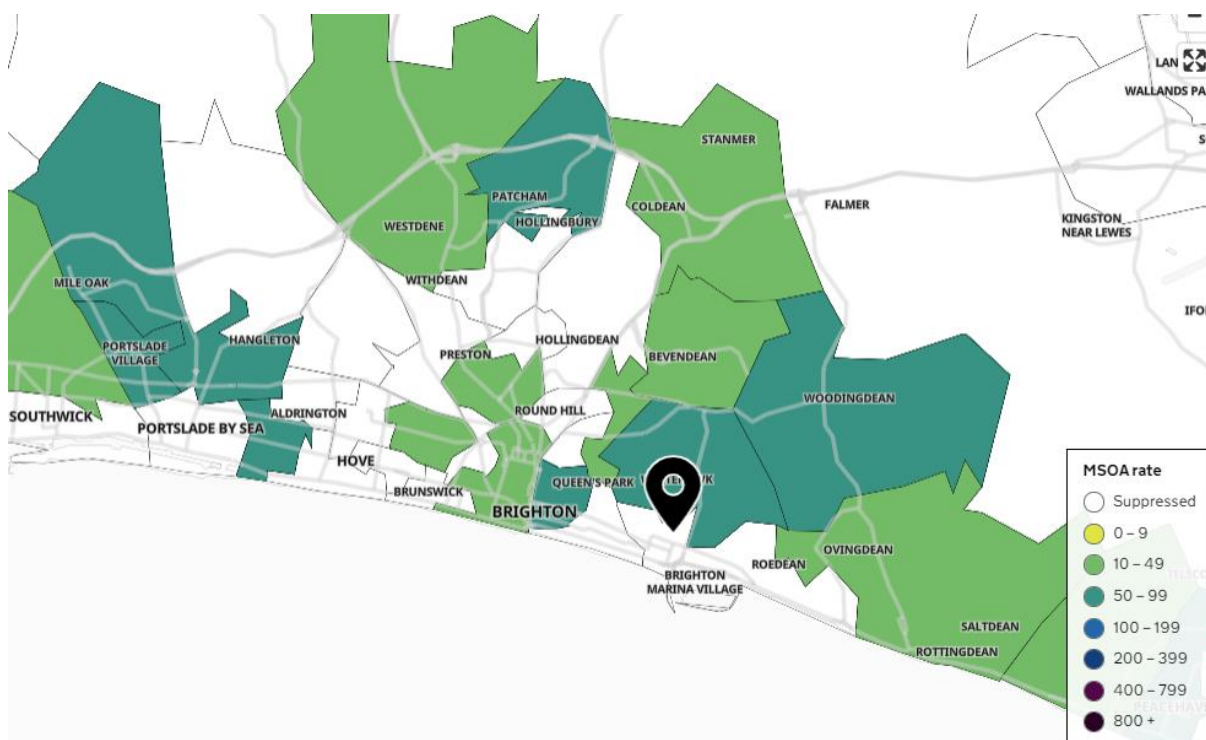
On 18<sup>th</sup> March there were [13 inpatients](#) with confirmed COVID-19 across the Royal Sussex County and Royal Alexandra Children's Hospital sites. Fewer than 5 patients were receiving intensive care. These figures relate to all patients and not just those from Brighton and Hove.

### [Government data shows the numbers of confirmed COVID-19 cases in Brighton and Hove by date:](#)

Date	No of confirmed cases	Total number of confirmed cases
17.3.21	7	14,218
16.3.21	12	14,211
15.3.21	13	14,199
14.3.21	12	14,186
13.3.21	13	14,174
12.3.21	11	14,161
11.3.21	17	14,150

## Where are the highest rates of infection in the city?

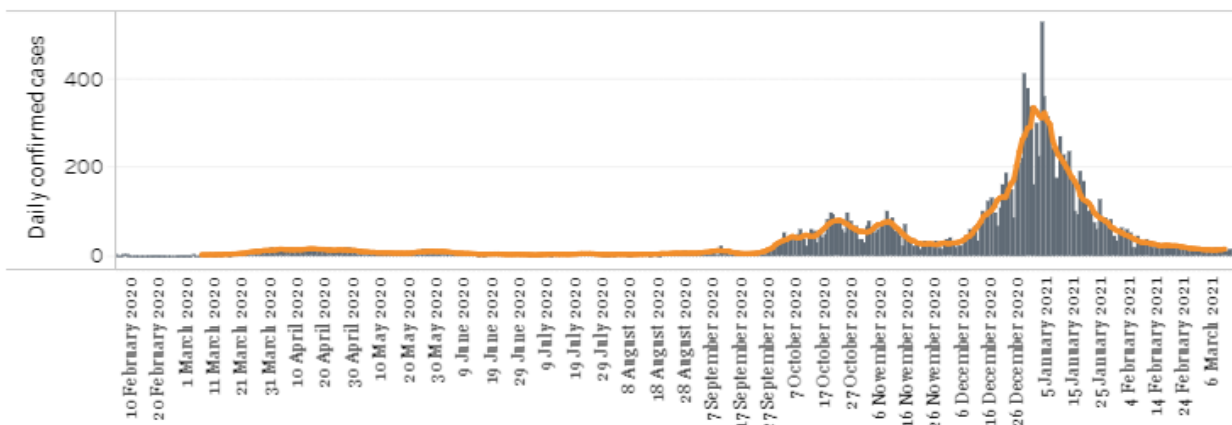
The government [map](#) displayed below shows weekly data and was last updated on 18<sup>th</sup> February 2021. This indicates that many areas of Brighton and Hove continue to record low rates of infection of less than 100 or less per 100,000 people (shown in green). Several areas have rates which are lower than 10 (shown in white).



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	
<span style="color: orange;">■</span>	7 day daily average
<span style="color: grey;">■</span>	Daily confirmed cases

Confirmed cases up to 17 March 2021: 14,218
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Confirmed cases (rate per 100,000 population) up to 17 March 2021: 4,888
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Confirmed cases in the 7 days up to 13 March 2021: 87
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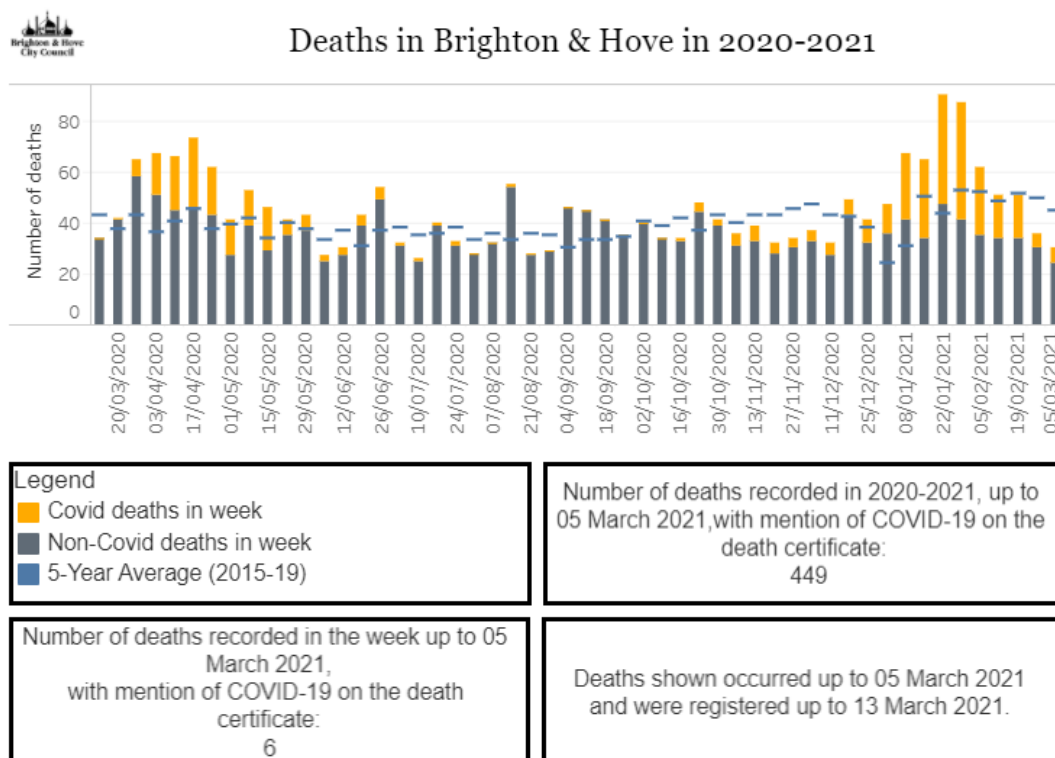
Confirmed cases (rate per 100,000 population) in 7 days up to 13 March 2021: 29.9
--

Most recent days subject to reporting delay. Last available data: 17 March 2021

## Deaths related to COVID-19 in the city.

The total number of deaths recorded up to 5<sup>th</sup> March (registered as of 13<sup>th</sup> March) with mention of COVID-19 on the death certificate stood at 449. In the last 7 days up to 5<sup>th</sup> March, there were 6 new deaths recorded.

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](#))



## Deaths recorded by NHS Trusts.

The total number of deaths recorded across NHS Trust since the beginning of the outbreak is shown below. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 18 March 2021](#)

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

Brighton and Sussex University NHS Trust ..... 469 (previously 466)  
 East Sussex Healthcare NHS Trust ..... 668 (668)  
 Surrey and Sussex Healthcare NHS Trust ..... 645 (645)  
 Sussex Community NHS Foundation Trust ..... 52 (52)  
 Western Sussex Hospitals NHS Foundation Trust ..... 480 (474)



### Wider impacts of COVID-19

In this section we have provided articles or publications which describe the effects that COVID-19 has had on society. These primarily relate to COVID-19, the vaccination roll out, and health and social care.

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

#### [Coronavirus and the social impacts on Great Britain: 5 March 2021](#)

#### [Coronavirus and vaccine attitudes and behaviours in England: over 80s population, 15 February to 20 February 2021](#)

Analysis of people aged over 80 in England during the coronavirus (COVID-19) pandemic, including attitudes, behaviours, and wellbeing in relation to the coronavirus (COVID-19) vaccination.

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

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

#### [Coronavirus \(COVID-19\) vaccine adverse reactions](#)

A weekly report covering adverse reactions to approved COVID-19 vaccines

#### [REACT-1 study of coronavirus transmission: February 2021 final results](#)

Results of real-time assessment of community transmission of coronavirus (COVID-19) during February 2021.

#### [Coronavirus and vaccine hesitancy by sub-group, Great Britain: 13 January to 7 February 2021](#)

Analysis of differences in hesitancy to the Coronavirus vaccine between sub-groups of the population in Great Britain, covering the period 13 January to 7 February 2021.

#### [Coronavirus and the different effects on men and women in the UK: March 2020 to February 2021](#)

#### [Coronavirus \(COVID-19\) Infection Survey: characteristics of people testing positive for COVID-19 in England, 10 March 2021](#)

This release provides data about the characteristics of people testing positive for COVID-19 from the COVID-19 Infection Survey. This survey is being delivered in partnership with the University of Oxford, the University of Manchester, and Public Health England.

#### [Coronavirus and the social impacts on disabled people in Great Britain: February 2020](#)

Indicators from the Office for National Statistics (ONS) Opinions and Lifestyle Survey to understand the impacts of the coronavirus (COVID-19) pandemic on disabled people in Great Britain.

## 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 18<sup>th</sup> March 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 125,926.

In the South East, the total number of deaths stood at 17,155 cases.

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

#### (b) Infection levels

The data reveals that as of 18<sup>th</sup> March 2021:

- Across the whole of the UK, the total number of lab-confirmed UK cases of COVID-19 since February 2020, stood at 4,280,882. 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 528,246. There were 3,345 new cases in the last 7-days.

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

#### (c) R-number and growth rates

[Last updated on Friday 19th March 2021](#)

**Latest R range for the UK 0.6 to 0.9**

**Latest growth rate range for the UK -6% to -3% per day**

An R value between 0.6 and 0.9 means that, on average, every 10 people infected will infect between 6 and 9 other people.

A growth rate of between -6% and -3% means that the number of new infections is shrinking by between 3% and 6% every day.

**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 (for up-to-date numbers of coronavirus. 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%.

## **(d) Test and trace**

You can access data here from [Weekly statistics for NHS Test and Trace \(England\): 4 March to 10 March 2021](#)

39,118 people tested positive for coronavirus (COVID-19) at least once in England between 4<sup>th</sup> March and 10<sup>th</sup> March 2021, a 14% decrease compared to the previous week. This continues the decrease in positive cases observed over the last nine weeks. 5,801,738 people were tested at least once<sup>1</sup> between 4<sup>th</sup> March and 10<sup>th</sup> March 2021 for COVID-19, an 85% increase compared to the previous week. This increase is due to the return of secondary school students to schools from 8 March, as students are regularly tested using rapid tests

## **(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.

[PM Boris Johnson: The Oxford vaccine shows why we and the world need Britain to be global](#)

[MHRA response to Irish authorities' action to temporarily suspend the AstraZeneca COVID-19 Vaccine](#)

[Further MHRA response to the precautionary suspensions of COVID-19 Vaccine AstraZeneca](#)

[National lockdown: Stay at Home](#)

Updated guidance with new rules and restrictions from 8<sup>th</sup> March.

[PM statement at coronavirus press conference: 18 March 2021](#)

[Visiting arrangements in care homes](#)

[Coronavirus \(COVID-19\) testing for homecare workers](#)

Sets out how homecare agencies in England can order regular tests for their homecare (domiciliary care) staff.

[Mandatory form for international travel launched to prevent illegal trips](#)

From 8<sup>th</sup> March 2021, passengers travelling abroad will need to carry a new form stating that their trip is permitted under national lockdown rules.

## [More countries added to red list to protect UK vaccination programme against variants of concern](#)

### [Understanding lateral flow antigen testing for people without symptoms](#)

An explanation of the technology behind asymptomatic testing and the role these tests play in the national COVID-19 testing programme.

### [Confirmed cases of COVID-19 variants identified in UK](#)

### [Households and bubbles of pupils, students and staff of schools and colleges: get rapid lateral flow tests](#)

Find out who is eligible for twice-weekly testing and how to get tested if you do not have symptoms of coronavirus (COVID-19). This guidance is for people without symptoms.

## 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



### Join us!

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