

COVID-19 risk level

**Yellow**



The current alert level in Brighton & Hove is yellow. This means that confirmed cases have increased. To slow the virus, we all need to step up physical distancing, wear face coverings where advised, limit contact between households and follow the 'rule of six'. Everyone has a part to play. More information on the current situation is given below.

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

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



**Wash your hands regularly**

avoid touching your face and use hand sanitiser when you are out



**Watch your distance**

stay at least 1m away from people outside of your household where you can



**Wear a face covering if you are able to**

on public transport, at hospitals, in shops and in enclosed spaces

Thank you for your part in supporting a

**healthier, stronger,  
safer city**

## A. Your Healthwatch

### (1) “A good send off?” A new Healthwatch report into End of Life care



This week, Healthwatch Brighton and Hove published a report into the experiences of people receiving end of life care. 15 people and their families told Healthwatch about their experiences in and out of hospital.

Healthwatch found that End of life care was not a dignified and well-arranged experience for many. The sensitivity and dignity of individual care planning that we would expect was not always provided. Our recommendations have been accepted in full by the NHS with a pledge to improve the care pathway and correct the elements of personal insensitivity and absence of coordinated planning that we found.

– [Fran McCabe](#), Chair of Healthwatch Brighton and Hove, who led the project alongside Board member [Cristine D’Cruz](#), said:

"People and their families should expect a 'Good send-off'. It is the final, and in some ways, most precious gift that the NHS and social care services have to offer. The excellent care we found in specialist services are not always extended to everyone and these are issues that the NHS and care services must address with urgency."

Healthwatch have made 10 recommendations to improve End of Life care which you can read in our report [here](#)

### (2) Preferences towards the future of health and social care services in Sussex: findings during the COVID pandemic - full report



We have released a final report from the Healthwatch in Sussex public survey on digital consultations, combined with results from the Sussex CCG’s survey on NHS communications with patients (where comparable questions were used).

Healthwatch in Sussex involves Healthwatch teams from across Brighton and Hove and East and West Sussex working in collaboration to deliver joint projects on health and social care services which operate across the Sussex region.

With a combined sample of 2,185 responses, our engagement focused on establishing people’s experiences of digital or remote consultations during the COVID-19 period and crucially, their expectations and preferences for service redesign and delivery in the restore and recovery stages post COVID.

## Headline Results

- 37.4% of people chose not to make an appointment during the pandemic despite having a need to access health, social or emotional care, confirming the very substantial backlog of clinical and social care need that will need to be addressed.
- For those that had phone, video and online appointments during the pandemic, satisfaction levels were high. For example, 80.4% were satisfied or very satisfied with phone appointments.
- A relatively high proportion of people were not happy to receive any form of remote appointment for their mental health.
- Most differences in preference towards future appointments were shown in terms of disability and age. For GP appointments, people with disabilities were less happy to have any form of remote appointment compared to people with disabilities. Younger people were generally happier to receive phone, video and online appointments compared to older people.

## The report presents 12 recommendations

1. Strengthen the message that the NHS is 'open for business' and the 'Help Us Help You' campaign.
2. Engage people with disabilities and women to better understand why they are more likely to delay remote appointments.
3. Make the public aware of the positive satisfaction ratings for phone, video, and online appointments, to encourage people not to delay appointments when in need.
4. Engage people with disabilities and Lesbian, Gay and Bisexual people to better understand why they are the least satisfied with appointments during COVID-19.
5. Offer a range of remote appointments, by phone, video and online (email, text and other online) given the public preference for a choice of remote appointments. Allow the patient to choose their preferred remote option.
6. Although the majority of people were generally happy to receive remote appointments, from a range of different services, they are not suitable for everyone and face-to-face options must continue.
7. Allow patients the opportunity to choose a remote appointment with their regular GP if this is preferred.
8. Reduce the proportion of people who are digitally excluded and who will not use remote options, on the grounds of insufficient technology, internet connection or inability to communicate by such means.
9. Familiarise some older people, in particular, in how to use video and online services.
10. Health and care services to arrange remote appointments for specific times, rather than patients having to wait all day for a call-back.
11. Raise the skills of some health professionals in using the technology that is required for remote appointments.
12. Encourage men to seek mental health support when needed, to break down the perceived stigma and reluctance to open-up about mental health.

Read our report [here](#)

## B. Health and social care updates

### (1) Flu vaccinations



The flu virus kills thousands every year.  
The flu vaccine is the best protection  
for you and those around you.

**JUST GET YOUR FREE FLU JAB**

Ask your pharmacist or GP if you're eligible.



Flu vaccination clinics across Brighton and Hove are underway and the NHS is encouraging anyone who is eligible for a free flu vaccination to book an appointment with their GP or pharmacist, as soon as they receive an invitation. All clinics will run in line with infection prevention control and social distancing measures will be in place.

Every year the flu virus kills people and hospitalises many more. This year it is even more important people who are most at risk of flu have their free flu vaccination. Public Health England research suggests that people infected with both viruses between January and April were more at risk of severe illness and death - [Record numbers offered flu vaccine as those with flu and COVID-19 more likely to die](#)

This year the flu vaccine is being offered on the NHS to:

- adults 65 and over
- people with certain medical conditions (including children in at-risk groups aged over 6 months)
- pregnant women
- people living with someone who's at high risk from coronavirus (shielded patients)
- children aged 2 and 3 on 31 August 2020
- children in primary school
- children in year 7 (secondary school)
- frontline health or social care workers

Later in the year, the flu vaccine may be given to people aged 50 to 64. However, if you are aged 50 to 64 and in an at-risk group, you should not delay having your flu vaccine.

For a full list of priority groups and other information about this year's flu vaccine, visit <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

### **What about supplies of the flu vaccine?**

We are hearing reports from across Sussex that demand for the flu vaccination is outstripping current supply, leading to some temporary supply issues before further stock is allocated by manufacturers. The first four weeks of the flu vaccination service have seen community pharmacists vaccinating [over 650,000 NHS patients - three times the number](#) vaccinated in the same period last year.

The accelerated start to the service this year does mean that some pharmacies are temporarily out of stock of vaccine before further supplies arrive as part of staged deliveries.

This significantly increased demand sits alongside a complex flu vaccination manufacturing process. Usually the cycle of vaccine manufacture starts with orders being placed by pharmacies and general practices, up to a year in advance of the first deliveries of vaccine. Orders for vaccines for this year had all been placed many months before the start of the pandemic, and within the global vaccine manufacturing system, there is very limited capacity to flex orders once placed.

As part of the Government's COVID-19 response, the Department of Health and Social Care (DHSC) anticipated the increase in demand for vaccine and worked with several of the flu vaccine manufacturers to obtain additional supplies of vaccines for the UK. Most of these supplies are not stock that would ordinarily be available in the UK, as they are the result of vaccine suppliers running their production cycles for longer than they had originally planned. These vaccines will be delivered in November and December.

### **Advice for patients in Brighton and Hove**

- If you are invited to have a flu vaccination, do not delay in making and appointment.
- If you are in an eligible or priority group (see above) contact your GP to make an appointment.
- Ask at a pharmacy about availability of appointments and ask to go on a waiting list if one is available. Patients can get vaccinated at any pharmacy if their usual one is out-of-stock

### **Further information**

From the government is available [here](#)

Information on the free flu vaccine is available in [Easyread](#) formats and in a [variety of languages](#).

## (2) Launch of enhanced NHS 111 service



From 1<sup>st</sup> October, the NHS 111 service in Kent, Medway and Sussex is being enhanced and it can now offer access to a wider range of health care professionals.

People who call 111 - free from mobiles or landlines 24/7 - or access the service via [www.111.nhs.uk](http://www.111.nhs.uk) will speak to call handlers and/or healthcare professionals who will be able to assess symptoms over the phone, issue prescriptions and directly book people into onward care appointments if they need one.

The lead provider, South East Coast Ambulance Service NHS Foundation Trust (SECAmb) is working in conjunction with not-for-profit social enterprise Integrated Care 24 (IC24) to deliver the enhanced service.

The new five-year contract was awarded in August 2019.

The launch of the contract and clinical assessment service is the first of several enhancements via the NHS 111 service for patients across Kent, Medway and Sussex.

Over the coming months, NHS 111 will integrate more closely with SECAmb's 999 service and existing out-of-hours care, including providing access to evening and weekend GP appointments, home visiting services, minor injury units, urgent treatment centres and A&E departments. Across the NHS, by the end of the year, patients will also be booked a timeslot at Emergency Departments if this is deemed the most appropriate service to help and support them.

For more information visit the Brighton and Hove Clinical Commissioning Group [website](#)

## (3) Quit smoking in 'Stoptober'



This year's Stoptober campaign is calling on smokers to put their lungs first and breathe easier ahead of flu season.

Stopping smoking is one of the best things you'll ever do for your health. When you stop, you give your lungs the chance to repair and you'll be able to breathe easier. There are lots of other benefits too - and they start almost immediately.

It's never too late to quit, so [join in this Stoptober](#). Let's do this!

Download the free NHS Stoptober app to help you quit smoking and start breathing easier. Stoptober is a 28-day stop smoking challenge. The app allows you to:

- track your progress
- see how much you're saving
- get daily support



If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

#### (4) NHS 'Test & Trace' app launched



The government launched the new NHS Test & app on Thursday 24<sup>th</sup> September. It features a [QR code](#) scanner so people can check in to venues and be alerted in the event that they have been in contact with someone who has tested positive.

Over 10 million people in England Wales have downloaded the app, 6 million on the first day - [NHS](#)

[COVID-19 app has been downloaded over 10 million times](#)

The app provides advice and outlines actions you need to take around self-isolating or getting a test. It also informs users if the local area becomes high risk. All leisure, hospitality, sports and faith venues that the public visit will need to display their own QR code poster so customers can check in quickly and easily.

To get a code, businesses will need to register on the government website. [Find out more about the NHS Covid-19 app.](#)

📱 Download now from:

➔ Google Play Store: <https://play.google.com/store/apps/details...>

➔ Apple App Store: <https://apps.apple.com/us/app/id1520427663>

Find out more: <https://covid19.nhs.uk>

A video with BSL sign language is available [here](#)  
[MENCAP has produced a guide](#)

To understand more about how the app uses your personal data click this link [NHS COVID-19 app: privacy information, early adopter trial](#)

Healthwatch has produced guidance for patients which you can access [here](#)

## (5) The Big Health and Care (socially distanced) Conversation: your experiences of dental care



As part of the [Big Health and Care \(Socially Distancing\) conversation](#), the CCG are calling on the public and local community groups to help play a key role in helping them understand people's experiences of care during the COVID-19 crisis.

The CCG want to make sure that they understand what it has been like for people if they have needed to use health and care services during COVID-19 across Sussex - what has worked well, and what could have been better?

This is **your chance to tell the CCG about your experiences**, ask questions and share your ideas as we move towards restoring services.



This fortnight's theme is dental. If you had a dental emergency at the height of the pandemic, did you manage to get treatment? Where from, and how did that work? Are you having difficulty obtaining dental treatment from your surgery now? Join the Big Health and Care Conversation and let us know your

experiences at <https://bit.ly/SxBHCC20> [#LetsTalkSussex](#)

**You can also complete our Healthwatch dental survey here**

To feed in your views and experiences, you can:

- Visit [the website](#) and share your experience, ask questions, and more
- Email the team at [sxccg.involvement@nhs.net](mailto:sxccg.involvement@nhs.net) or call us on 01903 708411
- Write to:  
FREEPOST RTUZ-ECYG-ERRK  
Attn: Public Involvement Team  
NHS Brighton and Hove Clinical Commissioning Group  
Hove Town Hall, Norton Road, Brighton, BN3 4AH
- Invite the Public Involvement Team to your (virtual) group meeting

### Previous engagement topics

The first Big Health and Care Conversation theme was 'Accessing care from your GP practice', which was held between Monday 27<sup>th</sup> July 2020 - Sunday 9<sup>th</sup> August 2020. You can learn about what we heard during this theme in this [video](#) from Dr Daphne Coutroubis, a local GP in Sussex.

Between 10<sup>th</sup> August 2020 - 23<sup>rd</sup> August 2020), the CCG asked to hear about 'Looking after your mental wellbeing through the pandemic'? You can learn about what we heard during this theme in this [video](#) from Elaine Colomberg, Head of Participation, Experience and Involvement at Sussex Partnership NHS Foundation Trust.



Between 24<sup>th</sup> August to 6<sup>th</sup> September 2020, the CCG asked to hear about ‘Your experiences of A&E’. You can learn about what we heard during this theme in the [Twitter Hour](#) from Katie the Divisional Lead Nurse and Lou the Matron at the Emergency Department at Brighton and Sussex University Hospitals NHS Trust

Between 7<sup>th</sup> September to 20<sup>th</sup> September, the CCG asked to hear about your experiences of being a carer. Details of what people shared with the CCG will be available shortly.

## (6) Getting medicines delivered if you need to



Do you know how you would get your medicines delivered if you were self-isolating, there was a local lockdown, or you are a resident who needs to shield? Here’s what you need to know:

### Ask family friends and neighbours first

In the first instance you are advised wherever possible to ask friends, family or neighbours to collect on your behalf. Here is some [advice for those collecting prescriptions](#). If this is not possible, there are some ways in which you can arrange for your medicines to be delivered to you.

### Does your pharmacy have a delivery service?

By checking the NHS website “Find a Pharmacy Service” (see: <https://www.nhs.uk/service-search/find-a-pharmacy/>). This location-based service lists all pharmacies nearby. Each entry has a tab called ‘Departments and Services’. If the pharmacy provides a delivery service, it should be listed here. Patients will need to check with their pharmacy if this is a free service, or not, and be prepared to pay a small fee for this service.

### What other ways can I arrange to have my medicine delivered?

There are national and local volunteers who are on hand to help those that are unable to get their medicines. The NHS Volunteer Scheme can arrange for volunteers to pick up your medicines and deliver them to you. Find out if you’re eligible for support from the NHS Volunteer Responders programme by calling [0808 196 3646](tel:08081963646) (8am to 8pm, 7 days a week). Or visit their website <https://nhsvolunteerresponders.org.uk/services>

Healthwatch Brighton and Hove has produced a patient guide to collecting prescriptions which you can access [here](#)

## (7) Children’s’ Campaign: Early Years Survey



Mencap are working with people with learning disabilities and their families across the country to improve the healthcare and support they receive when visiting hospital. As part of a focussed piece of “Treat me well” work that they are carrying out in 2020, they would like to know more about the experience of children with learning disabilities in the early years age group of 0-5 as well the experience of their families. **The survey will run for the next few weeks.**

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

## C. LOCAL COVID NEWS

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

### Support available in Brighton & Hove

#### Emergency help with food, energy bills and other essentials

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

#### Debt advice if you are facing financial difficulties

[www.brighton-hove.gov.uk/debt-advice](http://www.brighton-hove.gov.uk/debt-advice)  
Citizens Advice 0300 330 9033  
Money Advice Plus 0800 988 7037.

**Food, shopping and meal deliveries** Brighton & Hove Food Partnership [www.bhfood.org.uk/coronavirus-update](http://www.bhfood.org.uk/coronavirus-update).

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

**Wellbeing** Healthy Lifestyles team [www.brighton-hove.gov.uk/healthylifestyles](http://www.brighton-hove.gov.uk/healthylifestyles) 01273 294589.

**Carers** The Carers Hub [www.carershubs.co.uk](http://www.carershubs.co.uk) 01273 977000 (Monday to Friday, 9am to 5pm).

**Loneliness** Together Co [www.togetherco.org.uk](http://www.togetherco.org.uk) 01273 775888.

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

**Domestic abuse** The Portal [www.theportal.org.uk](http://www.theportal.org.uk) 0300 323 9985.

**Bereavement** Cruse Bereavement Care [www.cruse.org.uk](http://www.cruse.org.uk) 0808 808 1677.

**Digital support and resources** Digital Brighton & Hove [www.digitalbrightonandhove.org.uk](http://www.digitalbrightonandhove.org.uk) 07475 946084.

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

**Children or families** Front Door for Families [www.brighton-hove.gov.uk/front-door-families](http://www.brighton-hove.gov.uk/front-door-families) 01273 290400 (Monday to Thursday, 9am to 5pm, Friday until 4.30pm).

If you still need extra support and don't have anyone to help you at the moment, contact our community advice and support hub.

[www.brighton-hove.gov.uk/coronavirus-help](http://www.brighton-hove.gov.uk/coronavirus-help)  
If you can't get online, call 01273 293117 (option 2) Monday to Friday, 10am to 4.30pm.

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

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

Self-isolate immediately and get a test.  
Go to [nhs.uk/coronavirus](http://nhs.uk/coronavirus) or call 119.

## (1) COVID cases are increasing in our city

Brighton and Hove City Council have introduced an escalation framework, using a traffic light system - from green to yellow, amber and red - to keep everyone in the city up to date about the current rate of confirmed cases of COVID-19 in Brighton & Hove and how they can help to prevent the spread of infection. The city's status will be updated weekly on the [Current Alert Level and Guidance](#) web page. The web page will also highlight groups and settings that are particularly affected so people can make extra efforts to reduce their risk.

# Yellow

The current alert level in Brighton & Hove is yellow. This means, confirmed cases are increasing. See the 'Local Data' section below for more information.

The Council are asking everyone to play their part and follow the guidance. To slow the virus, we all need to step up physical distancing, wear face coverings where advised, limit contact between households and follow the 'rule of six'. Businesses also have a vital role to play by ensuring they are helping their customers to stay safe.

We must keep on protecting each other.



HANDS



FACE



SPACE

## (2) How and where to get a COVID test

Advice from the Council is available [here](#). [The council also issued a statement about obtaining a test for COVID-19](#)

Nationally there is now very high demand for coronavirus tests. To help ensure the people that really need to get a test can please:

- only request a test if you have COVID-19 symptoms or have been advised to have a test
- keep trying to book through the [NHS website](#) or by calling 119
- [self-isolate](#) immediately for 10 days if you have symptoms and all household members also need to stay at home.

**A new walk-in coronavirus test centre in East Brighton park has opened as part of a pilot for new walk-through sites accessible on foot or bike. Anyone wanting a test must book an appointment, as with the mobile drive-through test centre currently operating from Withdean.**

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

If you don't have access to the internet, you can call 119 to book or order a test.

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

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

### Symptoms

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

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

**These websites contain all of the information you need:**

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Government](#)
- [Coronavirus in children](#)

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 or Wales
- you're 18 or over
- you work in adult social care (England) or domiciliary care (Wales) and get paid

[How tests and testing kits for coronavirus \(COVID-19\) work](#) The different types of tests and testing kits for COVID-19. The guidance on testing kits has been re-written for both patients and the public and for manufacturers to make it clearer to understand.

## Local COVID data

### (1) Local data on COVID and statistics published by the Council

#### COVID-19 - key statistics for Brighton & Hove

You can find key local data showing confirmed cases of COVID-19 and deaths related to COVID-19 on the [Brighton and Hove Council website](#). We have reproduced some data below. The Council also provides links to other available data which can be accessed [here](#).

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

As of 30<sup>th</sup> September, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stands at 1,098. This has increased from 1,000 on 18<sup>th</sup> September, the date of our last Healthwatch bulletin. In the last 7 days, there were 48 confirmed cases.

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

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

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

#### 7-day average

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

In the seven days up to 27<sup>th</sup> September (based on data published on 30<sup>th</sup> September), there were 48 confirmed new COVID-19 cases in Brighton & Hove. This is equivalent to a weekly rate of new cases of 16.5 per 100,000 residents ( $48/290,885 \times 100,000 = 16.5$ ). This is lower than the rate for England.

Although published case numbers have fallen, the Council are concerned the data is not showing the full picture because of difficulties residents have experienced trying to book tests. For this reason, the alert rate remains at yellow. Most new cases this week are among young people aged 15-24 but that number is coming down. We know that a lot of transmission is occurring within households between family members or flatmates.

#### Average rate since February 2020

This data is published on the [government website](#). As of 1<sup>st</sup> October, the rate of confirmed cases in Brighton and Hove is equivalent to 377.5 cases per 100,000 residents ( $1,098/290,885 \times 100,000 = 377.5$ ). This number has been increasing. This rate is lower than the national average for England of 699.9 and the South East average of 474.4.

Fortunately, these numbers are not translating into an increase in death rates, which remains at [166](#).

The graphs below provide more detail.

[A Government interactive map shows COVID-19 cases by local area in England.](#) The map below shows Brighton and Hove as of 1<sup>st</sup> October 2020. The colours relate to the key shown on the right which relate to the number of cases of COVID-19 by area.

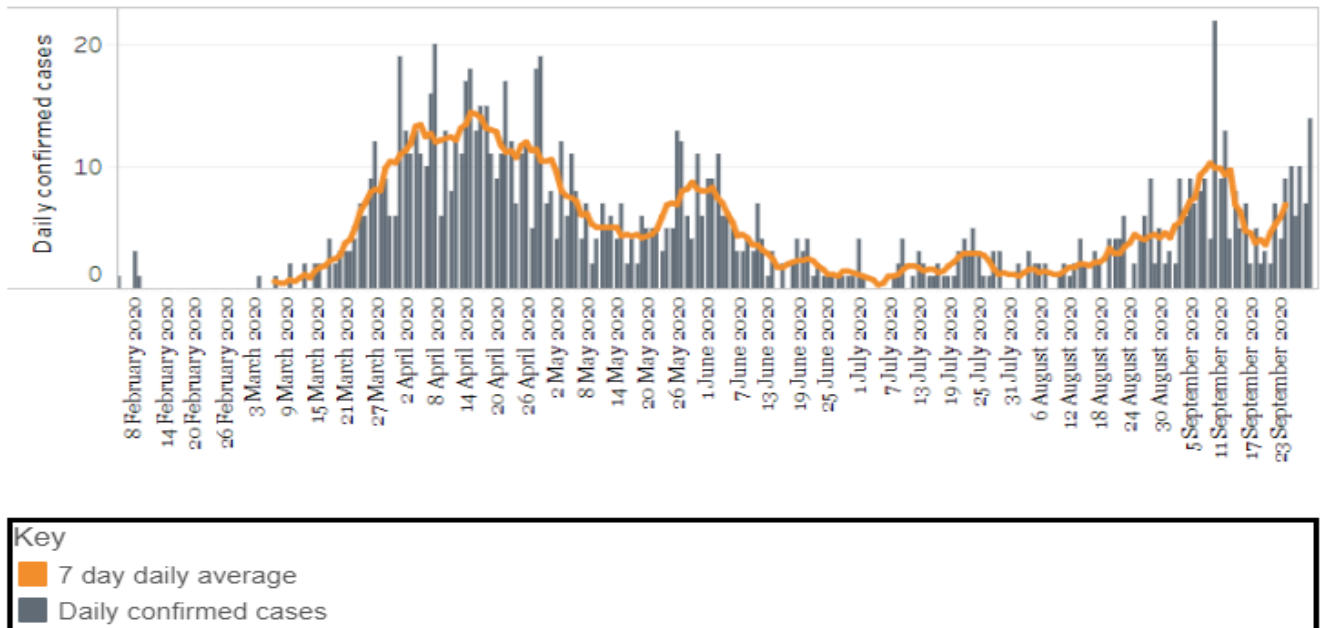


[Government data showing number of confirmed COVID-19 cases in Brighton and Hove:](#)

Date	No of confirmed cases	Total number of confirmed cases
30.9.20	0	1,098
29.9.20	14	1,098
28.9.20	7	1,084
27.9.20	10	1,077
26.9.20	6	1,067
25.9.20	10	1,061
24.9.20	9	1,051
23.9.20	4	1,042
22.9.20	7	1,038
21.9.20	2	1,031
20.9.20	3	1,029
19.9.20	2	1,026
18.9.20	5	1,024
17.9.20	2	1,019
16.9.20	7	1,017
15.9.20	5	1,010
14.9.20	8	1,005
13.9.20	4	997
12.9.20	13	993
11.9.20	9	980
10.9.20	22	971

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](#)).

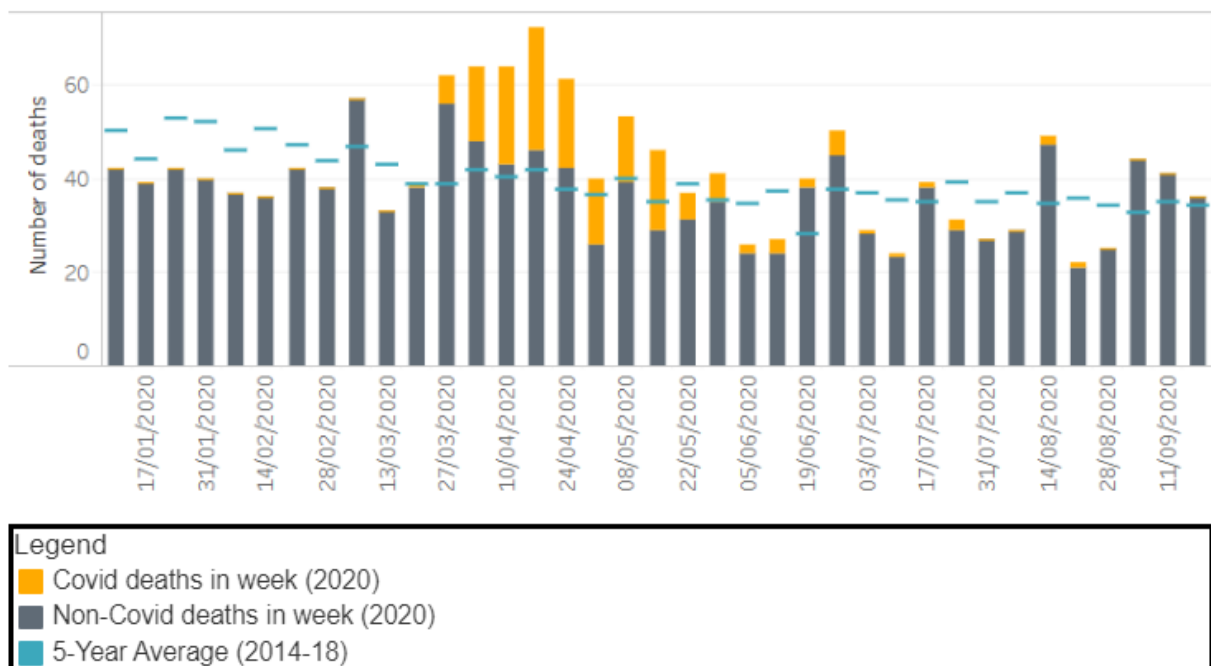
### Confirmed COVID-19 cases in Brighton & Hove



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

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

### Deaths in Brighton & Hove in 2020



## DEATH RATES in Brighton and Hove

As of 1<sup>st</sup> October, the total number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate stands at 166 (recorded since February 2020). This are deaths which occurred up to 18<sup>th</sup> September and registered up to 26<sup>th</sup> September 2020. In the last 7 days, there were no new deaths recorded.

### Weekly data show the numbers of deaths in Brighton and Hove where COVID-19 was mentioned on the death certificate

Week ending	No of confirmed deaths	Total number of confirmed deaths
18.9.20	0	166
11.9.20	0	166
4.9.20	0	166
27.8.20	0	166
21.8.20	1	166
14.8.20	2	165
6.8.20	0	163
31.7.20	0	163
24.7.20	2	163
17.7.20	1	161
10.7.20	1	160
3.7.20	1	159
26.6.20	5	158
19.6.20	2	153
12.6.20	3	151
5.6.20	2	148
29.5.20	6	146
22.5.20	6	140
15.5.20	17	134
8.5.20	14	117
1.5.20	14	103
24.4.20	19	89
17.4.20	26	70
10.4.20	21	44
3.4.20	16	23
27.3.20	6	7
20.3.20	1	1
10.1.20 - 13.3.20	0	0

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

## Deaths recorded by NHS Trusts

Brighton and Hove University Hospitals NHS Trust's total number of deaths recorded by **Brighton and Sussex University Hospitals NHS Trust** since the beginning of the outbreak is 149. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 1 October 2020](#)

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

Brighton and Sussex University NHS Trust .....	149
East Sussex Healthcare NHS Trust .....	101
Surrey and Sussex Healthcare NHS Trust .....	260
Sussex Community NHS Foundation Trust .....	18
Western Sussex Hospitals NHS Foundation Trust ....	123

## (2) Data on COVID in care homes

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

For Brighton and Hove the number, as of 25<sup>th</sup> September, stood at 60 - this number has not increased. This is against a total of 166 COVID-related deaths in the city which occurred up to 18<sup>th</sup> September and registered up to 26<sup>th</sup> September 2020 [This data is available on the Brighton and Hove website.](#)

### Related news

#### [Visiting care homes during coronavirus](#)

Guidance for making arrangements for limited visits for care homes with the support of the director of public health. The guidance will be updated following publication of the adult social care winter plan.

#### [Adult social care winter plan: letter from Minister for Care to local authorities](#)

Letter from Helen Whatley, Minister for Care, to outline the expectations of local authorities in relation to the adult social care winter plan.



## D. NATIONAL COVID NEWS

### (1) Changes announced by the Government September



#### Things we can all do

- step up physical distancing - wearing a mask doesn't replace distancing
- wash hands regularly or use hand gel
- wear face coverings if you able to - and being considerate of those who can't
- limit contact between households
- work from home if you can
- provide contact details for Test & Trace when asked
- follow the 'rule of six'.

The government announced new measures to suppress COVID-19 on Tuesday 22<sup>nd</sup> September 2020.

#### Face Coverings

- Customers in private hire vehicles and taxis must wear face coverings (from 23<sup>rd</sup> September).
- Customers in hospitality venues must wear face coverings, except when seated at a table to eat or drink. Staff in hospitality and retail will now also be required to wear face coverings (from 24<sup>th</sup> September).
- People who are already exempt from the existing face covering obligations, such as because of an underlying health condition, will continue to be exempt from these new obligations.
- Guidance stating that face coverings and visors should be worn in close contact services will become law (from 24<sup>th</sup> September).
- Staff working on public transport and taxi drivers will continue to be advised to wear face coverings.

#### [Face coverings: when to wear one, exemptions, and how to make your own](#)

This page explains when to wear a face covering, exemptions from wearing one, and how to make your own face covering.

#### Working from home

- To help contain the virus, office workers who can work effectively from home should do so over the winter.

#### Businesses

- Businesses selling food or drink (including cafes, bars, pubs and restaurants), social clubs, casinos, bowling alleys, amusement arcades (and other indoor leisure centres or facilities), funfairs, theme parks, adventure parks and activities, and bingo halls, must be closed between 10pm and 5am. This will include takeaways but delivery services can continue after 10pm (from 24<sup>th</sup> September).
- In licensed premises, food and drink must be ordered from, and served at, a table.
- Customers must eat and drink at a table in any premises selling food and drink to consume indoors, on site (from 24<sup>th</sup> September).

### Meeting people safely

- [Support groups](#) must be limited to a maximum of 15 people (from 24<sup>th</sup> September).
- Indoor organised sport for over 18s will no longer be exempt from the rule of six. There is an exemption for indoor organised team sports for disabled people (from 24<sup>th</sup> September).
- Weddings and civil partnership ceremonies and receptions will be restricted to a maximum of 15 people (down from 30).
- Other significant standalone life events will be subject to the 'rule of six' limits, except funerals (from 28<sup>th</sup> September).

You can read further information about this [here](#).

- For more information on how you can protect yourself and others, please visit [Keep Sussex Safe](#) which provides a simple summary of key advice and guidance.

## (2) Social Care Sector COVID-19 Support Taskforce: final report, advice and recommendations

The Social Care Sector COVID-19 Support Taskforce was commissioned in June 2020, with this report seeing the completion of its work in August 2020. The taskforce was set up to oversee the delivery of 2 packages of support that the government had put in place for the care sector, the Social Care Action Plan and the Care Home Support Plan. Its further remit was to provide advice on the requirements for the response to COVID-19 in the next few months, ahead of and into winter.

The taskforce has been led by David Pearson, former President of the Association of Directors of Adult Social Services (ADASS), reporting to the Minister of State for Care. Eight advisory groups were established to explore specific areas of care, namely:

- black, Asian and minority ethnic (BAME) communities
- carers
- good practice, guidance and innovation
- mental health and wellbeing
- older people and people living with dementia
- people with learning disabilities and autistic people
- self-directed support
- workforce

Throughout this report, a number of recommendations are made based on learning from the first phase of the pandemic. They range from 'quick wins' to consideration of topics that will require a degree of more substantial change and/or additional resources. You can read the full report [here](#)

### (3) Wider impacts of COVID-19

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

(a) A new COVID-19 [research report](#) has been published by Patients Association (PA). Over the summer of 2020, patients [told PA about their experiences during the first wave of the COVID-19 pandemic](#).

It was by no means all bad: some patients reported good ongoing care and were impressed by the way their local communities came together to support them.

Key points:

- Survey shows patients across the UK had difficulties accessing care, and experienced increased levels of worry, and loneliness
- Patients report a mix of good and bad experiences, but with half left feeling unsupported
- Patients now want access to services to return to normal
- Patient Association identifies six lessons for healthcare services that could reduce impact on patients during a second COVID-19 peak.

#### (b) [Coronavirus \(COVID-19\) in 10 charts](#)

These 10 graphs show the wide-ranging impacts of the coronavirus (COVID-19) pandemic on the UK so far:

1. The number of deaths peaked at more than twice normal levels because of COVID-19
2. There have been more excess deaths in care homes and private homes than in hospitals
3. The mortality rate from COVID-19 has been highest among black men
4. The number of people newly infected with COVID-19 is increasing
5. The number of people visiting workplaces, shops and public transport hubs fell drastically because of lockdown
6. Parents working from home tended to work in the morning and carry out home-schooling duties later in the day
7. The economy is 11.7% smaller than it was pre-lockdown, despite recovering some ground since April
8. Almost one-third of jobs have been furloughed at some point, with young people most affected
9. With vacancies falling across all industries, people are competing for fewer jobs
10. Public sector debt has exceeded gross domestic product (GDP) for the first time since the early 1960s

#### (c) [Diary of a nation: life in lockdown](#)

Six months since coronavirus (COVID-19) lockdown measures were introduced in the UK, this article examines our attitudes towards the pandemic, and how these have changed, using responses to weekly Opinions and Lifestyle Survey. As well as quantitative data, this article includes people's experiences of lockdown in their own words.

(d) [People with long-term health conditions most likely to avoid care services due to COVID-19](#)

People with long-term health conditions are urged to share their experiences to help improve support available for them after research indicates that some avoided health and social care services throughout the COVID-19 crisis.

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

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.

(f) [Coronavirus and the social impacts on Great Britain: 25 September 2020](#)

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

## Government COVID data

### (1) COVID-19 national data

[Slides to accompany coronavirus press conference: 30 September 2020](#)

#### National COVID-19 surveillance reports

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

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

#### Excess mortality in England: weekly reports

[Weekly excess mortality in England](#) broken down by age, sex, region, ethnic group, level of deprivation, cause of death and place of death.

In the South East, from 20<sup>th</sup> March up to 20<sup>th</sup> September, there were 8,505 excess deaths recorded 7,424 (92%) of which were attributed to COVID-19

#### Death rates

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

- 1) A death in a person with a laboratory-confirmed positive COVID-19 test and died within (equal to or less than) 28 days of the first positive specimen date.

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

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

In England, as of 1<sup>st</sup> October, the **number of deaths** of people who had had a positive test result for COVID-19 and died within 28 days of the first positive test stood at 42,202. The rate per 100,000 people was 66.6.

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

### (a) Infection levels

The data reveals that as of 1<sup>st</sup> October the **total number of lab-confirmed UK cases of COVID-19 stood at 460,178**. This is the total number of people who have had a positive test result. This number has been increasing since July.

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

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

[Last updated on Friday 2<sup>nd</sup> October 2020](#)

The latest R estimate for the UK is between 1.3 - 1.6 and the growth rate for the whole of the UK is between +5% to +9%.

An R number between 1.3 and 1.6 means that on average every 10 people infected will infect between 13 and 16 other people.

A growth rate between +5% and +9% means the number of new infections is growing by 5% to 9% every day.

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

For the South East, the latest R number range is 1.1 - 1.4, whilst the latest growth rate range for the South East is +2% to +6%. Data is not available at Local Authority level.

**What do these numbers mean?**

[The reproduction number \(R\)](#) is the average number of people one person who is infected with COVID-19 may go on to infect. A high R number implies the transmission rate from person to person is increasing, a low number means it is declining. The R number range for

the UK implies the transmission rate is increasing (for up-to-date numbers of coronavirus (COVID-19 cases and risk in the UK, click [here](#)). Brighton and Hove Council has previously confirmed that it is not possible to calculate meaningful R values at a very local level.

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

### (c) Test and trace

You can access data here from the [NHS Test and Trace \(England\) and coronavirus testing \(UK\) statistics: 17 September to 23 September 2020](#)

[More than 1 in 10 people in England have now been tested for coronavirus](#)

NHS test and trace statistics (England) weekly reports are also available [here](#).

- Since NHS Test and Trace launched (28th May - 23rd September):
- 31,373 people tested positive for coronavirus (COVID-19) for the first time in England between 17 September and 23 September, a 61% increase compared to the previous week. Positive cases have been rising steeply over the last 4 weeks with over 4 times as many positive cases identified in the most recent week compared to the end of August.
- 593,655 people were tested for the first time, consistent with the previous two weeks but an increase of 32% compared to the end of August. A total of 7,071,883 people have been tested for COVID-19 at least once since test and trace began.
- Turnaround times for pillar 2 (swab testing for the wide population) have become shorter for all testing routes<sup>2</sup> compared to the previous week. In the most recent week, 70.6% of in-person tests results were received the next day after the test was taken compared to 52.9% in the previous week. Turnaround times for satellite/home tests have become notably shorter over the last two weeks.
- The median distance to in-person testing sites (pillar 2) for booked tests between 17 September and 23 September has decreased to 4.3 miles from 5.2 miles in the previous week.
- 29,037 people were transferred to the contact tracing system between 17 September and 23 September, a notable increase of 37% compared to the previous week. The number of people transferred has been notably increasing since the beginning of August with over 6 times as many people being transferred in the most recent week compared to the beginning of August.
- Of those transferred to the contact tracing system between 17 September and 23 September, 71.3% were reached and asked to provide information about their contacts. This has declined from 80.8% in the previous week and the percentage of people reached has returned to similar proportions seen when Test and Trace launched.
- 87,587 people were identified as coming into close contact with someone who had tested positive between 17 September and 23 September. The number of contacts identified increased by 5% compared to the previous week and has more than doubled over the past 4 weeks. For those where communication details were

available, 83.7% were reached and asked to self-isolate. Taking into account all contacts identified, 71.6% were reached.

## (d) Testing for COVID-19

This link to the [government website](#) explains all you need to know about how to get a test. More information explaining how Test and Trace works can be found [here](#)

[The council has updated their advice about obtaining a test for COVID-19](#)

## (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.

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

[Coronavirus \(COVID-19\): jobs that qualify for travel exemptions](#)

[New legal duty to self-isolate comes into force today](#) From 29 September, people in England will be required by law to self-isolate if they test positive or are contacted by NHS Test and Trace.

[COVID-19: guidance for households with possible coronavirus infection](#)

Stay at home guidance for households with possible coronavirus (COVID-19) infection. Updated to include new legal requirements for self-isolation - [New legal duty to self-isolate comes into force today](#)

[Huge increase in UK Personal Protective Equipment production](#)

[PPE portal: how to order COVID-19 personal protective equipment \(PPE\)](#)

Eligible health and social care providers can order PPE through the portal to meet the increased need that has arisen as a result of the COVID-19 pandemic. Community and residential drug and alcohol services can order from the portal. Delivery times have been updated: orders will be delivered within 4 days.

[New recruitment drive to help 10,000 people with serious mental illness](#) £27 million has been announced for mental health charity Think Ahead to expand their mental health social work graduate programme.

[Coronavirus \(COVID-19\): travel corridors](#) List of countries, territories and regions from where you can travel to England and may not have to self-isolate.

[Coronavirus \(COVID-19\): guidance on the phased return of sport and recreation](#) Guidance for the public, providers of outdoor sport facilities, elite athletes, personal trainers and coaches on the phased return of sport and recreation

## E. Resources, advice, and information



### (1) Mental health - It's World Mental Health Day on Saturday 10 October

The World Federation for Mental Health which co-ordinates World Mental Health Day globally has set the themes as “Mental Health For All” and is encouraging participants to use the day as a platform to raise the profile of mental health services and campaign for more money for mental health. National Mind is asking people to #DoOneThing for better mental health. You can [click here](#) for more information.

**What's your mental health goal?** To mark World Mental Health Day. MIND are encouraging everyone to do one thing for better mental health and to share this on their **virtual pledge wall**. To upload your pledge, which can be named or anonymous, a pledge for yourself or on behalf of a group or organisation, include links or photos, however you feel! **The wall will be live from 9am on Monday 5<sup>th</sup> October until 5pm on Friday 9<sup>th</sup> October.**

### Belltree Music Therapy and mental health

Belltree Online has produced over 40 videos about Music and Wellbeing which you can find here:

<https://www.belltree.org.uk/belltree-online/>

### (2) Maternity



Matrescence Antenatal Zoom group for women pregnant with their first child to help with the ‘transition to motherhood’.

This will run on 3 Wednesdays: Oct 7, Oct 14, Oct 21: 11.00-12.30

The group will be limited to 7 participants and will include facilitated discussion and writing and mindfulness exercises.

This will be a safe space to express the full range of thoughts and emotions that you might be feeling at this point in your life.

It is peer-led. No parenting ‘expert’ and it is not a birth preparation or baby care class.

This is a closed group, not a drop-in. Booking can be made by emailing [admin@mothersuncovered.com](mailto:admin@mothersuncovered.com) or texting 07907 492992



## F. Healthwatch Brighton and Hove information and advice

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

[Dedicated COVID-19 webpage](#)

[Maternity and pregnancy advice and information](#)

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

Guides which provide information about:

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

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

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



### Join us

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

Please email [office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

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

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### Volunteer for us



If you would you like to get involved and help make a positive difference, then we offer a variety of roles. And you do not have to stick to one, some of our volunteers do more than one. You do not

need a background in health or social care, just a keen interest in improving services for everyone. For more information [click here](#).