

**YOUR HEALTHWATCH**

**(1) \*\*REMINDER\*\* Healthwatch webinars for Care Home Relatives**

Monday 25<sup>th</sup> January 2021,  
3pm - 4pm

**healthwatch**  
Brighton and Hove

**NHS**  
Sussex Partnership  
NHS Foundation Trust

**REGISTER NOW for the first webinar!** Healthwatch Brighton and Hove in partnership with Sussex Partnership NHS Foundation Trust will be hosting 3 monthly webinars for relatives/family carers with loved ones in Care Homes.

To find out more about the webinars please [click here](#)  
To book your place at the first webinar please [click here](#)

Please forward any questions in advance of the first webinar to:  
[elizabeth.mackie@healthwatcheastsussex.co.uk](mailto:elizabeth.mackie@healthwatcheastsussex.co.uk)

**Further details**

The three Healthwatch organisations in Sussex are working together with Sussex Clinical Commissioning Groups to support families of residents in care settings during this time. These webinars follow on from our Sussex-wide event held in November 2020 when almost 90 people came together to share their experiences of staying connected with their loved ones in care homes during the coronavirus pandemic. You can read our report of the November event here: [Staying Connected Webinar Report December 2020](#)

**The first webinar will focus on the vaccination roll out in Care Homes.**

The webinars are for you to hear from other family carers and contribute your thoughts and experiences. There will also be people on hand to answer questions.

In advance of the first webinar you can watch a video between Michelle Kay of Healthwatch Brighton and Hove and Dame Phillippa Russell who is one of our webinar panellists by [clicking here](#) (the video is also available on our [website](#)). Dame Russell is a carer herself, Vice President of [Carers UK](#) and a patron of [Carers Support](#) in West Sussex.

**Two further webinars will cover the following themes:**

- In February, we will explore the impact of long-term restricted visiting/separation from loved ones is having on families.
- In March, there will an opportunity to join representatives from the Health and Care System in a Q & A session and future discussions around what could and should the system be doing to support relatives and Family carers.

**Details of these events will be issued in due course.**

## (2) Dental services

**healthwatch**  
Brighton and Hove



We previously shared with you the [results from our public engagement on dental services](#). Since then, a debate has been held in Parliament on the effect of COVID-19 on dental services (14<sup>th</sup> January). To support the debate the House of Commons Library produced [a report](#).

If you want to see where your insight goes please take a look at the report (pages 10 and 11). There is a quote from the Healthwatch England report, and Healthwatch was referenced under “*Impact on vulnerable groups*” - which also recognises the issues that several Healthwatch - including Brighton and Hove - have raised.

Thanks to everybody who contributed to our recent dentistry survey, the outputs from which we shared with Healthwatch England.

### Dental research opportunity with UCL:

#### The impact of COVID-19 on oral health and use of dental services.

A team of researchers from University College London are conducting research on oral health and COVID-19 and are particularly interested to understand how the initial lockdown affected the oral health of adults, and access to dental services in the UK.

They would very much like to hear about oral health experiences, and the use of dental services during the initial COVID-19 lockdown and over the last few months.

The survey is short and fully anonymous and should take about 15 minutes to complete.

- Further information about the survey can be accessed here: <https://www.ucl.ac.uk/epidemiology-health-care/covid-19-and-oral-health>
- Please use the following link to access the survey: <https://redcap.slms.ucl.ac.uk/surveys/?s=AEE49YL88F>
- For more information email [michelle.stennet@ucl.ac.uk](mailto:michelle.stennet@ucl.ac.uk).

## HEALTH AND SOCIAL CARE UPDATES

### (1) Social care sector to receive £269 million to boost staffing levels and testing

- A new £120million fund for local authorities to boost staffing levels
- A £149 million grant system to support increased testing in care homes

The impact of the new COVID variant is being felt across the country, with staff absence rates rising sharply both in care homes and among home care staff, due to testing positive or having to self-isolate.

The funding that has been announced will protect and support the social care sector, including care homes and domiciliary care providers, by increasing workforce capacity and increasing testing.

[Click here to read more about this story](#)

### (2) Major reform of Mental Health Act

The Government has announced plans for major changes to the Mental Health Act. The aim is to deliver parity between mental and physical health services and put patients' views at the centre of their care. It will also tackle mental health inequalities including the use of the act to detain people with learning disabilities and autism and improve care for patients within the criminal justice system.

This work builds on the recommendations made by Sir Simon Wessely's Independent Review of the Mental Health Act in 2018. **The government is consulting on a number of proposed changes**, including:

- implementing the right for an individual to choose a nominated person who is best placed to look after their interests
- expanding the role of independent mental health advocates
- piloting culturally appropriate advocates so patients from all ethnic backgrounds can be better supported to voice their individual needs
- ensuring that neither autism nor a learning disability are grounds for detention for treatment of themselves
- improving access to community-based mental health support, including crisis care
- Including in the proposals is the Patient and Carers Race Equality Framework (PCREF) which will enable mental health trusts to understand what steps it needs to take to improve black, Asian and minority ethnic communities' mental health outcomes.
- A consultation is now open until 21 April which is available via this link <https://consultations.dhsc.gov.uk/5fd10ed02513901f29167e1d>
- A description of the consultation is available here <https://www.gov.uk/government/consultations/reforming-the-mental-health-act>

Four principles, developed by the review and in partnership with people with lived experience, will guide and shape the approach to reforming legislation, policy, and practice.

These are:

- Choice and autonomy - ensuring service users' views and choices are respected
- Least restriction - ensuring the act's powers are used in the least restrictive way
- Therapeutic benefit - ensuring patients are supported to get better, so they can be discharged from the act
- The person as an individual - ensuring patients are viewed and treated as rounded individuals

[Click here](#) to read more

An easy read version of the consultation is available [here](#)

### (3) Free Cancer Awareness session, Cervical Cancer Awareness Week, and an update on services at MacMillan Cancer Horizon Centre



[speakupagainstcancer.org](http://speakupagainstcancer.org)

A free cancer awareness session on breast and cervical cancer is being delivered by Carolyn Phelps of Speak Up Against Cancer.

**Tuesday, 26 January from 11:00am - 12:00pm**

There will be plenty of time for questions and answers.

Please contact [admin@livestock.org.uk](mailto:admin@livestock.org.uk) or send a message to 07907 492992 to receive the Zoom link to the meeting.

1 in 7 women in the UK develop breast cancer during their lifetime. Learn more about the signs and symptoms of breast cancer and the NHS breast screening programme.

99.8% of cervical cancer cases are preventable.

Please forward this to anyone you think will benefit.

**This week is Cervical Cancer Prevention Week.**

**CERVICAL CANCER:**

**The earlier cervical cancer is caught, the more treatable it is.**

Cervical cancer is the most common cancer in women aged 35 and under but screening can help to prevent it. GP practices continue to offer and carry out screening appointments so please attend if you receive an invite. If you are aged between 25 and 64 and registered with a GP as a female, you will receive an invitation.

If you missed an appointment, or are not registered with a GP, get in touch with your local surgery now. It could save your life.

- If you are living with HIV, you may have an increased risk of cervical cancer so it is very important you have screenings.
- Even if you had the HPV vaccination at school, you need to have the screening when invited.
- In most cases, cervical cancers are caused by persistent infections with a very common virus known as HPV. Around four out of five sexually active adults will be infected with some type of HPV in their lives. HPV infection is common but cervical cancer is rare.

For further information about what the test involves and how to prepare for it go to .

<https://www.speakupagainstcancer.org/cervical-cancer>

## MacMillan Horizon Centre

During the current lockdown the Horizon Centre is remaining open for patients and their carers with appointments at RSCH - they are welcome to use the information lounge and the café (take away). They also have a range of support available by phone, e-mail and virtually - please see the poster below.

To access any of these please call 01273 468770 or e-mail [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

Please see the attached for more details



**GET THE  
SUPPORT  
YOU NEED**

**FACE TO FACE SUPPORT**

During the national lockdown the Horizon Centre will remain open, with the Information Lounge available as a space to sit or for information & support and the café open for takeaway drinks and food.

Therapies and group activities are currently suspended and will be restarting as soon as the government guidance allows. In the meantime we will continue to offer a range of support by phone and virtually.

(Last updated January 5<sup>th</sup> 2021)

## HORIZON CONNECT

Phone 01273 468770

2 Bristol Gate, Brighton BN2 5BD

e-mail [horizoncentre@macmillan.org.uk](mailto:horizoncentre@macmillan.org.uk)

[www.macmillan.org.uk/horizoncentre](http://www.macmillan.org.uk/horizoncentre)



### PHONE SUPPORT

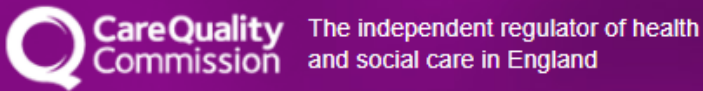
- Counselling
- Welfare Benefits
- Information & support



### VIRTUAL SUPPORT

- Horizon Connect – group support session
- Information & support by e-mail
- Managing Anxiety – group sessions
- One to one Coaching
- Breathing Workshop
- Mindfulness
- Pilates
- Yoga Nidra
- Cookery workshop
- Poetry pop in

## (4) CQC launch strategy consultation



The Care Quality Commission (CQC) are the independent regulator of health and social care in England. Their purpose is to make sure health and social care services provide people with safe, effective, compassionate, high-quality care and they encourage care services to improve.

The CQC are proposing to change their strategy and have launched a formal consultation. The four themes in their draft strategy are:

- **People and communities** - focusing on what matters to the public local communities.
- **Smarter regulation** - assessments are to be more flexible and dynamic, with ratings updated more frequently.
- **Safety through learning** - expecting learning and improvement to be the primary response to all safety concerns and taking action to protect people when services don't learn and improve.
- **Accelerating improvement** - targeting the priority areas that need support the most.

[Find out more and have your say on their strategy](#)

The consultation runs for 8 weeks, ending at 5pm on 4<sup>th</sup> March 2021

### (4) “Ask for ANI” - support for those experiencing domestic abuse

The Government has launched a new code word scheme, where if you are experiencing domestic abuse and need immediate help, you can ask for ‘ANI’ in any participating pharmacy.

**ANI stands for Action Needed Immediately but is pronounced Annie.** If a pharmacy has the ‘Ask for ANI’ logo on display, it means they are ready to help you.

The pharmacy will offer you a private space, provide you with a phone and ask if you need support from the police or other domestic abuse support services.

More details are shown on the poster.



## COVID-19 VACCINATION

### (1) Healthwatch Brighton and Hove update on COVID vaccines

A reminder that we have created a dedicated webpage on the [Healthwatch Brighton and Hove website](#). Information is being released all the time and we are regularly updating this dedicated page as more information about the roll-out of vaccines is released.

The website explains how the vaccines are currently being rolled-out and includes news and updates. We have included detail of some of the most significant changes announced over the last week below.

**In addition:**

[Click here](#) to access an Easyread guide to being vaccinated which can be downloaded for free

[Click here](#) to access translated materials about the vaccine

Please visit the Healthwatch website [here](#) for more information.

Healthwatch is working with local NHS Clinical Commissioning Groups to ensure you get the information you need. You can access some answers to Frequently Asked Questions about the vaccine by clicking [here](#).

If you have a specific question, please do get in touch at [office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

We were contacted by a member of the public who had received their vaccination. They told us about their positive experience which we wanted to share with you.

“ I am 83 and had my vaccination at the County Oak medical centre, Carden Hill. My husband is 82. It was very easy and very well organised. I received a text from my GP inviting me to have the vaccine and offering me a choice of times. My husband and I both had morning appointments. We drove and parked there. The queue was very short and well managed. We had our details checked and were quickly led into a cubicle for the vaccination. Afterwards we rested for 15 minutes in a separate area. We were socially distanced at all times and surfaces were cleaned in the waiting area after use. It felt very safe at all times and all the personnel were very pleasant, kind, and patient. Neither of us has had any side effects. ”

## GP-led services

- A GP-led vaccination service is where many of those who are in the first priority groups living in our local community will initially receive their vaccination. This involves groups of local GP practices working together to provide the vaccination to their collective patients at one location. This means that you may not receive the vaccination at your local GP, and you may be required to travel to a different location nearby.
- GP-led vaccinations are taking place at three locations: Brighton Racecourse, County Oak Medical Centre, and Portslade Health Centre. All GP practices in the city are now involved. To read more about GP-led sites [click here](#)
- On 15<sup>th</sup> January, GP-led vaccination services at Brighton Racecourse went live which means that thousands more vaccinations are now being delivered in the city every week.
- Please visit <http://www.sussexhealthandcare.uk/.../sussex-covid-19.../> for more information about the roll out of the vaccine in Sussex.

## Two additional hospital hubs have opened

- Local hospitals across the country are giving the vaccine to people over 80 who are attending for a planned appointment and frontline health and care staff. You will only receive your vaccination in this way if you have an outpatient or inpatient appointment at your hospital.
- Two more hospital-based vaccination services have opened. The Queen Victoria Hospital in East Grinstead is now delivering vaccinations, along with Mill View Hospital in Hove, run by Sussex Partnership NHS Foundation Trust.
- In total, there are eight hospital-based vaccination services up and running in Sussex as the two new services join Eastbourne District General; Hastings Conquest; the Royal Sussex County in Brighton; Princess Royal in Haywards Heath; St Richard's in Chichester; and Worthing Hospital.
- [Read more about the vaccination locations in Brighton and Hove](#)

## The large-scale vaccination centre for Sussex is readying to open pending delivery of supplies. This will be at the Brighton Centre.

- We expect the first of our large-scale vaccination centres to come on-line over the coming weeks. An announcement to confirm the exact opening date will be made soon.
- Vaccination centres are larger facilities with many more vaccinations taking place at once. They are located with good transport links and serve a much wider population. However, just like GP-led services, the vaccination centres are still focused on the same priority cohorts. At present that remains the over 80s, with the over 70s and clinically extremely vulnerable to follow shortly.
- Vaccination centres differ from GP-led services in how appointments are arranged. While GPs invite their patients to get vaccinated at their local vaccination service, appointments at the vaccination centres are made through the NHS national booking service.
- The NHS national booking service will be writing to eligible people, living within a certain distance of a vaccination centre, inviting them to book an appointment at the centre online or over the phone. The letter contains all the details people will need to book their appointment.



- Anyone receiving a letter from the NHS national booking service can choose whether to book an appointment at the vaccination centre or wait until they are contacted by their GP for an appointment at their local vaccination service if that would be more convenient.
- When you receive your first dose, or book an appointment through the NHS national booking system, this will be recorded on the national vaccination database. Until that happens, you may receive one invitation to book at your local service from your GP and another to book at a vaccination centre from the national booking service. If you receive two invitations, you can choose which is more convenient for you. In time, as more vaccination centres come online, there will be more options available through the national booking system.

### Community pharmacy-led vaccination services

- We are expecting the first pharmacy-led vaccination services in Sussex to come online by the end of January as more vaccine supplies come on stream. High street stores capable of delivering large volumes while allowing for social distancing are initially being selected to give the best geographical spread.
- As pharmacy-led vaccination services come online, they will be available through the NHS national booking system.

### Over 70s to begin receiving vaccination invitations

- Whilst it has been announced that the over 70s can now be vaccinated, the focus remains on vaccinating residents and staff in care homes for older people, those aged 80 and over, and frontline health and care staff.
- The government have announced that once services have vaccinated the majority of people in these groups in their areas, they can then offer vaccinations to the next two groups - those aged 70 and over and [clinically extremely vulnerable people](#).
- In Sussex, the priority remains to vaccinate all over 80s by the middle of February.
- This short video explains how you will be contacted to get your jab.  
<https://www.youtube.com/watch?v=wtDEiOK46GM&feature=youtu.be>

### Roving vaccination services

- Roving delivery services is one of the ways the vaccine is getting to the over 80s.
- Many of our GP-led services, and Sussex Community NHS Foundation Trust, have been taking the vaccine to residents and staff in care homes for older people in recent weeks. The city is on track to have visited all care homes within the next week.
- That means we will soon have more roving services available to vaccinate those over 80s who are housebound. Plans are being developed to ensure that all housebound patients have been identified and have a vaccination visit scheduled.

### Travelling to have your vaccination

- The Department of Health and Social Care has confirmed that a family member or friend is permitted to take elderly patients to their COVID-19 vaccine appointment during the national lockdown. This is under the exemption of 'providing care for the vulnerable'.

- All of the usual precautions should be taken however, including the wearing of face masks by both parties, the patient sitting in the back of the car where possible, and windows open for ventilation.
- There are also community transport providers offering this support in terms of transport for medical appointments. You can find information about community and non-emergency transport on the [Brighton and Hove City Council website](#).

## (2) National news on the vaccine

The NHS vaccinated a total of 4.06 million people between 8<sup>th</sup> December and 17<sup>th</sup> January, including more than half of those aged 80 and over and more than half of elderly care home residents. This is more than double the number of vaccinations, per person per day, than any European country and is a significant step towards hitting the Prime Minister's target of offering vaccines to the top 4 priority groups by the middle of February. [Click here](#) to read more about this story.

## LOCAL COVID NEWS

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



#### COVID-19

This week I can share some good news. Lockdown is starting to work.

The rate of new cases of Covid-19 in Brighton & Hove is slowing down. In the past seven days we saw a 36% reduction compared to the previous week.

It is also good news that the NHS vaccination programme has started. Our oldest and most vulnerable residents, and the key workers who support and care for them, are getting their vaccinations.

But despite these positive signs it is essential we do not relax our guard as the situation remains very serious.

The virus is still very present in our city, the rates remain very high, particularly in those aged over 60 and the new variant is more infectious than before.

Our hospitals are treating more people for COVID now than at the previous peak in April 2020. Sadly, far too many are dying of the disease.

You can read the most recent data about rates of infection and hospital admissions [on our website](#).

The best way to stop Covid spreading in our city is to follow the [Government's national lockdown rules](#) to stay at home and to diligently follow the 'hands, face, space' guidelines when you do go out.

Thank you, everyone, for playing your part in driving down infection rates. If we all keep working together, we will slow the rate of transmission and stop Covid spreading in our city.

Kind regards

**Alistair Hill, Director of Public Health**



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](#).

### **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.

### **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](https://www.nhs.uk/coronavirus) or call 119.**

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

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

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

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

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

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

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

### Symptoms

You must [Self-isolate](#) immediately for 10 days if you have symptoms, and all household members also need to stay at home. Anyone with [symptoms](#) can get a coronavirus test, whatever their age. Main symptoms are:

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

These websites contain all the information you need:

- [Brighton and Hove City Council](#) (including links to translated materials)
- [Coronavirus in children](#)
- This link to the [government website](#) explains all you need to know about how to get a test.
- More information explaining how Test and Trace works can be found [here](#). [The council has updated their advice about obtaining a test for COVID-19](#)
- [Testing for coronavirus at home](#) How to use your coronavirus home test kit.

**Antibody testing is available for certain groups only.**

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

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

The numbers of confirmed cases of COVID-19 in Brighton & Hove continues to increase overall, but the rate of increase has slowed over the last week. As of 20<sup>th</sup> January, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stood at 12,111. This has increased by 3,121 - up from 8,990 as of 9<sup>th</sup> January (as shown in our last Healthwatch bulletin). In the 7 days up to 16<sup>th</sup> January, there were 1,366 new cases which represents more than a 30% reduction compared to the previous week.

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 16<sup>th</sup> January (based on data published on 20<sup>th</sup> January) we had 1,366 confirmed new COVID-19 cases in Brighton & Hove.

- This is over 30% less than the previous week
- This is equivalent to a weekly rate of new cases of 494.4 per 100,000 residents (calculated as follows:  $1,438 / 290,885 \times 100,000 = 494.4$ )
- The rate for Brighton and Hove has decreased from 688.9 as published in our last Healthwatch bulletin issued on 15<sup>th</sup> January.
- For comparison, the current weekly rate for Brighton and Hove is higher than it was as of 16<sup>th</sup> December 2020 when it stood at 101.4.

- The current rate for Brighton and Hove is similar to the rate for England, which was 497 per 100,000 and the South East which was 505 per 100,000

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 16<sup>th</sup> January, the total number of confirmed cases across the city stood at 12,111

- This is equivalent to a rate of new cases of 4,163.5 per 100,000 residents (calculated as follows:  $12,111 / 290,885 \times 100,000 = 4,163.5$ )
- This is lower than the rate for England, which was 5,493.5 per 100,000 and the South East which was 4,820 per 100,000
- The rate for Brighton and Hove has increased from 3,748 as published in our last Healthwatch bulletin issued on 15<sup>th</sup> January.
- For comparison, the current rate has increased from 1,630 as of 16<sup>th</sup> December 2020

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 16<sup>th</sup> January 2021 stood at 11,666. The percentage of individuals who tested positive in the same time period was 12.7%.

### Death rates

The total [number of deaths](#) recorded up to 8<sup>th</sup> January 2021 with mention of COVID-19 on the death certificate stood at 242. In the week up to 8<sup>th</sup> January there were 20 recorded deaths

### Number of patients in hospital

On 21<sup>st</sup> January there were [189 inpatients](#) with confirmed COVID-19 across the Royal Sussex County and Royal Alexandra Children's Hospital sites. 36 patients were receiving intensive care. These figures relate to all patients and not just those from Brighton and Hove.

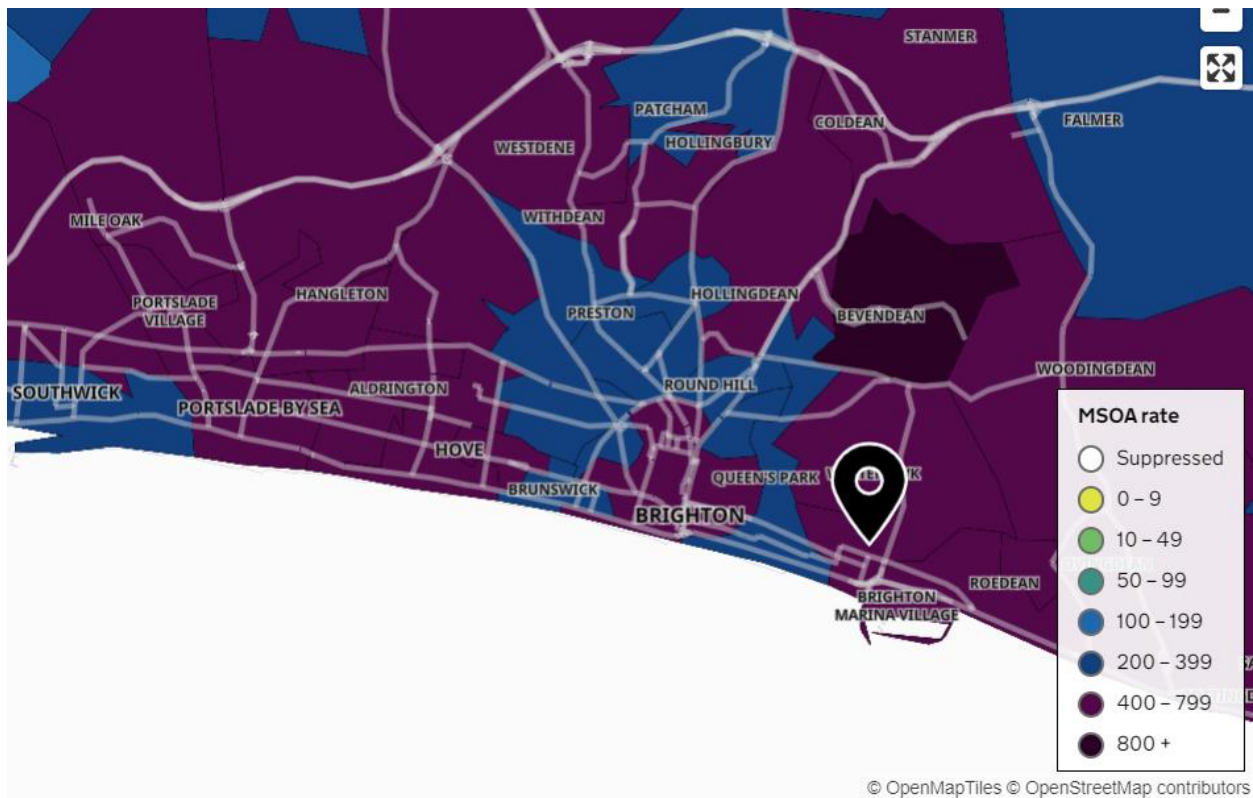
## Where are the highest rates of infection in the city?

The government [map](#) displayed on the next page shows weekly data, including seven-day case rates and direction of change ending on 21<sup>st</sup> January 2021.

This indicates that many areas of Brighton and Hove continue to show rates of infection of 400 per 100,000 people and above. But in the last week many areas have seen a decrease in their rates of confirmed cases (shown in blue).

Bevendean is the only area which has a rate of 800 and over.





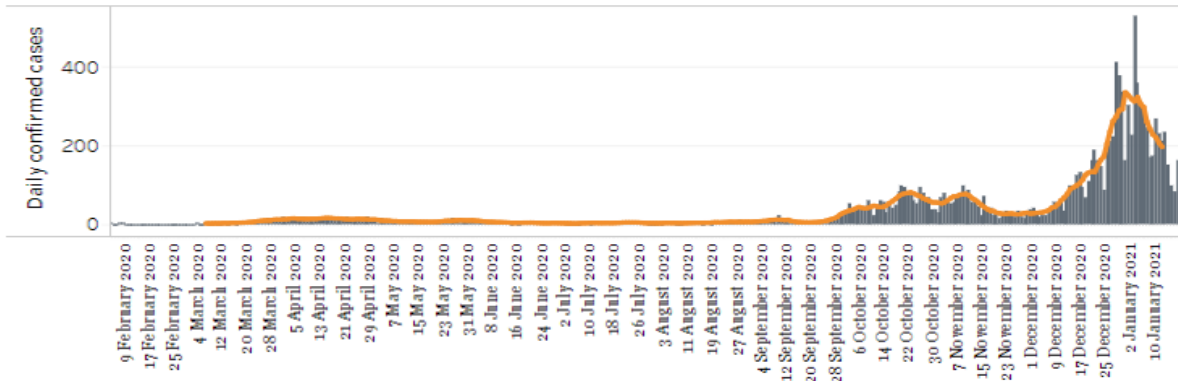
[Government data shows the numbers of confirmed COVID-19 cases in Brighton and Hove by date:](#)

Date	No of confirmed cases	Total number of confirmed cases
20.1.21	2	12,111
19.1.21	92	12,109
18.1.21	162	12,017
17.1.21	82	11,855
16.1.21	98	11,773
15.1.21	151	11,675
14.1.21	233	11,524
13.1.21	211	11,291
12.1.21	230	11,080
11.1.21	269	10,850
10.1.21	174	10,581
9.1.21	170	10,407

**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**



<b>Key</b> <span style="color: blue;">■</span> 7 day daily average <span style="color: grey;">■</span> Daily confirmed cases	Confirmed cases up to 20 January 2021: <b>12,111</b>	Confirmed cases (rate per 100,000 population) up to 20 January 2021: <b>4,164</b>
Confirmed cases in the 7 days up to 16 January 2021: <b>1,366</b>	Confirmed cases (rate per 100,000 population) in 7 days up to 16 January 2021: <b>469.6</b>	

Most recent days subject to reporting delay. Last available data: 20 January 2021

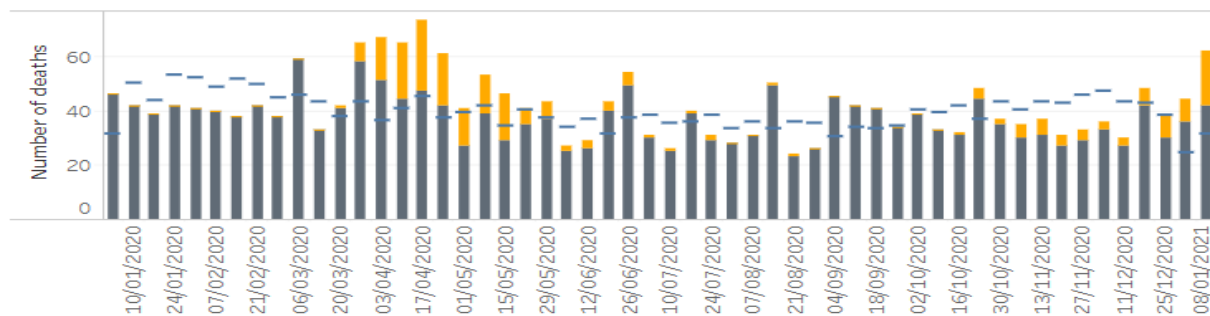
**Deaths related to COVID-19 in the city.**

The total number of deaths recorded up to 8<sup>th</sup> January 2021 (registered as of 16<sup>th</sup> January) with mention of COVID-19 on the death certificate stood at 242. In the last 7 days up to 8<sup>th</sup> January, there were 20 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 in Brighton & Hove in 2020-2021**



<b>Legend</b> <span style="color: yellow;">■</span> Covid deaths in week <span style="color: grey;">■</span> Non-Covid deaths in week <span style="color: blue;">■</span> 5-Year Average (2015-19)	Number of deaths recorded in 2020-2021, up to 08 January 2021, with mention of COVID-19 on the death certificate: <b>242</b>
Number of deaths recorded in the week up to 08 January 2021, with mention of COVID-19 on the death certificate: <b>20</b>	Deaths shown occurred up to 08 January 2021 and were registered up to 16 January 2021.

## Deaths recorded by NHS Trusts.

The total number of deaths recorded by Brighton and Sussex University Hospitals NHS Trust since the beginning of the outbreak is 210. Numbers across all NHS Trusts have increased in since our last bulletin. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 20 January 2021](#)

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

Brighton and Sussex University NHS Trust .....	323 (previously 258)
East Sussex Healthcare NHS Trust .....	451 (302)
Surrey and Sussex Healthcare NHS Trust .....	444 (363)
Sussex Community NHS Foundation Trust .....	40 (25)
Western Sussex Hospitals NHS Foundation Trust .....	297 (152)

## (2) Data on COVID in care homes

The Office for National Statistics began publishing data on deaths in care homes in late July.

For Brighton and Hove the number of deaths in care homes linked to COVID-19, as of 15<sup>th</sup> January 2021, stood at 88. This is against a total of 242 COVID-related deaths in the city which had occurred up to 8<sup>th</sup> January and registered up to 16<sup>th</sup> January 2021 [This data is available via a link on the Brighton and Hove website.](#)

## NATIONAL COVID NEWS

### (1) Immunity

A study has found that past coronavirus (COVID-19) infection provides some immunity for at least 5 months, but people may still carry and transmit the virus. You can read more about this story using the link below.

[Past COVID-19 infection provides some immunity but people may still carry and transmit virus](#)

### (2) Infection levels

Initial findings from Imperial College London and Ipsos MORI show infections increased by 50% from early December, with 1 in 63 people infected.

Read more about this story by clicking this link: [January 2021 findings from COVID-19 study published](#)

### (3) 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 health and social care, but some go wider.

#### [Coronavirus and the social impacts on Great Britain: 15 January 2021](#)

Indicators from the Opinions and Lifestyle Survey covering the period 6 to 10 January 2021 to understand the impact of the coronavirus (COVID-19) pandemic on people, households and communities in Great Britain.

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

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

#### [Coronavirus and the latest indicators for the UK economy and society: 21 January 2021](#)

Experimental data on the impact of the coronavirus (COVID-19) on the UK economy and society.

## NATIONAL COVID DATA

### (1) COVID-19 national data

#### 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 21<sup>st</sup> January 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 94,580.

In the South East, the total number of deaths stood at 12,170 cases.

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

#### (a) Infection levels

The data reveals that as of 21<sup>st</sup> January 2021:

- Across the whole of the UK, the total number of lab-confirmed UK cases of COVID-19 since February 2020, stood at 3,543,646. 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 442,479. There were 44,878 new cases in the last 7-days.

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

## (b) R-number and growth rates

[Last updated on Friday 22<sup>nd</sup> January 2021](#)

The latest R estimate for the UK is between 0.8 - 1.0 and the growth rate for the whole of the UK is between -4% to -1%.

An R number between 0.8 and 1.0 means that, on average, every 10 people infected will infect between 8 and 10 other people.

A growth rate of between -4% and -1% means that the number of new infections is shrinking by between 1% and 4% 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 onto 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%.

## (c) Test and trace

You can access data here from the [NHS Test and Trace \(England\) statistics: 7 - 13 January 2021](#)

330,871 people tested positive for coronavirus (COVID-19) at least once<sup>1</sup> in England between 7 January and 13 January 2021, a 15% decrease compared to the previous week. This is the first decrease in the number of people testing positive since the start of December 2020.

## (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 \(COVID-19\): testing for people travelling to England](#)

[Guidance for contacts of people with confirmed coronavirus \(COVID-19\) infection who do not live with the person](#)

[Home Secretary's statement on coronavirus: 21 January 2021](#)

[Coronavirus \(COVID-19\): restrictions on travel and transport to England](#)

## Healthwatch Brighton and Hove information and advice

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

- [Vaccinations for COVID-19](#)
- [COVID-19 information and advice webpage](#)
- [COVID-19 Vaccination webpage](#)
- [Answers to Frequently Asked Questions](#)
- [Maternity and pregnancy advice and information](#)
- [Services open over Christmas and New Year, and tips for staying well during winter](#)
- Top tips for [staying active and looking after your mental health](#).
- Guides which provide information about:
  - visiting a [dentist](#)
  - [seeing a GP](#)
  - [collection of prescriptions](#)

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

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [Signhealth has made their InterpreterNow remote BSL interpretation service available for free across all healthcare services](#)
- [Signhealth is providing a video of summaries of key coronavirus guidance in BSL](#)
- [Signhealth advice for testing](#)
- [Public Health England stay at home guidance](#), translated and in easy read
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap



- [About the NHS Test and Trace scheme](#)
- [What to do if you are contacted by NHS Test and Trace](#)
- The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats
- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability



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