

YOUR HEALTHWATCH



Webinars for Care Home Relatives: Impact of separation and what should the system be doing to support relatives and carers?



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

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

Wednesday February 24th, 3 - 4 pm - Impact of long-term restricted visiting/separation from loved ones.

We will explore how this affecting families and health and social care partners will be on hand to support the conversation.

Tuesday 23rd March, 3 - 4pm - What could and should the system be doing to support relatives and carers. There will be an opportunity to join representatives from the Health and care system in a Q & A session and discussion.

Both webinars are for you to hear from other family carers, contribute your thoughts and to seek answers to any burning questions that you may have.

The link below is to register for both webinars (via Eventbrite). Please register for each webinar separately:

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

Please forward any question in advance of the webinar to:

elizabeth.mackie@healthwatcheast Sussex.co.uk

Any media enquiries please contact: enquiries@healthwatcheast Sussex.co.uk

HEALTH AND SOCIAL CARE UPDATES

(1) Disability Survey

UK Disability Survey

To help the government with understanding the barriers that disabled people face and what it may need to focus upon to improve the lives of disabled people, they are seeking the views from people with disabilities to know more about their experiences.

If you are a disabled person, a carer or parent or as someone who has an interest in disability issues, **please complete the online survey.**

The survey will be open until 23 April 2021. Responses received before 13 February 2021 will inform the development of the National Strategy, while those received after this date used to inform its delivery. This form should take you around 20 to 30 minutes to complete and can be saved as you progress.

The survey is also available in other formats. Please click this link to access the survey.

<https://disabilityunit.citizenspace.com/cabinet-office/ukdisabilitysurvey/>

(2) Cancer services, and advice

Remember: don't delay seeking help from your GP. Early diagnosis saves lives.

This video explains the importance of going to your GP if you notice any possible cancer symptoms. It lasts for 42 seconds. <https://www.youtube.com/watch?v=DfBf38taZJs>

Healthwatch is pleased to share guidance for patients, their family members and friends who are affected by cancer. We have created a dedicated webpage where you access comprehensive guides on cancer and coronavirus. These provide advice for people living with cancer and anyone who is worried that they may be displaying symptoms of cancer.

Please [click here](#) to access the Healthwatch webpage.

You can find information and advice about Cervical Cancer on our website by [clicking here](#)

[Advice from Cancer Research UK is available here](#)

[Advice about Cancer services at the Sussex Cancer Centre, Royal Sussex County Hospital is available here.](#)

“HELP US, HELP YOU” National Campaign - APPEAL FOR CASE STUDIES - Lung Cancer

A campaign is being developed about lung cancer. To support the campaign, the team are seeking patients who have been diagnosed or have received treatment for lung cancer during the pandemic.

The campaign will be used to encourage people to speak to the NHS if they have early symptoms that could be a sign of lung cancer such as a persistent cough for three weeks or more.

If you are interested in supporting this campaign the contacts for this research are

- Karlie Thompson - karlie.thompson@nhs.net
- Bernadette Hossack - bernadette.hossack1@nhs.net

The Macmillan Horizon Centre

During the current lockdown, the Horizon Centre remains open for patients and their carers with appointments at the Royal Sussex County Hospital. They also have a range of support available by phone, e-mail and virtually.

They offer:

- Cancer information materials
- Cancer information materials in other languages
- Complementary therapies
- Information
- Internet use available
- Professional counselling
- Benefits Advice
- Other services
- Outreach
- Self Help & Support Groups
- Signposting to other services
- User groups
- Volunteering activities

To access any of these services please call 01273 468770 or e-mail horizoncentre@macmillan.org.uk

A dedicated page has been created by Macmillan which provides guidance for people with cancer, Macmillan supporters and our volunteers. This is available by [clicking here](#)

(3) Become a Governor representing Children and Young People



Sussex Community NHS Foundation Trust are looking for local people to consider applying for our Appointed Governor role to represent the views of children and young people to our Council of Governors at Sussex Community NHS Foundation Trust.

Our current Governor, [Jacob Bayliss](#), has confirmed that he is stepping down when his term ends on 31 March 2021.

It is possible to have an informal chat if you are interested in the role. You can also request an application form. Please contact:

Email: paul.somerville@nhs.net Tel: 01273 696011 ext. 1520

Information about the role:

- Application should be received by **Friday 12 February**
- The Trust's Constitution - also available [online](#)
- Information about the Council of Governors [online](#)
- Information about membership [online](#)
- Three-year Membership Engagement Strategy [online](#)

The new appointment is for two years effective 1 April 2021 to 31 March 2023. As a minimum commitment we ask that governors attend the four Council of Governors meetings each year.

LOCAL COVID NEWS

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

“ COVID-19

For the second week in a row, confirmed cases of Covid-19 have come down in Brighton & Hove. In the past week we saw a 40% decrease which confirms lockdown is working.

Thank you, everyone, for playing your part in driving down infection rates in our city.

Although our local number of cases is coming down it is too early to relax. We all want to be free of the restrictions placed on us by the COVID-19 pandemic. I know how difficult this is for everyone.

Yesterday the prime minister announced that the current national lockdown will continue until at least March. There is still some way to go and we must all continue to follow the rules and stay at home as much as possible, including working at home if you can. When you are out, keep following the hands, face, space guidelines - especially in busy places where you cannot stay two meters apart from other people.

This week a new vaccination centre opened at the Brighton Centre. I know many of you are keen to get vaccinated as soon as possible and want to know when that will happen. Please do not contact your GP, the NHS, or the Brighton Centre. The NHS is steadily vaccinating people to the government's schedule, starting with our oldest and most vulnerable residents and health and social care staff. When it is your turn you will receive an invitation to book your vaccination. The Sussex Health and Care website has answers to most questions and [information about the vaccination programme](#).

Kind regards
Alistair Hill, Director of Public Health



You must stay at home. This is the single most important action we can all take to protect the NHS and save lives.

You must not leave your home unless necessary.

Stay 2 metres apart from anyone not in your household or bubble.

NHS services are currently extremely busy, and demand continues to rise due to higher rates of COVID-19 in our communities.

For urgent medical help, contact NHS 111 online or by phone. Please only call 999 in the event of a medical emergency.

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

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

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

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

(2) How and where to get a COVID test

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

A 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

HEADLINES

As of 27th January 2021, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stood at 12,891. This has increased by 780 - up from 12,111 as of 20th January (as shown in our last Healthwatch bulletin). In the 7 days up to 23rd January, there were 857 new cases which represents around a 40% 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 23rd January (based on data published on 27th January) we had 857 confirmed new COVID-19 cases in Brighton & Hove.

- This is around 40% less than the previous week
- This is equivalent to a weekly rate of new cases of 294.6 per 100,000 residents (calculated as follows: $857 / 290,885 \times 100,000 = 294.6$)
- The rate for Brighton and Hove has decreased from 494.4 as published in our last Healthwatch bulletin issued on 22nd January.
- For comparison, the current weekly rate for Brighton and Hove is still higher than it was as of 16th December 2020 when it stood at 101.4.
- The current rate for Brighton and Hove is lower than the rate for England, which was 346.1 per 100,000 and the South East which was 355.1 per 100,000 as of 28th January.

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 23rd January, the total number of confirmed cases across the city stood at 12,891

- This is equivalent to a rate of new cases of 4,431.6 per 100,000 residents (calculated as follows: $12,891 / 290,885 \times 100,000 = 4,431.6$)

- This is lower than the rate for England, which was 5,604.7 per 100,000 and the South East which was 5,129.6 per 100,000 as of 28th January.

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 23rd January 2021 stood at 9,596. The percentage of individuals who tested positive in the same time period was 10.4% which is lower than last week.

Death rates

The total [number of deaths](#) recorded up to 15th January 2021 with mention of COVID-19 on the death certificate stood at 279. In the week up to 15th January there were 27 recorded deaths.

Number of patients in hospital

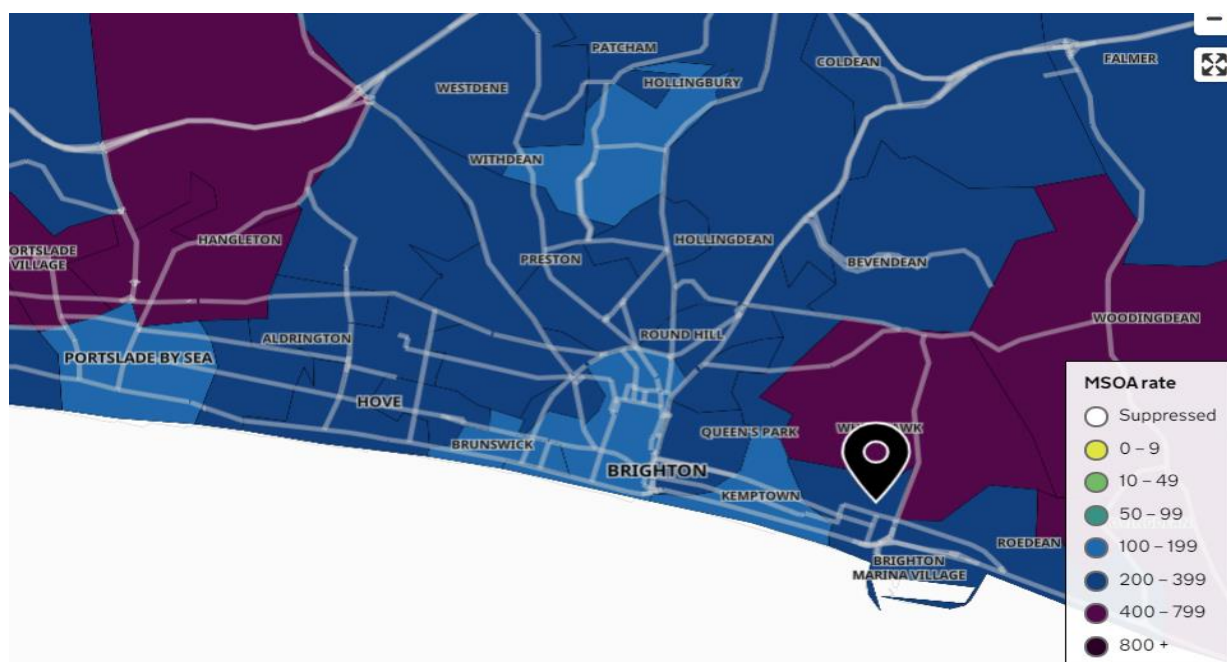
On 28th January there were [139 inpatients](#) with confirmed COVID-19 across the Royal Sussex County and Royal Alexandra Children’s Hospital sites which is lower than last week. 34 patients were receiving intensive care. These figures relate to all patients and not just those from Brighton and Hove.

Where are the highest rates of infection in the city?

The government [map](#) displayed below shows weekly data, including seven-day case rates and direction of change. This was last updated on 28th January 2021.

This indicates that many areas of Brighton and Hove have rates of infection of 200 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 dark blue and light blue).

In Woodingdean, Bevendean, Hangleton and Portslade rates are 400 and over.



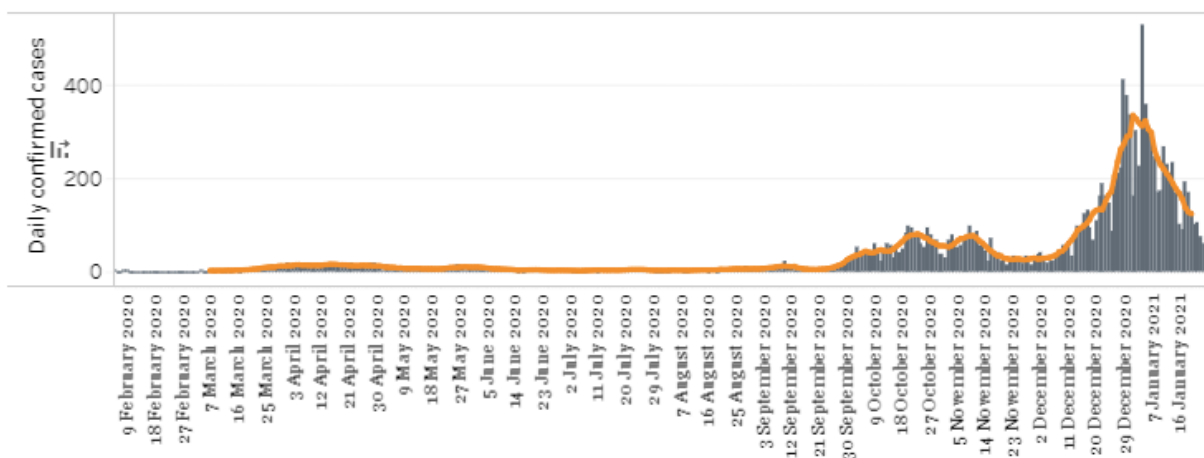
[Government data shows the numbers of confirmed COVID-19 cases in Brighton and Hove by date:](#)

Date	No of confirmed cases	Total number of confirmed cases
27.1.21	9	12,891
26.1.21	57	12,882
25.1.21	109	12,825
24.1.21	59	12,716
23.1.21	75	12,657
22.1.21	104	12,582
21.1.21	100	12,478
20.1.21	128	12,378
19.1.21	168	12,250
18.1.21	191	12,082
17.1.21	91	11,891
16.1.21	102	11,800

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



Confirmed COVID-19 cases in Brighton & Hove



Key
■ 7 day daily average
■ Daily confirmed cases

Confirmed cases up to 27 January 2021:
12,891

Confirmed cases (rate per 100,000 population) up to 27 January 2021:
4,432

Confirmed cases in the 7 days up to 23 January 2021:
857

Confirmed cases (rate per 100,000 population) in 7 days up to 23 January 2021:
294.6

Most recent days subject to reporting delay. Last available data: 27 January 2021

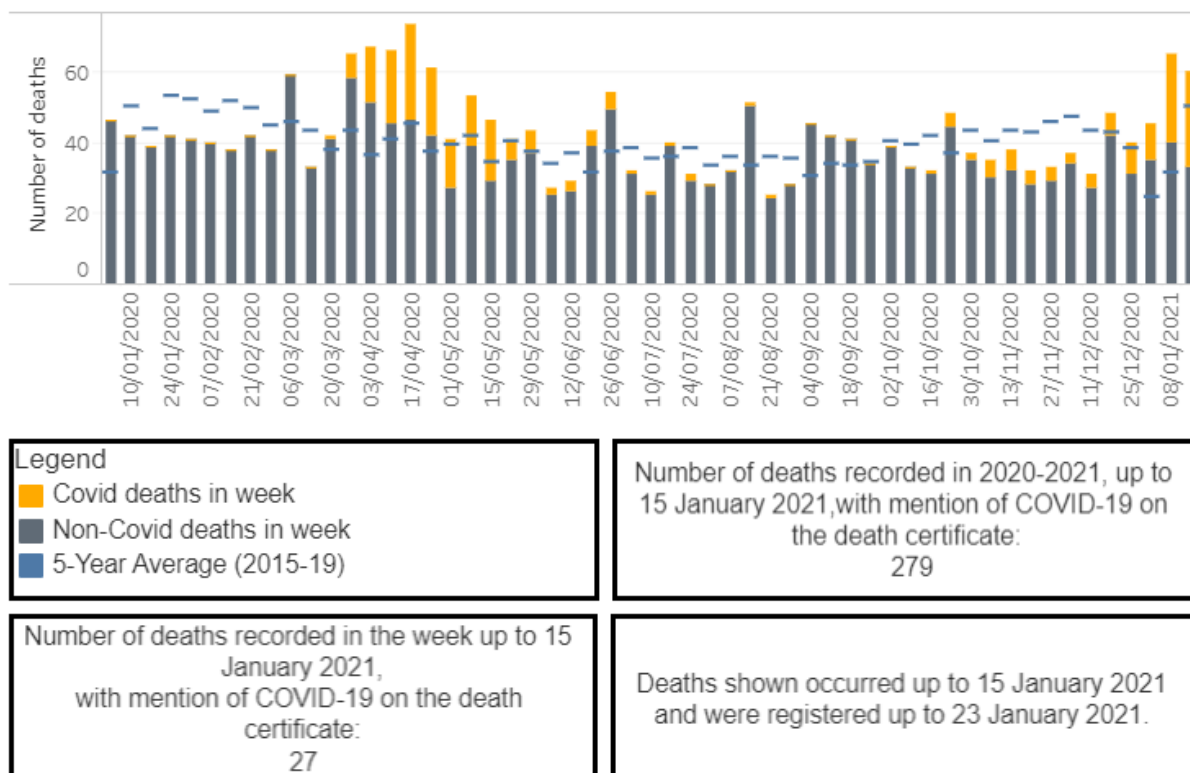
Deaths related to COVID-19 in the city.

The total number of deaths recorded up to 15th January 2021 (registered as of 23rd January) with mention of COVID-19 on the death certificate stood at 279. In the last 7 days up to 15th January, there were 27 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



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 28 January 2021 - weekly file](#)

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

- Brighton and Sussex University NHS Trust 367 (previously 323)
- East Sussex Healthcare NHS Trust 524 (451)
- Surrey and Sussex Healthcare NHS Trust492 (444)
- Sussex Community NHS Foundation Trust 45 (40)
- Western Sussex Hospitals NHS Foundation Trust349 (297)

(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 26th January 2021, stood at 102. This is against a total of 279 COVID-related deaths in the city which had occurred up to 15th January and registered up to 23rd January 2021 [This data is available via a link on the Brighton and Hove website.](#)

NATIONAL COVID NEWS

(1) Virus variants

The UK will offer its world-leading genomics expertise to identify new variants of the virus that causes COVID-19 to countries who do not have the resources to do so.

Read more about this vital work here:

[UK to support rest of the world to find COVID-19 virus variants](#)

Government Chief Scientific Adviser, Sir Patrick Vallance on the new variant of COVID-19 in the UK, said:

“The new UK variant comprises a significant number of our cases. It is spreading 30 to 70% more easily than the old variant. It does not differ in terms of age distribution to the original variant.

When we look at severity and mortality, data for patients who are in hospital with the virus suggest the outcomes for those with the original variant look the same as the new variant. However, when looking at the data for people who have tested positive, there is an indication that the rate for the new variant is higher. Although these data are currently uncertain, it does appear that this variant has increased mortality compared to the old virus, as well as increased transmission. For context, with the original variant, if you took a group of 1,000 infected men in their 60s roughly 10 would die. But with the new variant, roughly 13 or 14 of that group might be expected to die.

There is increasing evidence from studies that vaccines will still work against the UK variant.”

(2) Infection levels

The latest findings from Imperial College London and Ipsos MORI show infections remained very high throughout this period with 1 in 64 people infected. Over 167,600 volunteers tested in England between 6th and 22nd of January 2021 as part of one of the most significant COVID-19 studies.

Click here to read more about this story:

[Latest findings from COVID-19 study published: January 2021](#)

(3) Community Champions

Over £23 million funding has been allocated to 60 councils and voluntary groups across England to expand work to support those most at risk from COVID-19 and boost vaccine take up. This included Arun, but not Brighton and Hove.

Through the Community Champions scheme councils and voluntary organisations will deliver a wide range of measures to protect those most at risk - building trust, communicating accurate health information, and ultimately helping to save lives. This will include developing new networks of trusted local champions where they do not already exist.

Today's funding is specifically targeted at areas with plans to reach groups such as older people, disabled people, and people from ethnic minority backgrounds who according to the latest evidence are more likely to suffer long-term impacts and poor outcomes from COVID-19.

[Community Champions to give COVID-19 vaccine advice and boost take up](#)

(4) 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: 22 January 2021](#)

Indicators from the Opinions and Lifestyle Survey covering the period 13 to 17 January 2021 to understand the impact of the coronavirus (COVID-19) pandemic on people, households, and communities in Great Britain.

[Coronavirus and the latest indicators for the UK economy and society: 28 January 2021](#)

Data on the impact of the coronavirus (COVID-19) on the UK economy and society. These faster indicators are created using rapid response surveys, novel data sources and experimental methods.

[Coronavirus \(COVID-19\) Infection Survey: characteristics of people testing positive for COVID-19 in England, 27 January 2021](#)

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

In recent weeks, there is evidence that the percentage testing positive for the coronavirus (COVID-19) has decreased in non-patient facing job roles but increased amongst those in patient-facing roles in England.

[Eat Out to Help Out statistics - geographic breakdown](#)

Eat Out to Help Out scheme statistics generated from HMRC claims data.

NATIONAL COVID DATA

(1) COVID-19 national data

(a) Death rates

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

Deaths within 28 days of positive test by area

Across the whole of the UK, as of 28th 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 103,126.

In the South East, the total number of deaths stood at 13,741 cases.

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

(b) Infection levels

The data reveals that as of 28th January 2021:

- Across the whole of the UK, the total number of lab-confirmed UK cases of COVID-19 since February 2020, stood at 3,743,734. 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 470,904. There were 35,599 new cases in the last 7-days.

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

(c) R-number and growth rates

[Last updated on Friday 29th January 2021](#)

The latest R estimate for the UK is between 0.7 - 1.1 and the growth rate for the whole of the UK is between -5% to 0%.

An R value between 0.7 and 1.1 means that, on average, every 10 people infected will infect between 7 and 11 other people.

A growth rate of between -5% and 0% means that the number of new infections is broadly flat or shrinking by up to 5% every day.

What do these numbers mean?

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

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

(d) Test and trace

You can access data here from the [NHS Test and Trace \(England\) statistics: 14 January to 20 January 2021](#)

274,898 people tested positive for coronavirus (COVID-19) at least once¹ in England between 14 January and 20 January 2021, a 17% decrease compared to the previous week. This continues the decrease in positive cases first seen in the previous week. 2,813,445 people were tested at least once between 14 January and 20 January 2021 for COVID-19, a 5% decrease compared to the previous week.

(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.

[Slides, datasets, and transcripts to accompany coronavirus press conferences](#)

Slides, datasets, and transcripts from press conferences at 10 Downing Street in response to coronavirus

[Prime Minister's statement on coronavirus \(COVID-19\): 26 January 2021](#)

Prime Minister Boris Johnson gave a statement at the coronavirus press conference.

[Prime Minister's statement on coronavirus \(COVID-19\): 27 January 2021](#)

Prime Minister Boris Johnson gave a statement at the coronavirus press conference.

[Tougher border controls to protect public health](#)

Further action to minimise travel across international borders.

[Travel bans extended as United Arab Emirates, Burundi and Rwanda added to red list to prevent spread of new variant](#)

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 Easyread.
- [NHS guidelines translated into up to 50 languages by Doctors of the World](#) and find video advice [here](#)
- [Easy read information on COVID-19](#) from Mencap
- [About the NHS Test and Trace scheme](#)
- [What to do if you are contacted by NHS Test and Trace](#)
- The NHS have also created [easy read posters like this](#) so people know when and how to get a test for coronavirus.
- [Public Health England resources](#) in accessible formats
- [COVID-19 guidance for providers of services for people experiencing rough sleeping](#)
- The [handwashing rap](#), produced to help people who have a learning disability



Join us!

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

Please email office@healthwatchbrightonandhove.co.uk

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

office@healthwatchbrightonandhove.co.uk

01273 234040

Follow us!

Facebook @healthwatchbrightonandhove

Twitter @HealthwatchBH

Instagram healthwatchbh

Website: www.healthwatchbrightonandhove.co.uk