

COVID-19 risk level

MEDIUM



The current alert level in Brighton & Hove is **MEDIUM**. We are at a tipping point, but we can turn this around if we all play our part. Cases are rising among adults of all ages, not just young people, and students. 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'. More information on the current situation is given below

[Local COVID alert level: medium](#) - find out what restrictions are in place

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) Hospital Discharge Wellbeing Project - report

healthwatch
Brighton and Hove



The [Hospital Discharge Wellbeing Project \(HOPS\) project](#) started early in April 2020 as part of the response to COVID 19; the service is offered to anyone discharged from hospital - not just those with the virus- or virus-related conditions.

Background

The HOPs project was developed as part of the Healthwatch, Brighton and Hove City Council and NHS response to COVID-19. It is available to Brighton and Hove residents discharged from hospital whatever their condition, COVID related or not. Its success has led to similar schemes being established across Sussex.

The concern from Healthwatch was to help people by signposting them to local services that might be harder to find during the COVID period. On the 19th March 2020, The Department of Health and Social Care (DHSC), published its [guidelines for the NHS and Local authorities for hospital discharge in the context of the COVID -19 pandemic](#). On the 8th of April, just a few days after that guidance, the Healthwatch Brighton and Hove HOPs project made its first phone calls to local people after discharge from the Royal Sussex County Hospital.

“ Local commissioners said:

As joint commissioners, Brighton and Hove Clinical Commissioning Group and Brighton and Hove City Council have been pleased to work with Healthwatch and Brighton and Sussex University Hospitals Trust on the development of this work, and recognise the support that has been provided to many local patients through the wellbeing checks. At a time when the hospital has been under pressure, and the public have been impacted by COVID-19, the development of this service has also supported hospital staff, improved patient experience and has highlighted clear areas for change. The collaborative approach has brought many benefits.



“ Feedback on the wellbeing checks:

The Healthwatch Wellbeing service put me in touch with people who could help me at home. I feel better supported and more able to live independently. The worry and anxiety initially felt by my family when I was discharged from hospital has been significantly reduced.



Performance Summary April 7th - September 14th

- 1,424 people have been referred to the project
- 1,152 attempted contacts to the 14/09/2020, with 704 successful contacts
- 208 attempted unsuccessful calls - where referral information indicated there might be issues, follow phone text messages were sent offering a proactive follow up
- 151 are still active; and will be called in the next 7 days
- 114 are on a waiting list and will be allocated in the next 3-7 days

You can download the report [here](#), but if you need it in a different format, please contact us.

Also this week, Healthwatch England published a [new report describing 590 people's stories of leaving hospital during COVID-19](#). This national report highlights the work of Healthwatch Brighton and Hove and our volunteers as an example of a successful project linking together local authority, NHS, and voluntary services to make sure people's support needs were met after discharge from hospital (pages 18-19). We want to take this opportunity to thank our amazing volunteers once again for their support in delivering this project.



[The new Healthwatch England report](#), in conjunction with the British Red Cross looks at how well the new hospital discharge policy is working for patients, carers, and healthcare professionals.

In March 2020, the Government introduced a new hospital discharge policy to help the NHS free up beds by getting people out of hospital quickly. This meant anyone who may need out-of-hospital support to help them recover would now have their needs assessed after being discharged, rather than in hospital.

Healthwatch England wanted to find out how the new policy was affecting people's experience of leaving hospital. Together with the British Red Cross, we spoke to over 500 patients and carers and conducted 47 in-depth interviews with health and care professionals involved in the hospital discharge process.

What did people tell us?

- 82% of respondents did not receive a follow-up visit and assessment at home **and almost one in five of these reported an unmet care needs.**
- Some people felt their discharge was rushed, with around one in five (19%) feeling unprepared to leave hospital.
- Over a third (35%) of people were not given a contact who they could get in touch with for further advice after discharge.
- Overall patients and families were very positive about healthcare staff, praising their efforts during such a difficult time.
- Around a third (30%) of people faced an issue with delayed COVID-19 test results, potentially putting family and carers at risk, or in a care home, other residents, and staff.

(2) Integrated care: a mental health collaborative

NHS England and NHS Improvement

Episode 25 - Integrated care: a mental health collaborative

Do you want to understand more about our local Integrated Care System (ICS) in Sussex which is called ‘[The Sussex Health and Care Partnership](#)’? This involves 16 organisations working together to meet the changing needs of people in our area.

Mental Health is a key priority. Responding to the needs of our local community can only be achieved by recognising that mental health and wellbeing are the responsibility of the whole health and care system. You can listen to a discussion between leading figures (including our CEO, David Liley) about the collaborative [here](#).

Our ICS contains three Collaboratives: a Mental Health Collaborative, an Acute Collaborative Network and the Primary Care and Community Collaborative. The collaboratives comprise Healthwatch, Local Authorities, health, patient leadership and the third sector.

(3) Families and Friends of Care Home Residents Webinar - staying connected during the coronavirus crisis



Are you a family carer trying to stay connected to your relative or friend living in a care home?

We know lots of care homes have gone that extra mile to keep families connected during the pandemic. What has been your experience? What can we learn from the past six months?

Please join us on 10th November 5-7pm, to hear from other families and care home managers, about their different experiences.

You will also have a chance to join representatives from the NHS, Adult Social Care, Public Health and Carers support groups in a choice of four focussed Q&A sessions (choice on registration). You will have the opportunity to submit questions in advance as well as on the day.

You can watch a video conducted by Michelle Kay, Healthwatch Project Coordinator with Lesley, who describes why she has joined this event, and why it is important. Here is the link to the interview:
https://www.youtube.com/watch?v=ae70_uq56o8

How to join this event

Email: enquiries@healthwatchcheastsussex.co.uk

Call: 0333 101 4007. Register for the event [here](#)

BSL interpreters will be available for this event.

Please send questions to enquiries@healthwatchcheastsussex.co.uk and entitle your email “Care home families and friends webinar”.

(4) We are calling on people over 55 to share their experiences



Healthwatch England are calling on people over 55 to share their experiences to help improve support after research indicates that they are the least likely to believe care has improved during COVID-19

Research from Healthwatch England's joint campaign with the Care Quality Commission (CQC), [Because We All Care](#) has found that people over the age of 55 are the age group least likely to think care has improved over the pandemic.

People over 55 are usually accessing care more frequently than most of the population, as well as often providing support to family and friends. Healthwatch England want to hear about their experiences accessing care on behalf of themselves or others.

What have people over 55 said?

The research commissioned by CQC and Healthwatch England for the [Because We All Care](#) campaign also showed that people over the age of 55 with experience of Health and Social Care:

- are less likely to think that care has improved during the pandemic, with only 14% of over 55s reporting that care improved during COVID-19, versus 29% of adults aged 55 and below.
- are significantly less likely to think that it is acceptable for health and social care providers to offer a lower standard of care due to the impact of coronavirus.
- are more likely to think a decline in care is unacceptable, 74% of over 55s think a decline in care is unacceptable, compared to just 47% of people aged 18-34.
- are less optimistic that increased support and empathy from family and the wider community during the coronavirus crisis will persist than younger generations.

B. Health and social care updates

(1) Long-term effects of COVID-19

The Health Secretary has warned of the long-term effects of COVID-19 in a new film. New data suggests that '[long COVID](#)' affects around 10% of 18 to 49 year olds who become unwell with COVID-19.

The film features the stories of 4 people, one aged just 22, who are living with the long-term effects of the virus. The emotive film features the stories of Jade, 22, Jade, 32, Tom, 32 and John, 48, who explain how their lives have been affected - weeks and months after being diagnosed with COVID-19. They discuss symptoms such as breathlessness when walking up the stairs, intermittent fevers, and chest

pain. The film aims to raise awareness of the long-term impact of COVID-19 as we learn more about the virus.

A new study today from King's College London, using data from the COVID Symptom Study App and ZOE, shows one in 20 people with COVID-19 are likely to have symptoms for 8 weeks or more. The study suggests long COVID affects around 10% of 18 to 49-year olds who become unwell with COVID-19.

The symptoms of 'long COVID', including fatigue, protracted loss of taste or smell, respiratory and cardiovascular symptoms, and mental health problems.

“ Health and Social Care Secretary Matt Hancock said

I am acutely aware of the lasting and debilitating impact long COVID can have on people of all ages, irrespective of the seriousness of the initial symptoms.

The findings from researchers at King's College London are stark and this should be a sharp reminder to the public - including to young people - that COVID-19 is indiscriminate and can have long-term and potentially devastating effects.

The more people take risks by meeting up in large groups or not social distancing, the more the wider population will suffer, and the more cases of long COVID we will see.

The powerful new film we are releasing today sheds light on the long-term impact this devastating virus has and should act as a stark reminder to us all.

”

(2) COVID-19 on ethnic minorities

In response to the disproportionate impact of COVID-19 on ethnic minorities, the Clinical Commissioning Group are working with [Diversity Resource International](#) to host a series of webinars. Details on these events are shown on the poster below. We encourage local people to join, share experiences, ask questions, and suggest solutions for change. Email training@dricic.org to take part

Separately, researchers are calling on more people from Black, Asian and minority ethnic backgrounds and the over 65s to volunteer for clinical studies through the NHS Vaccine Registry.

Please share amongst your networks in case people are interested.

<https://www.gov.uk/government/news/ethnic-minority-communities-and-the-elderly-called-upon-to-bolster-the-fight-against-coronavirus>

And here is the link to sign up:

<https://www.nhs.uk/conditions/coronavirus-covid-19/research/coronavirus-vaccine-research/>

RACE INEQUALITY IN

Education, Health and Social Care

An invitation to share experiences, questions and ideas for improvement with public sector leaders



In response to the disproportionate impact of Covid-19 on ethnic minorities, DRI is facilitating a series of Zoom webinars to allow members of the community to share experiences, ask questions and suggest solutions for systemic changes.

Webinar 1 - Wednesday 28th October - 18:00 – 20:00

ACCESS TO HEALTH & SOCIAL CARE AND CELEBRATING BLACK HISTORY MONTH

Webinar 2 - Thursday 3rd December - 18:00 – 20:00

EMPLOYMENT OPPORTUNITIES AND PROMOTION

Webinar 3 - Wednesday 13th January - 18:00 – 20:00

ACCESS TO MENTAL HEALTH AND WELL-BEING

Webinar 4 - Thursday 25th February - 18:00 – 20:00

BLACK LIVES MATTER IN EDUCATION

Listen to ~ life stories from Sussex-based ethnically diverse communities and inspirational keynote speakers

Speak directly to ~ senior health, social care and education professionals

Be inspired by ~ creative and artistic celebrations from prominent poets and young authors

To reserve your place and find out more, please email

training@dricic.org

Sussex
Health and Care Partnership

(3) New reports from local community organisations

Sussex
Health and Care Partnership

Three new reports have been prepared by three Sussex community-based organisations to help “Turn information into action” and provide a more independent view on what people are really saying and doing about COVID-19.

These organisations, Trust for Developing Communities and Partners (Brighton and Hove), Citizens Advice Bureau (Crawley) and Hastings Voluntary Action (Hastings), have presented their findings and recommendations and are being reviewed by the Sussex Health and Care Partnership (SHCP) Black Asian and Minority Ethnic (BAME) Disparity Programme and will result in a list of short- and long-term actions to form part of the legacy of the programme.

You can read more information [here](#).

(4) Flu advice for pregnant people and those with long-term health conditions

We are sharing the attached information on behalf of Sussex NHS Commissioners.

Flu advice for pregnant people



If you're pregnant, flu can harm you and your baby. The flu vaccine is your best protection.

JUST GET YOUR FREE FLU JAB
Ask your pharmacist, GP or midwife.



The local NHS is urging pregnant people to get their free flu jab now, as during pregnancy there is a higher chance of developing complications from flu and can include bronchitis, a chest infection that can become serious and develop into pneumonia.

The Influenza Virus can also impact on unborn babies being born prematurely, with a low birthweight, and even lead to stillbirth or death.

Studies have proven it is safe to have the flu vaccine during any stage of pregnancy, from the first few weeks up to the expected due date.

Flu advice for those with long-term health conditions



Flu can cause serious complications if you have a long-term health condition. The free flu vaccine is your best protection.

The NHS in Sussex is urging people with long-term health conditions to book their free flu jab now, as it is "vital" to help them avoid potentially serious illness and even dying from flu.

Flu can be serious for anyone with a long-term health condition as they are more likely to develop complications, which could result in their hospitalisation and even death.

Last year, more than half of those with long-term health conditions in Sussex did not claim their free flu jab, leaving them vulnerable to catching the flu and getting very ill. The flu vaccine is the very best protection.

All children who have long-term health conditions should be offered flu vaccination from the age of six months.

Flu is a particular threat to people with long-term conditions that include:

- respiratory conditions, such as asthma (needing steroid inhaler or tablets), chronic obstructive pulmonary disease (COPD), including emphysema and bronchitis
- diabetes
- heart conditions, such as coronary heart disease or heart failure
- being very overweight - a body mass index (BMI) of 40 or above
- chronic kidney disease
- liver disease, such as hepatitis
- neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy
- people with a learning disability
- problems with your spleen, for example, sickle cell disease, or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or taking medicines such as steroid tablets or chemotherapy

Further information and links:

For a full list of [priority groups](#) and other information about this year's flu vaccine, visit www.nhs.uk and search for flu vaccine.

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.

- Information from Brighton and Hove Clinical Commissioning Group regarding the flu vaccination is [here](#)
- NHS Guidance on who is eligible for free Flu Vaccinations is available [here](#)
- Why have the flu vaccination? Advice is available [here](#). This includes translated materials.
- [Frequently Asked Questions about the flu](#)
- Information on the free flu vaccine is available in [Easyread](#) formats and in a [variety of languages](#).
- [The government has released its plan](#) for the flu vaccines and supply for the national flu programme. [Millions of extra flu jabs available to support largest UK vaccination programme](#): over 30 million people to be vaccinated this year to protect them from flu and support the NHS

(5) Big Health and Care (Socially Distancing) conversation



Sussex
NHS Commissioners



The NHS and local authorities in Sussex would like to know about your experiences of health and care during the COVID-19 pandemic, so that they can improve the way services are provided in the future. You can feed in your views on:

- **Delayed care** - there's already been a great response to the Delayed Care survey <https://bit.ly/BDdelayedcare> and this will be live for another four weeks, so please do complete it. The CCG want to understand more about the impact of appointments or treatment being delayed due to COVID-19, either because an appointment or treatment was delayed or postponed or because people decided themselves to wait until the pandemic had eased before having their treatment or appointment.
- **Eating and Drinking** - you can add your comments by following this link: (<https://bit.ly/34UdqoA>). The CCG want to know about the choices and decisions people have made around eating and drinking to look after their own health and wellbeing during the pandemic.

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? The outputs from this project will help us to understand more about people's priorities and what is important to them in terms of their health and wellbeing, and this in turn will help to influence health and care delivery going forwards.

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

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 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 [Big Health and Care \(Socially Distancing\) conversation engagement topics](#):

- ‘Accessing care from your GP practice’. You can learn about what we heard during this theme in this [video](#)
- ‘Looking after your mental wellbeing through the pandemic’? You can learn about what we heard during this theme in this [video](#)
- ‘Your experiences of A&E’. You can learn about what we heard during this theme in the [Twitter Hour](#)
- Other themes have included: your experiences of being a carer, and your experiences of mental health appointments.

(6) Share Your Views on NHS Interpreting Services



If English is not your first language or you have sensory communication needs you can ask to have an interpreter to help if you have an NHS appointment with a dentist, pharmacist, or optician.

Having an interpreter present can help you to communicate with healthcare staff and make informed decisions about your care and treatment. This includes people whose first language is not English or who are deaf/blind and who might use British (or another form of) Sign Language.

The NHS would like to hear your views on the following services so that they can find out what is most important to you to help to make improvements to services:

- Face-to-face interpreting for patients whose first language is not English
- Video interpreting services
- Non-spoken face-to-face interpreting for deaf and hard of hearing patients
- Telephone interpreting and
- Written translation of clinical documents

You can share your views by completing an online survey. If you speak a community language and English is not your first language [please provide your feedback here](#).

If you use sign language or lip reading [please provide your feedback here](#).

You can either complete the survey yourself using online translation services or ask someone you know to complete it on your behalf.

(7) New and free service - saving lives by supporting early cancer diagnosis in the city



**Albion in the
Community**

The Speak Up Against Cancer Team at Albion in the Community is delighted to launch their brand new Speak Up Against Cancer Online Cancer Awareness Support Offer.

Finding and treating cancer at an early stage can save lives. For this reason, even during the current pandemic, it is vital that everyone seeks advice for unusual changes in our bodies and health and attend screening programmes when invited.

Speak Up Against Cancer raises awareness of cancer signs and symptoms and screening programmes, across the city. The service gives people the confidence and tools they need to attend screening appointments, recognise the signs and symptoms of cancer, and to overcome barriers to getting help when it is needed.

Delivered in a positive, informal, engaging way, their approachable and friendly project team will also offer one to one post-session follow up support (as appropriate) to any participants who may have concerns or further questions. Volunteers will also share their personal experience of early detection of cancer, inspiring others to take notice of changes in their bodies and seek support.

The service is offering the following options:

- **Online Speak Up Tailored Group Presentations;** delivered to groups of any size, will last up to an hour, and tailored to the needs of your group.
- **Online Speak Up Short Talks;** dropping into existing group online activities that you are offering, to deliver a short talk on cancer awareness.
- **Community Organisation Staff and Volunteer Training;** we can deliver cancer awareness short talks or longer presentations to your staff and volunteer teams to raise awareness of screening programmes and cancer signs and symptoms to inform work with service users.

Sessions can be hosted by us via ZOOM or delivered on the platform of your choice if you are hosting.

Funded by Brighton and Hove City Council Public Health and Brighton and Hove CCG, the programme is available at no cost to participants or host organisations.

Please call the team or email us NOW on 01273 878261 or SpeakUp@albioninthecommunity.org.uk and we will contact you to discuss your needs and arrange a booking time to suit you and your organisation. Please include your phone number in the email if you would like us to contact you that way.

More information about our project and about the signs and symptoms of cancer can be found here: <https://www.speakupagainstcancer.org/>

(8) REMINDERS

(a) Help shape the future of your hospitals

Western Sussex Hospitals NHS Foundation Trust (WSHT) and Brighton and Sussex University Hospitals NHS Trust (BSUH) are proposing to become one trust in April 2021. **As they develop these plans, please share your thoughts on our vision and values, as well as your hopes and concerns for the new organisation and the services we provide**

The survey is available at

www.westernsussexhospitals.nhs.uk/merger and

www.bsuh.nhs.uk/merger.

(b) Help Us Help You - New NHS booklet

The Sussex Clinical Commissioning Groups have produced a 'Help Us Help You booklet' that has useful information as well as a bit more detail around the changes people might see when access NHS services. These changes have been put in place to keep staff and patients as safe as possible. The guide is now available online at: <https://www.sussexccgs.nhs.uk/right-care-right-place-leaflet/>

(c) NHS 111 support

For times when you need medical help or advice from someone you can trust or you have an urgent but not life-threatening health issue, [#NHS111](#) is fast, easy, free and confidential. Call anytime 24/7, 365 days a year or go online at www.111.nhs.uk

(d) NHS 'Test & Trace' app - **DOWNLOAD TODAY**

[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](#) and [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](#)

C. LOCAL COVID NEWS

A message from Alistair Hill, Director of Public Health for our City



Brighton & Hove remains on Medium alert this week

In the seven days up to 23 October (based on data published on 26 October) we had [441 confirmed new COVID-19 cases](#) in Brighton & Hove.

This is:

- a 60% increase in [confirmed cases](#) from the previous week
 - equivalent to a weekly rate of 151.6 new cases of per 100,000 residents
- This week, Brighton & Hove is classed as Tier 1 on Medium alert, but if the trend continues upwards, we will be at risk of moving to Tier 2 High alert.

The city remains subject to basic national rules:

- you may not meet in a group of more than six people, indoors or outdoors, unless you're in a larger household or a support bubble
- pubs, bars and restaurants must close by 10pm

Distribution of confirmed cases

Most confirmed cases continue to be among young people aged 15-24 years old. But we are seeing a worrying rise in cases among older working adults.

- 18-22 year olds accounted for 43% of cases. This includes young people across the whole city, not just students
- there has been a steep rise in cases among adults aged 40-59 years old and - a 27% increase among people aged 60+

Stay safe

We're in the middle of [half term](#) and it's Halloween at the weekend. Sadly, 2020 is not the year for play dates, trick or treating and Halloween parties. We've prepared these suggestions for half-term activities and a [Covid-safe Halloween](#) to help everyone enjoy this autumn break safely."

Kind regards

Alistair Hill, Director of Public Health (28.10.20)



[Brighton and Hove City Council Covid-19 pages](#)

[Local COVID alert level: medium](#)

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

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 01273 293117 (option 1).

Debt advice if you are facing financial difficulties

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.

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

Wellbeing Healthy Lifestyles team www.brighton-hove.gov.uk/healthylifestyles 01273 294589.

Carers The Carers Hub www.carershub.co.uk 01273 977000 (Monday to Friday, 9am to 5pm).

Loneliness Together Co www.togetherco.org.uk 01273 775888.

Older people Ageing Well 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 0300 323 9985.

Bereavement Cruse Bereavement Care www.cruse.org.uk 0808 808 1677.

Digital support and resources Digital Brighton & Hove www.digitalbrightonandhove.org.uk 07475 946084.

Adult social care Access Point 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 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

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 or call 119.

COVID-19: you may be eligible for a £500 payment.

Special £500 payments are available for people losing income because they have been told to self-isolate



If you are losing income because you have been told to self-isolate, you may be entitled to a payment if you:

- have been told to stay at home and self-isolate by NHS Test and Trace, either because you have tested positive for coronavirus or have recently been in close contact with someone who has tested positive

- are employed or self-employed
- are unable to work from home and will lose income as a result.

If you are currently receiving or have applied for certain benefits this will also be taken into account

Please visit www.brighton-hove.gov.uk/sips for further information and to apply for a payment. Or [Click here for more information http://ow.ly/VS2550BUcgc](http://ow.ly/VS2550BUcgc)

If you cannot access the online form online, please call the council on 01273 293 117 (option 3). This phone line is open Monday to Friday from 10am to 4.30pm.

How and where to get a COVID test

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

There is very high demand for coronavirus tests. 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 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

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)
- [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 , you are 18 or over and you work in paid adult social care.

[How tests and testing kits for coronavirus \(COVID-19\) work](#)
[NHS Test and Trace: how we test your samples](#)

Local COVID data

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](#). The graphs below provide more detail.

CONFIRMED CASES OF COVID-19 in Brighton and Hove

There has been an increase in the number of confirmed cases of COVID-19 in Brighton & Hove in the previous week. As of 28th October, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stands at 2,343. This has increased by 802 and is up from 1,541 on 14th October, the date of our last Healthwatch bulletin. In the last 7 days up to 24th October, there were 453 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 24th October there were 453 confirmed new COVID-19 cases in Brighton & Hove. This is equivalent to a weekly rate of new cases of 155.7 per 100,000 residents ($453/290,885 \times 100,000 = 155.7$). This rate has increased from 81.8 as of 14th October (and from 16.5 as of 2nd October). This rate is lower than the national average for England of 225.9 but higher than the South East average of 102.5.

Average rate since February 2020

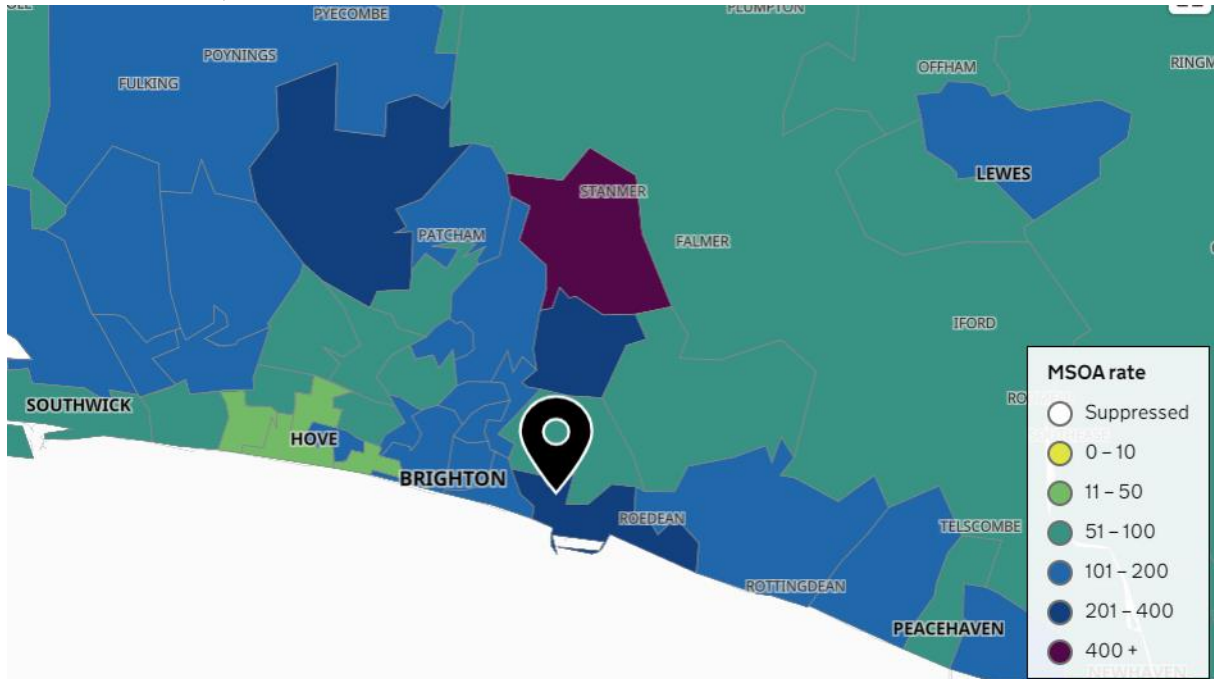
This data is published on the [government website](#). As of 28th October, the rate of confirmed cases in Brighton and Hove is equivalent to 805.5 cases per 100,000 residents ($2,343/290,885 \times 100,000 = 805.5$). This number has increased from 529.8 as of 14th October (and 377.5 as of 2nd October). This rate is lower than the national average for England of 1454.6 but higher than the South East average of 787.8.

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

Where are the highest rates of infection in the city?

This government [map](#) displays weekly data, including seven-day case rates and direction of change ending on 10th October 2020

- This shows that the highest rates of infection continue to be in the Stanmer/Coldean region with 400 or more cases per 100,000 people
- Bevendean, Westdene, Roedean & Brighton Marina areas have a rate of 200-400/100,000



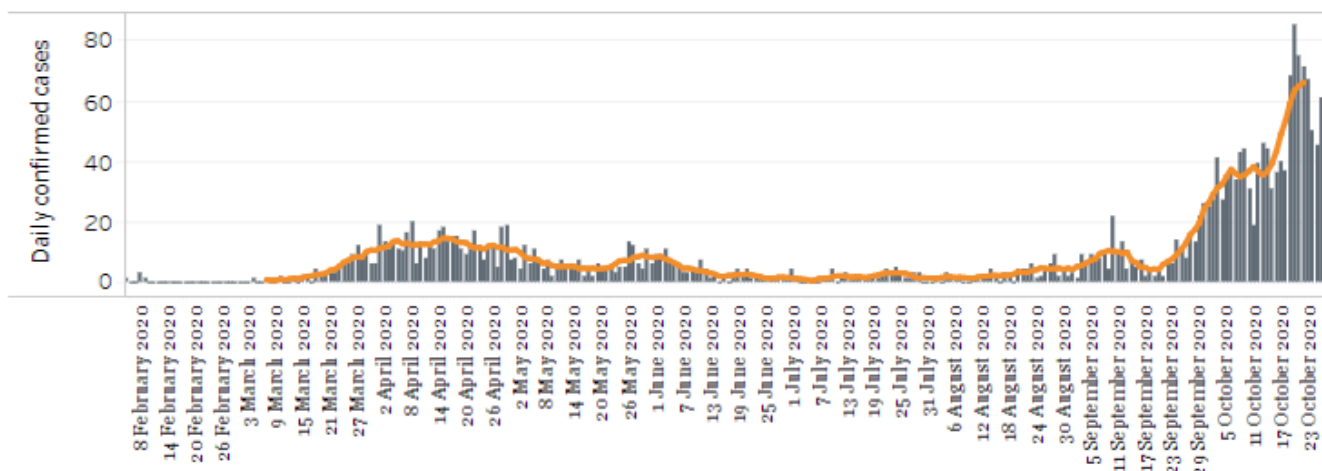
Government data showing confirmed COVID-19 cases in Brighton and Hove:

Date	No of confirmed cases	Total number of confirmed cases
28.10.20	0	2,343
27.10.20	32	2,343
26.10.20	61	2,311
25.10.20	45	2,250
24.10.20	50	2,205
23.10.20	67	2,155
22.10.20	71	2,088
21.10.20	75	2,015
20.10.20	85	1,942
19.10.20	68	1,857
18.10.20	37	1,789
17.10.20	40	1,752
16.10.20	36	1,712
15.10.20	31	1,676
14.10.20	44	1,645
13.10.20	46	1,601
12.10.20	39	1,555
11.10.20	11	1,516
10.10.20	31	1,497

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



Most recent days subject to reporting delay. Last available data: 28 October 2020

Deaths related to COVID-19 in the city

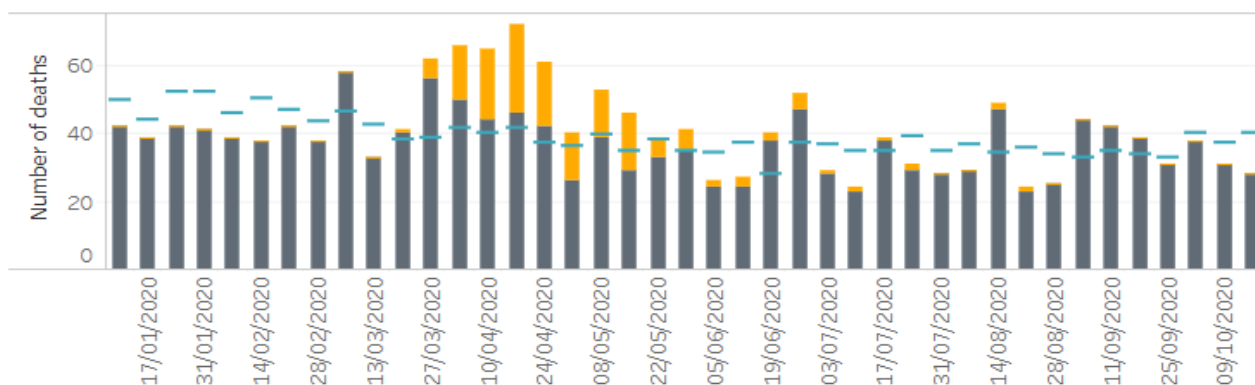
The number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate (yellow) is shown in the graph below (data obtained from the Brighton and Hove Council [website](#))

DEATH RATES in Brighton and Hove

As of 16th 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). These are deaths which occurred up to 16th October and were registered up to 24th October 2020. In the last 7 days, there were no new deaths recorded.

The ONS 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 in Brighton & Hove in 2020



Legend

- Covid deaths in week (2020)
- Non-Covid deaths in week (2020)
- 5-Year Average (2014-18)

Number of deaths recorded in 2020, up to 16 October 2020, with mention of COVID-19 on the death certificate:
166

Number of deaths recorded in the week up to 16 October 2020, with mention of COVID-19 on the death certificate:
0

Deaths shown occurred up to 16 October 2020 and were registered up to 24 October 2020.

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 150. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 16 October 2020](#)

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

Brighton and Sussex University NHS Trust	150
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	127

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 14th 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 23rd October, 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 2nd October and registered up to 10th September 2020 [This data is available on the Brighton and Hove website.](#)

Largest COVID-19 antibody testing programme publishes findings on antibody response over time

[Findings from Imperial College London and Ipsos MORI](#) show that the number of people with antibodies fell by 26.5% over 3 months.

- Over 365,000 participants across England have taken part in the largest antibody home surveillance study for COVID-19
- Antibody response over time varies depending on a person's age and symptoms

The results suggest that people who did not show symptoms of COVID-19 are likely to lose detectable antibodies sooner than those who did show symptoms. The findings also show the loss of antibodies was slower in 18 to 24 year-olds compared to those aged 75 and over.

As it remains unclear whether antibodies provide any effective level of immunity or, if such immunity exists, for how long it might last. Everyone must continue to follow social distancing rules even if they have tested positive for antibodies.

Three-tiered system of local COVID-19 alert levels in England

Local COVID alert levels: what you need to know

[Translated versions](#) of the guidance in Arabic, Bengali, Chinese, Polish, Romanian, Somali, Turkish, Urdu and Welsh.

Every area of the country has been assigned a COVID-19 alert level of either Medium, High, or Very High. Each level has different rules regarding social contact, travel restrictions and closure of businesses (see table below). To discover what level the risk is in your local area visit the [Government website](#).

[Full list of local COVID alert levels by area](#) and [A postcode checker on gov.uk](#) will show which alert level applies in each area and the NHS Covid-19 app will also direct people to this information.

[Local COVID alert levels: what you need to know](#)

WHAT RESTRICTIONS WILL APPLY UNDER EACH LEVEL?

Medium	High	Very High
This is for areas where national restrictions continue to be in place. Find out more	This is for areas where national restrictions continue to be in place. The following additional	This is for areas with a very high level of infections. Consultation with local authorities will determine

	measures apply. Find out more	additional measures. Find out more
You must not socialise in groups larger than 6, indoors or outdoors (other than where a legal exemption applies)	You must not socialise with anybody outside of your household or support bubble in any indoor setting, whether at home or in a public place You must not socialise in a group of more than 6 outside, including in a garden or other spaces like beaches or parks (other than where specific exemptions apply in law)	You must not socialise with anybody you do not live with or have formed a support bubble with, in any indoor setting or in any private garden or at most outdoor hospitality venues and ticketed events You must not socialise in a group of more than 6 in an outdoor public space such as a park or beach, the countryside, a public garden, or a sports venue
Businesses and venues can continue to operate, in a COVID-secure manner, other than those that remain closed in law	Same	Pubs and bars must close; they can only remain open where they operate as if they were a restaurant, which means serving substantial meals, like a main lunchtime or evening meal, and they may only serve alcohol as part of such a meal
Certain businesses are required to ensure customers only consume food and drink while seated, and must close between 10pm and 5am	Same	
Businesses and venues selling food for consumption off the premises can continue to do so after 10pm as long as this is through delivery service, click-and-collect or drive-through	Same	
Schools and universities remain open	Same	
Places of worship remain open, subject to the rule of 6		Places of worship remain open, but household mixing is not permitted
Weddings and funerals can go ahead with restrictions on numbers of attendees	Same	Weddings and funerals can go ahead with restrictions on the number of attendees; however, wedding receptions are not allowed
Exercise classes and organised sport can	Exercise classes and organised sport can	Exercise classes and organised sport can continue to take

continue to take place outdoors, or indoors if the rule of 6 is followed	continue to take place outdoors; these will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with or share a support bubble with, or for youth or disability sport	place outdoors; these will only be permitted indoors if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with), or for youth or disability sport
-	You can continue to travel to venues or amenities that are open, for work or to access education, but should look to reduce the number of journeys you make where possible	You should try to avoid travelling outside the very high alert level area you are in or entering a very high alert level area, other than for things like work, education or youth services, to meet caring responsibilities or if you are travelling through as part of a longer journey
-	-	You should avoid staying overnight in another part of the UK if you are resident in a very high alert level area, or avoid staying overnight in a very high alert level area if you are resident elsewhere

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

(b) [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

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

(d) [Coronavirus \(COVID-19\) Review: data and analysis, March to October 2020](#)

The Compendium contains ONS data and analysis on the health, social and economic impact of COVID-19 for the period of March to October 2020. It is a stocktake of the pandemic since it began, on a thematic basis, of how society and the economy has responded so far.

Government COVID data

COVID-19 national data

[Largest testing study for coronavirus publishes latest findings](#)

Findings show 1 in 170 people in England had the virus between 18 September and 5 October, with 45,000 new infections every day.

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 20th March up to 16th October, there were 8,078 excess deaths recorded of which 7,535 (93%) 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 29th 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 45,955. The rate per 100,000 people was 72.2.

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

[Latest interim findings from COVID-19 study published](#) Findings from Imperial College London and Ipsos MORI show the number of infections continues to rise across all regions.

The data reveals that as of 29th October the **total number of lab-confirmed UK cases of COVID-19 stood at 965,340** (this has increased from 673,622 as of 14th October the date of the last Healthwatch bulletin). 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 30th October 2020](#)

The latest R estimate for the UK is between 1.1 - 1.3 and the growth rate for the whole of the UK is between +2% to +4%.

An R number between 1.1 and 1.3 means that on average every 10 people infected will infect between 11 and 13 other people.

A growth rate between +2% and +4% means the number of new infections is growing by 2% to 4% 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 1.2 - 1.4, whilst the latest growth rate range for the South East is +3% 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 onto 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: 15 October to 21 October 2020](#)

New figures show that the number of people testing positive increased by more than 35,000 during the first week of October.

NHS test and trace statistics (England) weekly reports are also available [here](#). Since NHS Test and Trace launched (28th May - 21st October):

- 126,065 people tested positive for coronavirus (COVID-19) at least once in England between 15 October and 21 October. Positive cases have been rising steeply since the end of August and in the latest week there has been an increase of 23% compared to the previous week. 8.3% of people tested had a positive result; this rate has been increasing since the end of August, when the positivity rate was 0.9%.
- 1,519,977 people were tested at least once for COVID-19, a 6% increase compared with the previous week. A total of 9,600,824 people have been tested at least once since Test and Trace began.
- Turnaround times for pillar 2 (swab testing for the wide population) for all in-person testing routes have improved compared to the previous week but continue to be longer than they were at the end of June. In the most recent week, 46.5% of in person test results were received the next day after the test was taken. Turnaround times for satellite/home tests have improved since the previous week, with 32.0% of results received within 48 hours.
- The median distance to in-person testing sites (pillar 2) for booked tests has decreased over the past month. Between 15 October and 21 October, the median distance was 2.8 miles, similar to the previous week but continuing the downwards trend seen over the last 5 weeks.
- 120,442 people were transferred to the contact tracing system between 15 October and 21 October, a 25% increase compared to the previous week. The number of people transferred has been increasing steeply over the past 7 weeks with over 13 times as many people being transferred in the most recent week compared to the end of August
- Of those transferred to the contact tracing system between 15 October and 21 October, 80.5% were reached and asked to provide information about their contacts. This has remained similar over the past three weeks but has declined compared to the start of September.
- 284,701 people were identified as coming into close contact with someone who had tested positive between 15 October and 21 October. This is an increase of 12% compared with the previous week, continuing the sharp upward trend since the end of August. For those where communication details were available, 74.3% were reached and asked to self-isolate. Taking into account all contacts identified, 60.3% 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.

[Full list of local COVID alert levels by area](#)

[COVID-19: guidance for the public on mental health and wellbeing](#)

[Personal protective equipment \(PPE\): local contacts for care providers](#) A list of local contacts for care providers who are not on the PPE portal.

[Full list of local COVID alert levels by area](#)

[Local restrictions: areas with an outbreak of coronavirus \(COVID-19\)](#)

[Local COVID alert levels: what you need to know](#)

[Coronavirus \(COVID-19\): travel corridors](#)

[COVID-19: guidance for arranging or attending a funeral during the coronavirus pandemic](#)

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

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

E. Resources, advice, and information

(1) The new Volunteer Centre Newsletter has launched this week, and will go out fortnightly, featuring:

- All of your NEW roles that we've posted during the previous two weeks
- A link to the full database of roles for you or to share with the people you work with
- Contact details for our volunteer advisors so you can get in touch to find the perfect volunteer role

To sign up to receive this straight to your inbox [click here](#) and please do share with colleagues, service users, clients or participants.

F. Healthwatch Brighton and Hove information and advice

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

[COVID-19 webpage](#)

[Answers to Frequently Asked Questions](#)

[Maternity and pregnancy advice and information](#)

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

Guides which provide information about:

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

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

- **NEW:** [Beyond Words is providing free picture stories and illustrated guides to support people with learning disabilities and autism through the coronavirus pandemic](#)
- A series of videos aimed at encouraging people to continue to use health services if they are unwell. They are available in [English](#), [Arabic](#), [Farsi](#), [Kurdish](#) and [Sylheti](#).
- [Resources from Learning Disability England](#)
- [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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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](#).