

COVID-19

Brighton and Hove is now in Tier 2 “High Alert”, please refer to the government [poster](#) below”. The [Brighton and Hove City Council](#) website has more information.

TIER 2

HIGH ALERT

FROM 2 DEC

<p>MEETING FRIENDS AND FAMILY </p>	<p>BARS, PUBS AND RESTAURANTS </p>	<p>RETAIL </p>	<p>WORK AND BUSINESS </p>
<p>No mixing of households indoors, apart from support bubbles. Maximum of six outdoors.</p>	<p>Pubs and bars must close, unless operating as restaurants. Hospitality venues can only serve alcohol with substantial meals. Venues must stop taking orders at 10pm and must close by 11pm.</p>	<p>Open.</p>	<p>Everyone who can work from home should do so.</p>
<p>EDUCATION </p>	<p>INDOOR LEISURE </p>	<p>ACCOMMODATION </p>	<p>PERSONAL CARE </p>
<p>Early years settings, schools, colleges and universities open. Childcare, other supervised activities for children, and childcare bubbles permitted.</p>	<p>Open.</p>	<p>Open.</p>	<p>Open.</p>
<p>OVERNIGHT STAYS </p>	<p>WEDDINGS AND FUNERALS </p>	<p>ENTERTAINMENT </p>	<p>PLACES OF WORSHIP </p>
<p>Permitted with household or support bubble.</p>	<p>15 guests for weddings, civil partnerships, wedding receptions and wakes; 30 for funerals.</p>	<p>Open.</p>	<p>Open, but cannot interact with anyone outside household or support bubble.</p>
<p>TRAVELLING </p>	<p>EXERCISE </p>	<p>RESIDENTIAL CARE </p>	<p>LARGE EVENTS </p>
<p>Reduce the number of journeys you make and walk or cycle if possible. Avoid busy times and routes on public transport. Avoid car sharing with those outside of your household or support bubble. Avoid entering a Tier 3 area, other than where necessary such as for work or</p>	<p>Classes and organised adult sport can take place outdoors, but cannot take place indoors if there is any interaction between people from different households. Organised activities for elite athletes, under-18s and disabled people can continue.</p>	<p>COVID-secure arrangements such as substantial screens, visiting pods, and window visits. Outdoor/airtight visits only (rollout of rapid testing will enable indoor visits including contact).</p>	<p>Sport, live performances and business meetings limited to 50% capacity or 2000 people outdoors (whichever is lower) and 50% capacity or 1000 people indoors (whichever is lower)</p>

Alternative format versions of the guidance on the local restriction tier system, including what you can and cannot do in each tier.

[Local restriction tiers: what you need to know - alternative formats](#)

Meeting friends and family

There are different rules on meeting friends and family, depending on when you meet them.

From 2 December to 23 December, you must follow the guidance for the tier in our area.

From 23 December to 27 December, you may choose to form a [Christmas bubble](#).

From 28 December, you must follow the guidance for the tier in your area. Christmas bubbles will no longer apply.

YOUR HEALTHWATCH

(1) “Ask Us - Tell Us” campaign: your experiences of health and social care during lockdown 2 - closes Wednesday 9th December

healthwatch
Brighton and Hove



Healthwatch in Sussex are supporting the NHS and Social Care to understand what did and did not work well for people during ‘Lockdown 2’.

We are interested in hearing from you about your experience of accessing services:

Tell Us your experience of health and social care services, for example were you more worried or affected by changes to care or support services?

Ask Us about how services were running during lockdown e.g. GPs, outpatients and dental. You may find the information you need on our [COVID-19 webpage](#)

To Ask Us - Tell Us, please contact us by 9th December via our online feedback form by clicking [here](#)

Here is a QR code that you can scan using your smart mobile phone and which should take you to the Healthwatch Brighton and Hove website.



You might also be interested in a BBC Radio Sussex interview with our Chief Executive, David Liley, that also mentions this campaign. If interested, please click [here](#)

(2) Healthwatch report



Accessing health and care services during the coronavirus pandemic - Healthwatch interviews with 104 people

This report outlines conversations we had with people who completed our earlier survey which sought their experiences of accessing health and care services during the Coronavirus pandemic.

Our [main Healthwatch report](#) was published October, and these interviews provided an opportunity for people to talk more about their experiences.

Headlines

- The majority of people we spoke to who had delayed seeking a medical appointment due to the pandemic said there had been little or no negative effect on their health. For those who said there was a detrimental impact, there were examples of increased pain and in one instance, the need for emergency medical attention.
- Two-thirds of the people who had experienced a remote appointment found the experience to be a positive one.
- Around one-third of people provided us with examples which were less positive. These included not being given a specific time for their remote appointment and generally not feeling able, or being too rushed, to fully explain their condition in a remote setting. Technological challenges were other concerns that were raised.
- There were mixed views about different types of appointment. Video and phone were considered good options while email or online forms were generally considered time consuming and not met by instant feedback. Face-to-face appointments were seen to be important for physical examinations and matters of a personal, private or emotional nature.
- People with more complex physical needs and mental health issues were more likely to favour face-to-face appointments.
- People aged 60+ years old had mixed views about using remote appointments. Some people in this age group were comfortable with technology and found it important to “move with the times”.
- The pandemic and its reliance on technological communication has revealed a group who were excluded from having video and online appointments. These interviews demonstrate that this group while not exclusive to any demographic group, is more likely to include people over the age of 60 and/or people with disability(ies).
- There will always be people who need and want to access services in person. This preference for choice, often dictated by the medical need, supports the survey recommendation for a hybrid model of service delivery.

You can download a summary of the report [here](#), or the [full report](#), but if you need it in a different format, please contact us at:

office@healthwatchbrightonandhove.co.uk

(3) Looking after someone? Know your rights



A message from Healthwatch England - click [here to read more](#).

Since the COVID-19 pandemic, it has been estimated that across the UK there are 13.5 million unpaid carers. Many people are unaware of their rights as a carer and, as a result, are not accessing the help and support they are entitled to. Having the right information and advice is vital to ensure that carers do not miss out on financial and practical help that they are entitled to. As part of [Carers Rights Day](#) (held on 26th November), Healthwatch England are promoting three key steps from Carers UK to find out their entitlements:

1. **How to get a benefits check**
2. **Find out about practical support**
3. **How to connect with others**

To find out more about your rights, tailored to your situation, take a look at [Upfront](#) - Carers UK's online tool, or read their [Carers' Rights Guide](#) for more information.

HEALTH AND SOCIAL CARE UPDATES

(1) Visiting lived ones in care homes

Care home residents in all tiers will be able to see their families again this Christmas period as over a million tests are to be sent out providers over the next month, with visits to begin Wednesday 2 December. Visits out to family homes or outdoor spaces like parks may also be possible for some care home residents under 65.

You can access the new guidance using the links below:

[Care home residents to be reunited with families by Christmas](#)

[Visiting arrangements in care homes](#)

[Summary: visiting care homes during COVID-19](#)

[Arrangements for visiting out of the care home](#)

(2) Updated advice for people at high risk from coronavirus (shielding)

If you are at high risk (clinically extremely vulnerable) from coronavirus, there are things you can do to help keep yourself safe. If you're not sure if you're at high risk, see [who's at higher risk from coronavirus](#).

Guidance has been updated and replaces previous guidance on shielding that was in place during the 4-week period of National Restrictions. [Click here](#) to access the updated guidance.

[Get a shielding note](#) if you cannot work. If you are unable to work because you work in an area where shielding advice is in place, you may be able to get a shielding note to give to your employer. You can use this note to claim Statutory Sick Pay (SSP) or Employment and Support Allowance (ESA).

You can also get help with food and medicine deliveries from an NHS volunteer. Call 0808 196 3646 (8am to 8pm) to get help from [NHS Volunteer Responders](#). Brighton and Hove Council have included lots of useful information on their website, including how to [request help for yourself or someone else](#)

(3) At risk groups to receive free winter supply of Vitamin D



2.7 million vulnerable individuals in England will be offered a free winter supply of Vitamin D by the government.

Deliveries will be made to clinically extremely vulnerable and care home residents who are at higher risk of Vitamin D deficiency having spent more time indoors this year.

All care homes will automatically receive a provision for their residents, while individuals on the [clinically extremely vulnerable](#) list will receive a letter inviting them to opt in for a supply to be delivered directly to their homes. Deliveries will be free of charge, starting in January, and will provide 4 months' worth of supplements to last people through the winter months.

Vitamin D supplements support general health, in particular bone and muscle health. The advice from Public Health England is for everybody to take 10 micrograms (400 IU) of vitamin D a day between October and early March to keep bones and muscles healthy.

[Click here](#) to read more.

(4) Help NHS England develop the national cancer patient experience questionnaire

NHS England and NHS Improvement are looking for volunteer patients to help them develop the national cancer patient experience questionnaire. Please see the flyer below for more information.

Have you recently undergone NHS treatment for cancer?

We are looking for people aged 16 or above with a confirmed primary diagnosis of cancer who have received NHS cancer related treatment in the last six months, either admitted as an inpatient, seen as a day case patient or outpatient.

What can you do?

Help us with the development of the national cancer patient experience questionnaire.

Why take part?

Your input will help us understand about people's experiences of care & treatment within the NHS.

What is involved?

This would involve a one-to-one informal chat with a researcher from Picker for about an hour, either over the phone or by video/audio conferencing software (Skype or Microsoft Teams).

As a thank you for your time you will be given a £30 Amazon or Love2shop voucher.

To find out more or to volunteer, please visit <https://www.picker.org/patients-experiences-of-cancer-treatment-and-care/>, call 0800 1975 273, or email take_part@PickerEurope.ac.uk

Picker is a not-for-profit health and social care research organisation based in Oxford.
www.picker.org



(5) Free flu jab



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.

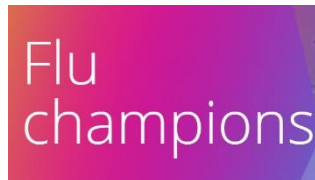
- Information from Brighton and Hove Clinical Commissioning Group regarding the flu vaccination is [here](#)
- NHS Guidance on who is eligible for free Flu Vaccinations is available [here](#)
- Why have the flu vaccination? Advice is available [here](#). This includes translated materials.
- [Frequently 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

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

(6) Be a flu champion - volunteering opportunity



Do you want to make a difference? Would you like to promote the health of the Sussex population?

NHS Brighton and Hove CCG are seeking volunteers to become [Flu Champions](#) to help the NHS in Sussex raise awareness of the flu vaccination and combat myths on the vaccine. They are looking for 20 members of the public from ethnically diverse communities, and people who live in Bognor Regis, Crawley, Eastbourne, Hastings, Hangleton, Littlehampton, Mouslecomb, Newhaven, Peacehaven & Whitehawk.

Flu Champions receive expenses and a £20 Amazon Voucher will also be given for undertaking the role for three months, which is payable when you let us know what you have been doing as part of your role.

Flu Champions will be asked to attend one 2.5-hour session on either:

- 8th December 2020 at 10.30 am - 12 pm
- 14th December 2020 at 12.30 pm - 3 pm

The CCG would love to tell you more about this opportunity. If you would like to find out more, please contact them today using the details on the next page and complete an application form and we will be in touch. Please submit your application by **Tuesday 1st December 2020**.

For further information, please review the:

- [Flu Champion Volunteer Profile](#)
- [Flu Champions Application Form](#)

Contact the CCG:

WRITE TO: NHS West Sussex Clinical Commissioning Group, Wicker House, High Street, Worthing BN11 1DJ

TELEPHONE: 0792 024 4988

EMAIL: isabel.costello1@nhs.net

(7) NHS 111 - how to book a timeslot at A&E



From the 1st December you will be able to book a slot at your local A&E if you need to by calling NHS 111.

Find out what is changing and what it means for you and your loved ones.

The NHS wants to make it easier and safer for patients to get the right treatment when they need it, without waiting a long time to be seen in A&E. Because of the coronavirus pandemic, crowded waiting rooms are also putting patients and hospital staff at risk of catching COVID-19.



How will the service work?

From 1st December 2020, the NHS is introducing a new system called **NHS 111 First**. If you have an urgent, but not life-threatening health problem you can now contact NHS 111 First to find out if you need to go to A&E.

NHS 111 can book you an appointment at your local A&E or emergency department. This means you will have an allocated time to attend hospital and be treated, so you do not have to wait a long time to be seen and can also help services avoid becoming overcrowded.

What will this mean for you?

If your condition is not life-threatening, NHS 111 may direct you to a more appropriate service or one that can see you sooner. You may also be asked to wait at home until the emergency department is ready to see you, avoiding a long wait in A&E for you and helping to prevent overcrowding. If you need an urgent face-to-face assessment or treatment, NHS 111 should be able to arrange this immediately for you.

How do you use NHS 111 First?

You can contact NHS 111 either online or by phone 24 hours a day, 7 days a week. The service is free to use, including from a mobile phone. [NHS 111 online](#)

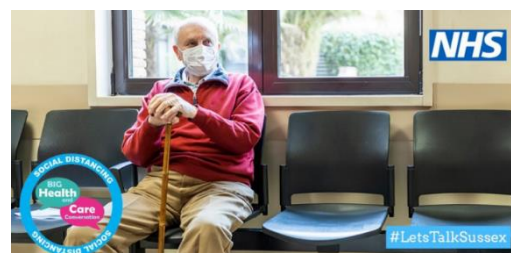
What should you do if you have a life-threatening emergency?

If you or a loved one has a life-threatening emergency, you should call **999** or go straight to your nearest emergency department. Examples of an emergency are:

- Loss of consciousness
- Acute confused state and fits that are not stopping
- Chest pain
- Stroke
- Breathing difficulties
- Severe bleeding that cannot be stopped
- Severe allergic reactions
- Severe burns or scalds

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

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



They want to make sure that we understand what it has been like for people if they have needed to use health and care services during COVID across Sussex - what has worked well, and what could have been better? If you didn't access services when you thought you needed to, why not? What changes should we maintain, and what needs to go back to normal as much as possible?

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 us at: **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 to hear your thoughts - please do get in touch!

(9) Get prepared for Census 2021

Census Day will be Sunday 21 March 2021

<https://census.gov.uk/>

The census is a survey that gives information about all the households in England and Wales. The census is a survey that happens every 10 years and gives us a picture of all the people and households in England and Wales. The census is unique. There is simply nothing else that gives so much detail about us and the society we live in.

All kinds of organisations, including Healthwatch, local authorities and charities, use the information to help provide the services we all need, including transport, education and healthcare. Without the census, it would be much more difficult to do this. By taking part, you'll be helping make sure you and your community get the services needed now and in the future.

Personal identifying information is not available to any organisations (including government departments) and is locked away for 100 years. More information is available [here](#)

Interesting Census Facts

- In 1911 suffragette campaigner Emily Wilding Davison hid in a cupboard in Parliament on census night, and had her address recorded as the House of Commons.
- From 1951 until 1991, households were asked if they had an outside toilet.
- Again in 1911 a family, from Dulwich in London, listed among their household Roger the watchdog whose occupation was listed as looking after the house.
- In 1841 there was one bee dealer, 20 peg makers and 9 artificial eye makers.
- Census 2021 will include a question about being a veteran for the first time.

(10) COVID-19 - could you donate plasma to help treat coronavirus patients?

NHS Blood and Transplant is asking for people who have had COVID-19 to consider donating blood plasma which could be used to treat others. You can [register your interest](#) online and there is a donation centre in West Sussex.

LOCAL COVID NEWS

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

“ We are emerging from lockdown in a better position than when we entered it four weeks ago.

For the second consecutive week I can report a significant reduction in the number of confirmed cases of COVID in our city. In the past seven days the number of cases per 100,000 residents has fallen by 32%. We are particularly pleased that the rate of infection amongst our most vulnerable 60+ age group has come down so much this past week. The [full data](#) is available to read on our website.

We are in Tier 2 together with the rest of Sussex. This means we can begin to enjoy fewer restrictions, but I urge you all to remain on high alert.

Lockdown has shown us what we can achieve when we all pull together as a city. Let's keep it up and follow the Tier 2 rules so we can continue to drive down the rate of infection. This is especially relevant in the run-up to Hanukkah and Christmas.

The Tier 2 rules are:

- you must not socialise with anyone you do not live with or who is not in your 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 people outdoors, including in a garden or a public space - this is called the 'rule of 6'
- businesses and venues can continue to operate in a [COVID-Secure](#) manner
- hospitality businesses selling food or drink for consumption on their premises are required to provide table service only in premises which sell alcohol; alcohol can only be served with substantial meals, and close between 11pm and 5am

And if you experience any [Covid related symptoms](#) - even if very mild - you must immediately [self-isolate](#) with your household and [apply for a test](#) to stop the virus infecting more people.

Kind regards

Alistair Hill, Director of Public Health



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

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

A coronavirus help directory for Brighton & Hove is 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.

Advice around attending school, college and universities can be found [here](#) with answers to commonly asked questions 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 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.carershubs.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.

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

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

Self-isolate immediately and get a test.
Go to nhs.uk/coronavirus or call 119.

(2) How and where to get a COVID test

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

There is very high demand for coronavirus tests. Keep trying to book through the government [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)
- [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 (COVID-19) 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.

[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

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

Numbers of confirmed cases of COVID-19 in Brighton & Hove are starting to decrease. As of 2nd December, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stands at 4,138. Although this has increased by 364, up from 3,774 on 20th November (the date of our last Healthwatch bulletin), the rate of increase has slowed. In the last 7 days up to 28th November, there were 175 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 28th November there were 175 confirmed new COVID-19 cases in Brighton & Hove. This is equivalent to a weekly rate of new cases of 60.2 per 100,000 residents ($175/290,885 \times 100,000 = 60.2$). This rate has decreased from 172.9 as of 20th November (but is higher than 16.5 as of 2nd October). This rate is lower than the national average for England of 155.4 and the South East average of 140.1.

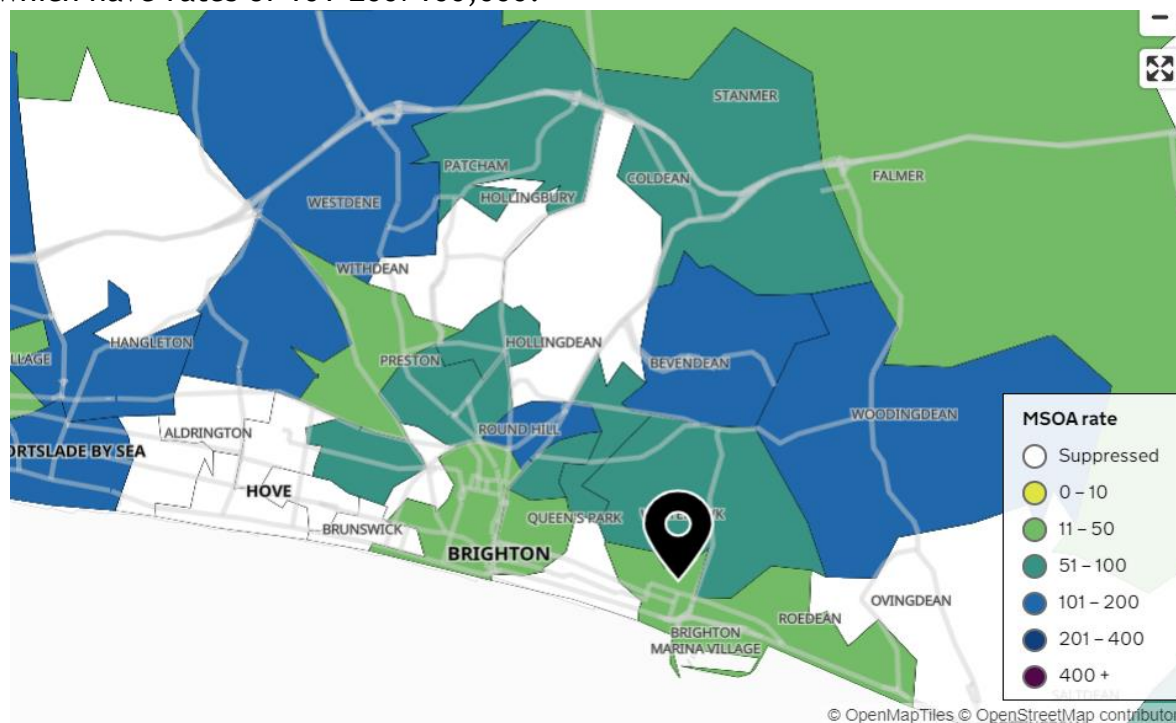
Average rate since February 2020

This data is published on the [government website](#). As of 2nd December, the rate of confirmed cases in Brighton and Hove is equivalent to 1,423 cases per 100,000 residents ($4,138/290,885 \times 100,000 = 1,423$). This number has increased from 1,297 as of 20th November (and 377.5 as of 2nd October). This rate is lower than the national average for England of 2,556.1 and the South East average of 1,533.2.

In the last few weeks, we have seen an increase in numbers of recorded deaths, which now stands at 185.

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 28th November 2020. This shows that the highest rates of infection are in Portslade, Roundhill, Mile Oak, Patcham, Westdene, Woodingdean, Bevendean, Mouslecomb, Hangleton, Blatchington, and Goldsmid which have rates of 101-200/100,000.



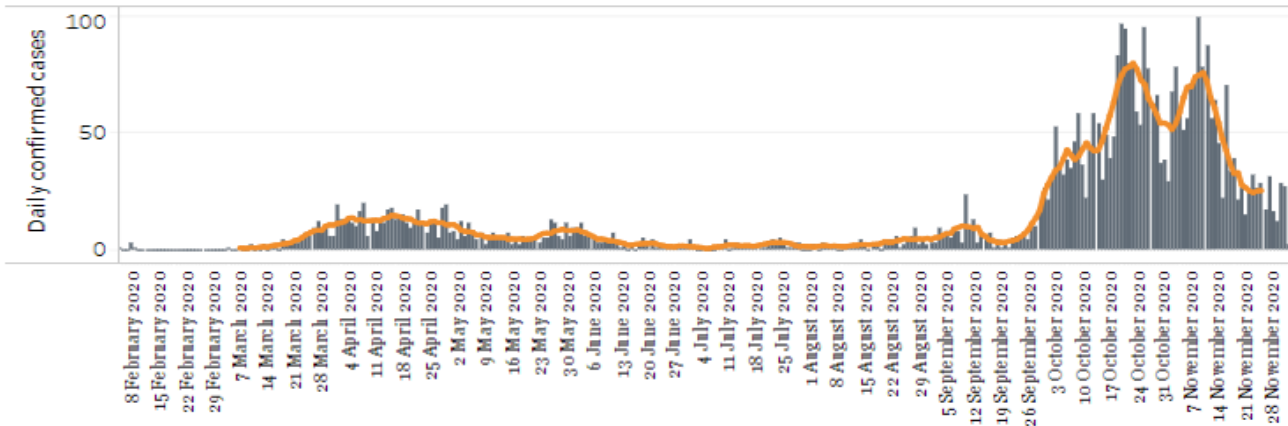
Government data showing confirmed COVID-19 cases in Brighton and Hove:

Date	No of confirmed cases	Total number of confirmed cases
2.12.20	2	4,138
1.12.20	27	4,136
30.11.20	28	4,109
29.11.20	12	4,081
28.11.20	16	4,069
27.11.20	31	4,053
26.11.20	17	4,022
25.11.20	28	4,005
24.11.20	26	3,977
23.11.20	32	3,951
22.11.20	25	3,919
21.11.20	15	3,894
20.11.20	26	3,879
19.11.20	21	3,853
18.11.20	39	3,832
17.11.20	33	3,793
16.11.20	70	3,760
15.11.20	22	3,690
14.11.20	45	3,668
13.11.20	64	3,623

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 2 December 2020: 4,138	Confirmed cases (rate per 100,000 population) up to 2 December 2020: 1,423
Confirmed cases in the 7 days up to 28 November 2020: 175	Confirmed cases (rate per 100,000 population) in 7 days up to 28 November 2020: 60.2	

Most recent days subject to reporting delay. Last available data: 2 December 2020

Deaths related to COVID-19 in the city

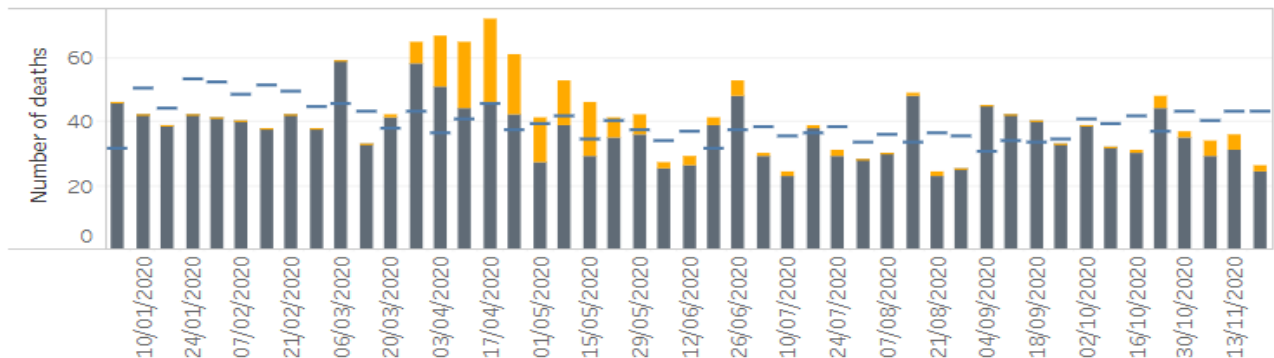
The number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate (yellow) is shown in the graph below (data obtained from the Brighton and Hove Council [website](#))

As of 20th November, the total number of deaths of Brighton & Hove residents where COVID-19 was recorded on the death certificate stands at 185 (recorded since February 2020). These are deaths which occurred up to 20th November and registered up to 28th November 2020. In the last 7 days, there were 2 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 (2015-19)

Number of deaths recorded in 2020, up to 20 November 2020, with mention of COVID-19 on the death certificate:
 185

Number of deaths recorded in the week up to 20 November 2020, with mention of COVID-19 on the death certificate:
 2

Deaths shown occurred up to 20 November 2020 and were registered up to 28 November 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 15 November 2020](#)

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

- Brighton and Sussex University NHS Trust150
- East Sussex Healthcare NHS Trust 101
- Surrey and Sussex Healthcare NHS Trust260
- Sussex Community NHS Foundation Trust18
- Western Sussex Hospitals NHS Foundation Trust127

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 27th November, stood at 66. This is against a total of 185 COVID-related deaths in the city which occurred up to 20th November and registered up to 28th November 2020 [This data is available on the Brighton and Hove website.](#)

(1) Find out what restrictions from 2 December 2020

From 2nd December an updated local restriction tier system will come into force across England. There will be three tiers. The higher the tier level, the higher the restrictions in place will be. Brighton and Hove are in tier 2.

WHAT TIER APPLY TO MY AREA?

The Government has announced what tier will apply in each area of England from 2 December 2020. To find out what tier your area will be in [visit here](#). Brighton and Hove is in Tier 2.

WHAT RESTRICTIONS APPLY TO EACH TIER?

To find out what you can and cannot do in each tier [visit here](#).

HOW OFTEN WILL THE TIERS BE REVIEWED?

The tiers will be regularly reviewed, with the first review scheduled for 16th December 2020. Updated arrangements are expected to be announced covering the Christmas period.

(2) News on COVID-19 vaccines - why vaccination is safe and important

Three vaccines - Pfizer-BioNTech, Sputnik and Moderna - have reported good data from trials, with one suggesting 94% of over-65s could be protected from COVID-19. A further [Oxford vaccine](#) has shown to be highly effective. The UK has access to a total of 357 million doses of vaccines from 7 different developers.

This week, the [UK medicines regulator gave approval for first UK COVID-19 vaccine](#), developed by Pfizer/BioNTech, to be rolled out. This has been given approval for use following a thorough review carried out by the Medicines and Healthcare products Regulatory Agency (MHRA). Vaccines are only made available to the public after meeting strict safety and effectiveness criteria.



You can find out more from the NHS about why vaccines are safe and important by clicking [here](#). The website explains how vaccines work, what they contain and the most common side effects, and why they are the most effective way to prevent infectious diseases.

For more detailed information about the approval process for a potential COVID-19 vaccine [click here to read a statement from the government](#).

Roll out of vaccinations

The government has indicated that the first phase of the vaccination programme will be as shown in the picture below.

You can also read the statement given by the Secretary of State for Health and Social Care Matt Hancock [here](#) and on the [government website](#).

The first phase of the programme

Offer vaccination

1	Residents in a care home for older adults and their carers
2	All those 80 years of age and over. Frontline health and social care workers
3	All those 75 years of age and over
4	All those 70 years of age and over. Clinically extremely vulnerable individuals
5	All those 65 years of age and over
6	All individuals aged 16 years to 64 years with underlying health conditions which put them at higher risk of serious disease and mortality
7	All those 60 years of age and over
8	All those 55 years of age and over
9	All those 50 years of age and over

Advice from the Joint Committee on Vaccination and Immunisation (JCVI) has been published explaining the [Priority groups for coronavirus \(COVID-19\) vaccination](#)

This BBC podcast may also be of interest: [How to Vaccinate the World - who will get priority?](#)

The following is a message from Sussex NHS Commissioners



Following months of rigorous clinical trials, the Medicines and Healthcare products Regulatory Agency (MHRA) has concluded that the Pfizer BioNtech vaccine meets its strict standards of safety, quality and effectiveness. This marks a remarkable scientific breakthrough in the global response to this pandemic.

The Government had already asked the NHS to be ready to deliver a vaccination programme for England as soon as a safe and effective vaccine became available. In Sussex, detailed planning is well progressed, building on the expertise and strong track record the NHS has already in delivering immunisations like the annual flu vaccination programme.

A priority in all our planning is to ensure that it is as easy as possible for eligible people to access a vaccination when they become available. The NHS, working with

partners, will deliver the vaccine through a network of locations, for example to vulnerable and housebound people in their own homes, through local vaccination services and at larger vaccination centres.

Eligibility for the vaccine is prioritised by the Government's Joint Committee on Vaccination and Immunisation. Its most recent advice is that vaccines should first be given to care home residents and staff, people aged over 80 and health and care workers, before being rolled out to the rest of the population in order of age and risk.

Delivering the Pfizer vaccine is complex as it needs to be stored at very cold temperatures and moved carefully, so at first it will be delivered from a number of "Hospital Hubs" that have the facilities to store this vaccine.

The programme will expand as more vaccine is received and can be made available in other settings, including local vaccination services and in care homes.

The NHS will contact people when they are eligible to receive the vaccine, providing full details of how and where they can book their vaccination.

In Sussex, we are carrying out targeted local engagement to ensure that members of our community who traditionally experience health inequalities can receive all the information they need and so we can understand and address any barriers that might be preventing them from getting vaccinated.

Rolling out the vaccine as quickly as possible will mean recruiting many more staff and volunteers, to ensure the NHS can continue to maintain other vital services. Parliament recently changed the law to allow a wider group of people to undertake training to deliver vaccines, including paramedics, physios, pharmacy and dental professionals and healthcare scientists - many of whom currently work outside the NHS.

Vaccinators are being recruited as well as stewards, administrators and patient transport and liaison volunteers, working in partnership with St John's Ambulance. In all cases, appropriate training, supervision and PPE will be provided to ensure the safety of staff, volunteers and those being vaccinated.

More information for those wanting to support this historic vaccination effort in Sussex is available at www.ksscovid.nhs.uk

While COVID-19 is still present in our communities, it is vitally important that we all continue to remember hands, face and space and maintain the highest standards of infection prevention and control



(3) COVID Guidance for the Christmas Period

The government has produced [guidance for the Christmas period](#). This covers:

[Meeting friends and family](#)

[Visiting bars, pubs and restaurants](#)

[Visiting churches and other places of worship](#)

[Visiting shops and Christmas markets](#)

[Attending events, including performances and Christmas lighting ceremonies](#)

[Celebrating New Year's Eve](#)

[Carol singing](#)

[Going to work](#)

[Going to school, college and university](#)

[Attending events organised by schools and other education settings, including nativity plays](#)

[Childcare](#)

[Visiting relatives in care homes](#)

[Travel within the UK](#)

[Volunteering](#)

[Weddings, civil partnerships and funerals](#)

Separate guidance explains [how to make a Christmas bubble](#) with friends and family

Key rules for meeting friends and family

There are different rules on meeting friends and family, depending on when you meet them:

- From 2 December to 23 December you must follow the guidance for the tier in your area.
- From 23 December to 27 December you may choose to form a Christmas bubble.
- From 28 December you must follow the guidance for the tier in your area. Christmas bubbles will no longer apply.

Between 23 and 27 December:

- you can form an exclusive 'Christmas bubble' composed of people from no more than three households.
- you can only be in one Christmas bubble.
- you cannot change your Christmas bubble.
- you can travel between tiers and UK nations for the purposes of meeting your Christmas bubble.
- you can only meet your Christmas bubble in private homes or in your garden, places of worship, or public outdoor spaces.
- you can continue to meet people who are not in your Christmas bubble outside your home according to the rules in the tier where you are staying.
- you cannot meet someone in a private dwelling who is not part of your household or Christmas bubble.

- you should travel to meet those in your Christmas bubble and return home between the 23 and 27 Dec.

You must follow [rules on self-isolation](#), which apply if either you, someone you live with, someone in your childcare or support bubble, or someone you have been in contact with, has symptoms or has tested positive for coronavirus. This means you must not form a Christmas bubble if you have coronavirus symptoms or are self-isolating. These rules are the law, and you must follow them even if it means not meeting with friends or family over Christmas. If a member of your Christmas bubble tests positive for coronavirus or develops coronavirus symptoms between the 23 and 27 December, or up to 48 hours after members of the bubble last met, all members of the bubble must [self-isolate](#) as if they were members of the same household.

(4) Advice for students travelling home for Christmas



This [page](#) provides advice for students, including international students, on going home at the end of the autumn term 2020.

If it is available at your university, get a free, quick coronavirus test. If the result is positive or you have symptoms, self-isolate and do not travel.

(5) 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) [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

(b) [Coronavirus and the latest indicators for the UK economy and society: 3 December 2020](#)

NATIONAL COVID DATA

(1) COVID-19 national data

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

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 3rd December, 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 60,113. The weekly rate per 100,000 people is 93.5.

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

(a) Infection levels

The data reveals that as of 3rd December, the **total number of lab-confirmed UK cases of COVID-19 stood at 1,674,134** (this has increased from 1,453,256 as of 20th November 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. The weekly rate per 100,000 people is 155.4

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 4th December 2020](#)

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 -3% 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 between -3% and -1% means the number of new infections is shrinking by between 1% and 3% 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 0.7 - 1.0 whilst the latest growth rate range for the South East is -4% to 0. 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 decreasing (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 decreasing.

(c) Test and trace

You can access data here from the [NHS Test and Trace \(England\) and coronavirus testing \(UK\) statistics: 19 to 25 November](#)

(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](#): Information on what you can and cannot.

[Health and Social Care Secretary's statement on coronavirus \(COVID-19\): 30 November 2020](#)

[Full list of local restriction tiers by area](#) This page sets out the full list of local restriction tiers by area from Wednesday 2 December 2020.

[UK-wide Christmas arrangements agreed by the UK Government and the Devolved Administrations](#)

[Coronavirus cases in England: 26 November 2020](#) Epidemiological data and projection models used by the government to brief MPs on local restriction tiers.

[Returning to a regional tiered approach](#) A written statement from the Health and Social Care Secretary to the House of Commons on returning to local COVID restriction tiers in England

[Coronavirus \(COVID-19\): Test to Release for international travel](#) - Pay for a COVID-19 test to find out if you can reduce your self-isolation period after international travel.

[Government asks regulator to approve supply of Oxford/AstraZeneca vaccine](#) The government has formally asked the Medicines and Healthcare products Regulatory Agency to evaluate whether supply of Oxford/AstraZeneca vaccine can be authorised.

[PHE publishes COVID-19 vaccine guidance for health and social care workers](#) Public Health England (PHE) has published new guidance to support frontline workers in delivering the coronavirus (COVID-19) vaccine to the most vulnerable.

[Travel corridor update, 3 December 2020](#)

RESOURCES, ADVICE, AND INFORMATION

(1) Mental Wellbeing Films

Please see below links to the films made with local residents sharing their experiences of lockdown and signposting to further mental health support. Please do share. The social media is running this week and after that the films will remain on our website <https://www.brighton-hove.gov.uk/news/2020/how-weve-been-looking-after-our-wellbeing-lockdown>

(2) Grassroots Suicide Prevention



Are you feeling overwhelmed?
Are you thinking about
suicide?

Grassroots has produced a
free suicide prevention app.
StayAlive has many tools to
help keep you safe including
links to local help and advice

You are not alone and there are people ready to help support you.

Find out more:

<http://bit.ly/stayalivecm>
[#StayAlive](#)

Grassroots are also looking for people to take part in an interactive study. The study will take place virtually and will last approximately 25-40 minutes.

Your feedback will help them to continue improving the StayAlive app and ensuring more lives can be saved

For more information or to register your interest, email app@prevent-suicide.org.uk

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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Website: www.healthwatchbrightonandhove.co.uk

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](#).