

**YOUR HEALTHWATCH**

**(1) REMINDER! Shielding advice for Clinically Extremely Vulnerable People**



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



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

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

**Wednesday February 24<sup>th</sup>, 3 - 4 pm**

**Impact of long-term restricted visiting/separation from loved ones.**

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

**Tuesday 23<sup>rd</sup> March 3 - 4pm**

**What could and should the system be doing to support relatives and carers.**

There will be an opportunity to join representatives from the Health and care system in a Q & A session and discussion.

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

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

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

Please forward any question in advance of the webinar to:

[elizabeth.mackie@healthwatcheastsussex.co.uk](mailto:elizabeth.mackie@healthwatcheastsussex.co.uk)

Any media enquiries please contact: [enquiries@healthwatcheastsussex.co.uk](mailto:enquiries@healthwatcheastsussex.co.uk)

## (2) Young Healthwatch survey



Are you 16-25 years old and living in the Sussex area?

Do you want the chance to win one of 5 X £20 Amazon vouchers?

Do you want to have your say on how to make phone and video mental health appointments more accessible for young people?

Do you have more ideas to share about digital mental health appointments?

Do you want to take part in a 30-minute zoom interview and receive a £5 Amazon voucher?

Email [lucy.chadburn@ymcadlg.org](mailto:lucy.chadburn@ymcadlg.org) or [elena.gelibter@ymcadlg.org](mailto:elena.gelibter@ymcadlg.org) to hear more!

A poster titled 'READY SET CONNECT!' in large red letters. It features a woman on a video call screen in the top right, a man on a phone call in the bottom left, and a tablet in the center displaying survey information. The text on the poster includes: 'Mental Health appointments for young people are currently being delivered via phone or video calls', 'Aged 16-25? Answer the survey and enter prize draw for one of 5 x £20 amazon vouchers! https://tinyurl.com/rsc-ymca', and 'How can we make these calls more accessible to young people? Have your say!'. A QR code is in the bottom right corner.



**Sussex**  
NHS Commissioners



**YMCA RIGHT HERE**  
Young people promoting health and wellbeing  
through education, campaigning and influencing



Then complete our quick survey and share your views  
<https://www.surveymonkey.co.uk/r/RSCfocusgroup>

## HEALTH AND SOCIAL CARE UPDATES

### (1) Children's Mental Health Awareness Week 1-7 February

No child or young person should have to face [#MentalHealth](#) problems on their own.

Children's Mental Health Week is taking place on 1-7 February 2021. This year's theme is Express Yourself.

Watch the campaign's Royal Patron [HRH The Duchess of Cambridge's video message](#) to mark the start of the week.

A [Virtual Assembly](#) with BAFTA and Oak National Academy is now available to view and share - featuring Jodie Whittaker, Oti Mabuse, Matthew Lewis and many more...

A range of [free resources](#) can be adapted for use in school, for home-schooling, online lessons or independent learning.

And don't forget to add yourself to the [Children's Mental Health Week map](#) to let us know how you are celebrating the week!

[@Place2Be](#)

<http://childrensmentalhealthweek.org.uk>



## (2) Be a part of improving mental health supported housing services



Are you a resident of mental health supported housing services?

- Shore House
- Sanctuary Star
- Route One

If yes, please share your experiences and views to help shape and improve these services in our short survey at:  
<http://bit.ly/MHhousingBH>

Or scan the QR code opposite



Brighton & Hove City Council and the NHS (Brighton & Hove Clinical Commissioning Group) are currently reviewing the way we provide accommodation and support services at Shore House, Sanctuary Star and Route One, to help shape and improve these services for the future. They want to hear from **current & residents of mental health supported housing** about:

- What is working well? What isn't working so well?

-

and improve on in the future?

Everyone who completes a survey will be entered into a prize draw for the chance to receive a **£50 shopping voucher**.

The CCG are also working with local charity **Mind Brighton & Hove**, who are looking to interview by telephone a select number of current and former residents to hear more about their views and experiences. Any former or current resident who would like to be interviewed to share your experiences of using these services will be offered a **£20 voucher as a thank you**.

If you are a current or former resident and would like to be interviewed to share your views, please contact Mind Brighton & Hove directly at [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

If you need this survey in an alternative format or other language, or if you have any queries, please contact the Public Involvement Team at Sussex NHS Commissioners at [sxccg.involvement@nhs.net](mailto:sxccg.involvement@nhs.net), or call us on 01903 708411

### (3) Shielding advice for Clinically Extremely Vulnerable People

All clinically extremely vulnerable (CEV) people should now have been advised by a letter from the Government to follow [shielding guidance](#), which includes information on what support is available to them. Emails and texts have also been sent to many people on the list where contact information is available.



The Shielded Patient List remains a live list, with people newly considered as CEV being continually added (e.g., people with a new diagnosis that changes their risk status). You can find out more [here](#).

Across Sussex clinically extremely vulnerable people are being contacted to receive their vaccinations

Some **key messages** around the vaccination programme include:

- You may be contacted by your GP, or the NHS national booking system to book your appointment.
- If you receive a letter from the national booking system first, you have the option to wait to be contacted by your GP if you prefer.
- If you are housebound you will be contacted by someone to arrange a time to visit you in your home or place of residence to have your vaccination.
- You should continue to access the healthcare you need, which includes leaving the house to get vaccinated.
- You are advised by the government to continue following shielding rules after you have had both of your vaccination jabs. Government guidance on this will be shared shortly.

## (4) Long COVID

# NICE National Institute for Health and Care Excellence

Some people who have had COVID-19 do not get better as quickly as expected, even those who were not severely ill. Many people are finding they are still unwell more than 4 weeks after the start of their infection, and some develop new problems over several weeks. Long COVID is one term that has been used to describe these symptoms, which can change and come and go over time.

Long COVID is very new and not much is known about it, which can make it hard for people to get care when they need it and for healthcare professionals to know how best to help people. To tackle this, NICE, the Scottish Intercollegiate Guidelines Network (SIGN) and the Royal College of General Practitioners (RCGP) have worked together on this guideline. We will keep updating this guideline as we find out more about long COVID.

[A booklet has been produced about long COVID](#) that gives more detail about what the guideline says about care for people with long COVID. The information covers:

- What long COVID is and how to tell if you have it.
- How symptoms will be assessed and tests you might be offered.
- How your care will be planned, and who will be involved.
- What may help your symptoms, including things you can do yourself or how rehabilitation could help.
- Follow-up appointments.
- Where to find more information.

## (5) Patient Survey- improving digital communications



How can we improve your experience using digital technology at Sussex Community NHS Foundation Trust (SCFT)?

SCFT are the main provider of NHS community health and care services across West Sussex, Brighton & Hove, and High Weald Lewes Havens area of East Sussex. They provide a wide range of medical, nursing, and therapeutic care to over 9,000 people a day. SCFT work to help people plan, manage, and adapt to changes in their health, to prevent avoidable admission to hospital and to minimise hospital stay.

The Digital division of SCFT is responsible for providing I.T equipment, support, and training, adopting new technologies and handling data across the Trust. They have created a survey to receive feedback from patients and members as they work on updating their Digital Strategy. This will inform direction and priorities in the digital future of SCFT.

For background information, if you want to read their previous strategy here: <https://bit.ly/SCFTDigitalStrategy2018> however this will be updated over the coming months.



If you have more detailed feedback you would like to share, or would prefer to give your feedback in a different way, please contact Claire Cross at [Claire.Cross6@nhs.net](mailto:Claire.Cross6@nhs.net)

This survey will be collecting anonymous data.

The survey can be accessed here:

<https://www.smartsurvey.co.uk/s/3AHH8W/>

The closing date is 19<sup>th</sup> February.

## (6) Patient Survey -impact of COVID on sport and other fitness organisations

### Do your activities help people lead an active lifestyle in Brighton & Hove?

Tell us about the impact Covid-19 is having on your activities and help shape support available in Brighton & Hove.

Survey open until: 28 February 2021

[www.smartsurvey.co.uk/s/Restart-survey](https://www.smartsurvey.co.uk/s/Restart-survey)



Brighton & Hove City Council is seeking to find out about the impact of COVID-19 on local sports clubs and other organisations that provide exercise and fitness opportunities for people in the city.

Information provided through this survey will be used to:

- Identify organisations providing sport and exercise opportunities in Brighton & Hove.
- Develop understanding of the impact of Covid-19 on local activity providers and any training or support needs.
- Inform the support provided by Brighton & Hove City Council for local sport and activity providers!
- Inform the development of an updated City Sport and Physical Activity Strategy

The survey can be accessed here:

[Complete the survey online](#)

The closing date is 28<sup>th</sup> February.

We encourage any provider of community sport, dance, exercise, or other physical activity opportunities that takes place in Brighton & Hove to complete this survey.

The deadline for completing this survey is: **28 February 2021**

If you would like to complete the survey in an alternative format, or for more information please contact: [healthylifestyles@brighton-hove.gov.uk](mailto:healthylifestyles@brighton-hove.gov.uk) or phone 01273 294589.

## **(7) Fancy Walking to Mount Everest?**

Everyone is welcome to join **Brighton & Hove Healthwalk's fantastic new World Walking challenge**, to help keep us all motivated to keep getting outdoors and walking for our health and wellbeing. You simply log your steps and miles towards our virtual walk to Everest.

Once they reach the summit, they will be **giving out two prizes of £20 John Lewis vouchers**; one to the person who has walked the furthest and the other to a randomly selected walker, so that even those who are not able to walk a lot are in with a chance of winning.

It's really easy to take part via the World Walking Website [worldwalking.org/](http://worldwalking.org/) the World Walking app from the Google Play or iTunes stores, or you can also take part off-line or via Whatsapp. If you join the challenge online you just need to create a profile on World Walking, then join our [Challenge Group](#). You can also join our [Healthwalks World Walking Challenge!](#) Facebook group for full details and to share your walks and ideas with others.

It is really good to break up long periods of sitting if you're stuck at home, but remember the safe walking rules:

- Exercise once a day outdoors with members of your household or support bubble for up to one hour.
- Walk as an individual with one other person from another household.
- Maintain a physical distance from anyone outside your household or support bubble of 2m wherever possible.
- Stay Local wherever you can and if you have to drive, stay within 7 miles of your home.

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



#### COVID-19

I want to thank everyone in the city for helping to slow the spread of Covid so successfully.

For the third week in a row, I am pleased to say confirmed new cases are steadily coming down in all age groups. From the very high rates of infection at the start of lockdown, the rate is now lower in Brighton & Hove than the rest of Sussex.

However, many seriously ill patients are still being treated in hospital.

Very sadly, the most recent data shows that the number of deaths linked to Covid-19 in Brighton & Hove is higher than the previous highest week in April 2020. This sombre fact is a reminder of the need to keep doing everything we can to stop Covid spreading.

The new vaccination centre at the Brighton Centre is busily vaccinating eligible people to the government's schedule. There is no need to contact your GP, the council, or the Brighton Centre to find out when you will be invited. When it is your turn the NHS will write to you with all the details you need to book your appointment online or over the phone. Please do not go to a vaccination centre without a pre-booked appointment.

I know many of you have questions about the Covid vaccine. The Sussex Health and Care Partnership has an excellent collection of [questions and answers about the vaccination programme](#) on its website.

Please continue to follow the [Government's national lockdown rules](#) and stay at home. When you do go out for essential reasons, keep up with the hands, face, space guidelines - even if you have been vaccinated.

Kind regards

Alistair Hill, Director of Public Health



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

**You must not leave your home unless necessary.**

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

NHS services are currently extremely busy, and demand continues to rise due to higher rates of COVID-19 in our communities. For urgent medical help, contact NHS 111 online or by phone. Please only call 999 in the event of a medical emergency.



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

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

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

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

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

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

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.

**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 testing
- More information explaining how Test and Trace works can be found [here](#). [The council has updated their advice about obtaining a test for COVID-19](#)
- [Testing for coronavirus at home](#) How to use your coronavirus home test kit.
- [COVID-19 self-test help](#) Find out how to test yourself for coronavirus (COVID-19) if you are asked to and learn what help is available. This contains a link to the self-test instructions for use and translated versions of it.

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

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

More information can be found in these links:

[How tests and testing kits for coronavirus \(COVID-19\) work](#)

[NHS Test and Trace: how we test your samples](#)

[Testing for coronavirus before hospital](#)

## LOCAL COVID DATA

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

#### Key statistics for Brighton & Hove

You can find key local data showing confirmed cases of COVID-19 and deaths related to COVID-19 on the [Brighton and Hove Council website](#). We have reproduced some of the data displayed on the website. The data is accurate as at the time of publication, but updates occur daily. The Council also provides links to other available data which can be accessed [here](#). The graphs below provide more detail.

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

##### HEADLINES

As of 3<sup>rd</sup> February 2021, the total number of confirmed cases of COVID-19 (recorded since February 2020) in Brighton and Hove stood at 13,338. In the 7 days up to 30<sup>th</sup> January, there were 536 new cases.

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

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

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

##### In the last 7 days

In the seven days up to 30<sup>th</sup> January (based on data published on 3<sup>rd</sup> February) we had 536 confirmed new COVID-19 cases in Brighton & Hove.

- This is around 37% less than the previous week.
- This is equivalent to a weekly rate of new cases of 184.3 per 100,000 residents (calculated as follows:  $537 / 290,885 \times 100,000 = 184.3$ )
- The rate for Brighton and Hove has decreased from 294.6 as published in our last Healthwatch bulletin issued on 29<sup>th</sup> January.
- For comparison, the current weekly rate for Brighton and Hove is still higher than it was as of 16<sup>th</sup> December 2020 when it stood at 101.4.
- The current weekly rate for Brighton and Hove is lower than the rate for England, which was 260.6 per 100,000 and the South East which was 233.5 per 100,000 as of 4<sup>th</sup> February.

This data is published by the [Public Health England](#) and population data by the Office for National Statistics.

##### Average rate since February 2020

As of 4<sup>th</sup> February, the total number of confirmed cases across the city stood at 13,338.

- This is equivalent to a rate of 4,431.6 per 100,000 residents (calculated as follows  $13,338 / 290,885 \times 100,000 = 4,585.3$ )

- This is lower than the rate for England, which was 6,056.2 per 100,000 and the South East which was 5,333.9 per 100,000. This data is published on the [government website](#).

### People tested, and positivity rates.

The number of individuals in Brighton and Hove who have had [polymerase chain reaction \(PCR\) test](#) in the 7 days up to 30<sup>th</sup> January 2021 stood at 8,669. The percentage of individuals who tested positive in the same time period was 7.2% which is lower than last week.

### Death rates

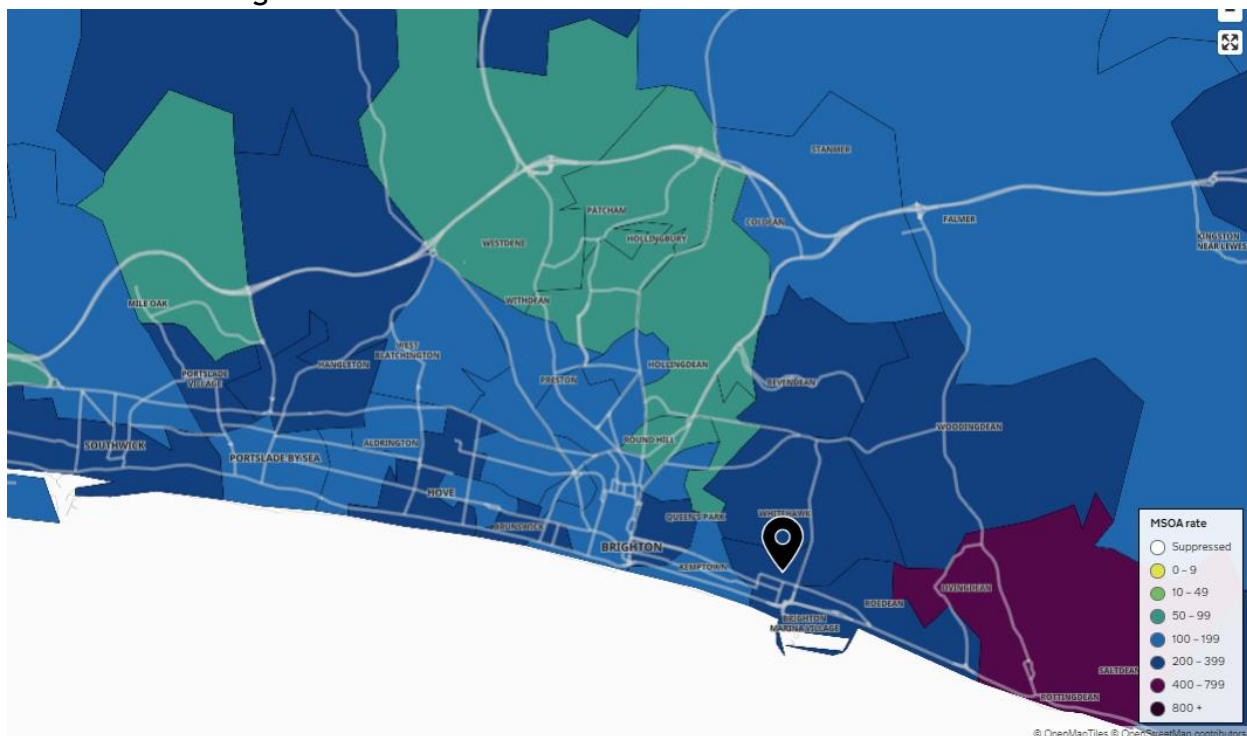
The total [number of deaths](#) recorded up to 22<sup>nd</sup> January 2021 with mention of COVID-19 on the death certificate stood at 314. In the week up to 22<sup>nd</sup> January there were 31 recorded deaths.

### Number of patients in hospital

On 4<sup>th</sup> February there were [110 inpatients](#) with confirmed COVID-19 across the Royal Sussex County and Royal Alexandra Children's Hospital sites which is lower than last week. 36 patients were receiving intensive care. These figures relate to all patients and not just those from Brighton and Hove.

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

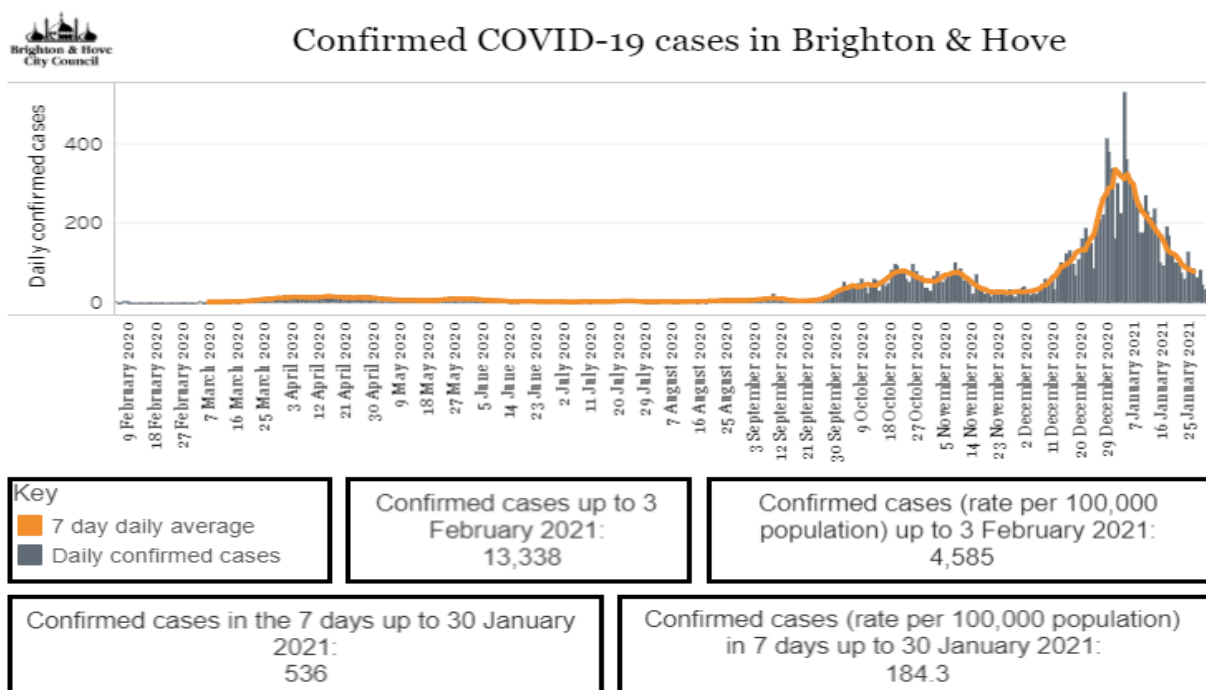
The government [map](#) displayed below shows weekly data and was last updated on 4<sup>th</sup> February 2021. This indicates that many areas of Brighton and Hove have rates of infection of 100 or less per 100,000 people. In the last week, many areas have seen a decrease in their rates of confirmed cases (shown in light blue and green). Ovingdean, Rottingdean, and Saltdean have the highest rates of 400 and over.



Government data shows the numbers of confirmed COVID-19 cases in Brighton and Hove by date:

Date	No of confirmed cases	Total number of confirmed cases
3.2.21	6	13,338
2.2.21	51	13,332
1.2.21	53	13,281
31.1.21	34	12,228
30.1.21	45	13,194
29.1.21	81	13,149
28.1.21	64	13,068
27.1.21	84	13,004
26.1.21	77	12,290
25.1.21	125	12,843
24.1.21	60	12,718

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](#)).



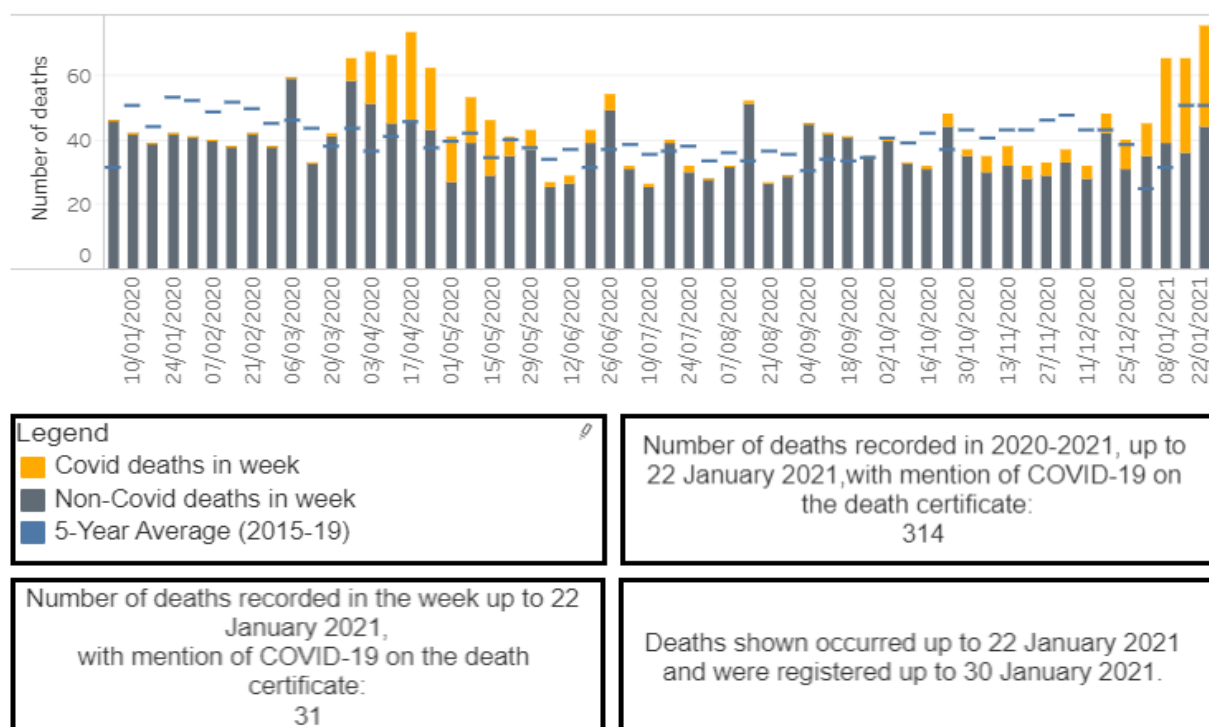
Most recent days subject to reporting delay. Last available data: 3 February 2021

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

The total number of deaths recorded up to 22<sup>nd</sup> January 2021 (registered as of 30<sup>th</sup> January) with mention of COVID-19 on the death certificate stood at 314. In the last 7 days up to 22<sup>nd</sup> January, there were 31 new deaths recorded.

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

## Deaths in Brighton & Hove in 2020-2021



### Deaths recorded by NHS Trusts.

The total number of deaths recorded across NHS Trust since the beginning of the outbreak is shown below. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 4 February 2021](#)

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

Brighton and Sussex University NHS Trust .....	397 (previously 367)
East Sussex Healthcare NHS Trust .....	569 (524)
Surrey and Sussex Healthcare NHS Trust .....	534 (492)
Sussex Community NHS Foundation Trust .....	47 (45)
Western Sussex Hospitals NHS Foundation Trust .....	398 (349)

### (2) Data on COVID in care homes

For Brighton and Hove the number of deaths in care homes linked to COVID-19, as of 2<sup>nd</sup> February, stood at 114. This is against a total of 314 COVID-related deaths in the city which had occurred up to 22<sup>nd</sup> January and registered up to 30<sup>th</sup> January 2021 [This data is available via a link on the Brighton and Hove website.](#)

## NATIONAL COVID NEWS

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

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

#### [Coronavirus and the latest indicators for the UK economy and society: 4 February 2021](#)

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

#### [Coronavirus \(COVID-19\) in charts: What we learned this month](#)

Analysis and charts using data from across the UK government and devolved administrations on the effects of the coronavirus (COVID-19) pandemic on various aspects of society and the economy.

#### [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.

## NATIONAL COVID DATA

### (1) COVID-19 national data

#### (a) Death rates

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

#### Deaths within 28 days of positive test by area

Across the whole of the UK, as of 4<sup>th</sup> February 2021, the total number of deaths of people who had had a positive test result for COVID-19 and died within 28 days of the first positive test stood at 110,250.

In the South East, the total number of deaths stood at 15,003 cases.

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

#### (b) Infection levels

The data reveals that as of 4<sup>th</sup> February 2021:

- Across the whole of the UK, the total number of lab-confirmed UK cases of COVID-19 since February 2020, stood at 3,892,459. This is the total number of people who have had at least one positive test result.



- In the South East, the total number of lab-confirmed UK cases of COVID-19 stood 489,657. There were 21,434 new cases in the last 7-days.

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

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

[Last updated on Friday 5th February 2021](#)

**Latest R range for the UK 0.7 to 1.0**

**Latest growth rate range for the UK -5% to -2% per day**

An R value between 0.7 and 1.0 means that, on average, every 10 people infected will infect between 7 and 10 other people.

A growth rate of between -5% and -2% means that the number of new infections is shrinking by between 2% and 5% every day.

**What do these numbers mean?**

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

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

### (d) Test and trace

You can access data here from the [NHS Test and Trace \(England\) statistics: 21 January to 27 January 2021](#)

196,257 people tested positive for coronavirus (COVID-19) at least once in England between 21 January and 27 January 2021, a 29% decrease compared to the previous week. This continues the decrease in positive cases observed in the previous 2 weeks.

2,859,442 people were tested at least once between 21 January and 27 January 2021 for COVID-19, a 1% increase compared to the previous week.

## (2) Government announcements

The current situation means that new guidance is being issued daily. Below we have provided links to some announcements which may be of interest.

### [Travel advice: coronavirus \(COVID-19\)](#)

Guidance for British people travelling overseas during the coronavirus (COVID-19) pandemic if they are legally permitted to travel internationally. The UK government announced new rules on 27 January for outbound and inbound passengers. Under current UK COVID-19 restrictions, you must stay at home. You must not travel, including abroad, unless you have a legally permitted reason to do so. It is illegal to travel abroad for holidays and other leisure purposes.

### [Care home vaccination follow-ups](#)

How to contact us if your care home in England with older residents has not yet been offered the COVID-19 vaccine.

### [Prime Minister's statement on coronavirus \(COVID-19\): 3 February 2021](#) and [Slides and datasets to accompany coronavirus press conference: 3 February 2021](#)

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

### [Health and Social Care Secretary's statement on coronavirus \(COVID-19\): 1 February 2021](#)

Speech by Secretary of State for Health and Social Care Matt Hancock at the Downing Street coronavirus briefing.

### [Surge testing to be deployed to monitor and suppress spread of COVID-19 variant](#)

Additional testing is being made available in locations where the COVID-19 variant first identified in South Africa has been found.

### [New COVID-19 \(SARS-CoV-2\) variants](#)

Information on the new variants of the SARS-CoV-2 virus.

Added 'SARS-CoV-2 VOC: investigating and managing individuals with a possible or confirmed case'.

## Healthwatch Brighton and Hove information and advice

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

- [Vaccinations for COVID-19](#)
- [COVID-19 information and advice webpage](#)
- [COVID-19 Vaccination webpage](#)
- [Answers to Frequently Asked Questions](#)
- [Maternity and pregnancy advice and information](#)
- [Services open over Christmas and New Year, and tips for staying well during winter](#)
- Top tips for [staying active and looking after your mental health](#).

- Guides which provide information about:
  - visiting a [dentist](#)
  - [seeing a GP](#)
  - [collection of prescriptions](#)

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

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



**Join us!**

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

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

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

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