

Healthwatch has been monitoring the numbers of positive COVID cases in the city and there has been a small increase, particularly in the last few weeks, and we are now seeing levels close to what they were in early May. We have included a series of tables, graphs, and a map in our update.

Although numbers are still low this is a timely reminder that we all still have a part to play in controlling the virus, especially with winter fast approaching. We should all continue to follow current advice:

[Coronavirus outbreak FAQs](#): Frequently asked questions on what you can and cannot do during the coronavirus outbreak.

[Brighton and Hove City Council](#)



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) Patient Transport survey



We have launched a new Sussex-wide patient [survey](#).

Healthwatch in Sussex want to hear about your experiences of using Patient Transport Services, and ideas for how the service might be improved. This Service takes you to your medical appointments, and home again.

[Click here to take the survey](#)

The Clinical Commissioning Group approached Healthwatch to conduct this important piece of work. Once we have gathered your views, we will share the findings and recommended improvements with them. Your views will help to shape the future of the service which is due to be re-commissioned next year.

- The survey should take around 10 minutes to complete
- All data is stored anonymously
- we would recommend completing the survey on a PC, laptop, or tablet

We are also distributing the survey across our local hospitals. If you would like a paper copy, please do get in touch by email.

If you would like to share your individual story, please email your local Healthwatch:

Brighton and Hove - office@healthwatchbrightonandhove.co.uk
East Sussex - enquiries@healthwatcheastsussex.co.uk
West Sussex - helpdesk@healthwatchwestsussex.co.uk

At the end of the survey you can enter a prize draw to win one of five £25 gift vouchers for taking part.

Please note the survey closes on 20th September 2020

More information is available on our [website](#)

Thank you for completing this survey

(2) Digital Engagement Survey 2020: Preferences towards the future of Health & Social Care services in Sussex - Interim Report

On 21 August, we released an interim report from the Healthwatch in Sussex public survey on digital consultations.

The engagement focused on establishing people's experiences of digital or remote consultations during the COVID-19 period and crucially, their expectations and preferences for service redesign and delivery in the restore and recovery stages post COVID. You can read the report, prepared by Healthwatch Brighton and Hove, below:

[Preferences towards the future of Health & Social Care services in Sussex - Interim Report](#)

Healthwatch in Sussex and the local Clinical Commissioning Groups ran two surveys that were merged, generating results from 2,185 people from across Sussex on their views about the future of health and social care services in Sussex.

What we found

- Overall, people told us they were 'happy' to have remote appointments for most services, with a preference for those held over the phone.
- However, a notable proportion were also happy with video and online appointments and some wanted to have a choice between phone and video.
- Outpatients and two mental health appointment-types (remote emotional and mental health NHS wellbeing support, including counselling and therapy; NHS mental health support for longstanding and serious mental health conditions) showed the highest proportion of people not wanting any form of remote appointment.
- Differences in findings by disability and age were most prominent - people with disabilities and older people showed least preference to digital appointments.

As the final report is being compiled, further analysis of open-ended comments and follow-up conversations with 100 people across Sussex is being undertaken.

(3) Dental - are you able to access treatment?

NHS Brighton and Hove CCG
1d · 🌐

We've heard a lot of feedback in Sussex about access to dentists and we are pleased to say that dental practices are open.

Please contact the practice by phone 📞 or email ✉️ and do not visit unless you have been advised to.

#HelpUsHelpYou

OPEN

NHS

Get in touch with your dental practice by phone or email where advice or an appointment will be given if appropriate.

The Clinical Commissioning Group has posted the following message on their social media suggesting that dental practices are open. This is not what we are hearing from patients.

Healthwatch is aware that many people are currently experiencing difficulties in accessing an NHS Dentist, not just local but in many other Healthwatch areas.

Healthwatch has already made a number of enquiries and has raised it as matter for concern to NHS England, Healthwatch England, our local Clinical Commissioning Group, and other bodies.

COVID 19 has presented difficulties for dentists to treat their patients safely and offer a normal service. We understand that some dentists have opened again but are offering limited treatments. Our current advice is to continue to check with your own or a local dentist or call 111 as they can provide the most up to date information. If you continue to be unsuccessful in seeking a Dentist, please alert NHS England on 0300 311 2233.

If you require urgent dental treatment you can contact one of the following out of hours services:

Brighton and Hove - If your own dentist is closed, the Emergency Dental Service should be able to give you an appointment at one of several practices around Brighton and Hove, or advise you how to contact an emergency dental hub. Contact: 03001 231663 (09:00-17:00 Monday to Friday). iDental Care Limited offers emergency NHS out of hours dental service. Call: 03000 242548 (17:30-22:30 Monday-Friday, 9:00-17:30 weekends)

Crawley - 01293 518541

Worthing - 01903 230364

Chichester - 01243 793697

Haywards Heath - 01444 440695

If this is unsuccessful, please call 111.

For additional advice and information about treatment you might wish to:

- Read our [Coronavirus \(Covid-19\) Information about seeing a dentist](#)
- contact Oral Health Foundation www.dentalhealth.org

Please be assured Healthwatch is aware of the issue and continues to feedback your concerns.

DENTAL SURVEY



Our dental survey is still open. Share your experiences with us

[Click here](#) to take the survey

Or, cut and paste this link into your web browser - <https://wh1.snapsurveys.com/s.asp?k=159378908011>

Or, visit the [Healthwatch website](#)

Or email us with your experiences: office@healthwatchbrightonandhove.co.uk

(4) Patient guides

Healthwatch England regularly produces a range of patient facing guidance, some of which are copied below. Do please take a look at these and our local guides which you can find at the end of the bulletin

1. [What does shielding mean?](#)
2. [What's the difference between social distancing and self-isolation?](#)
3. [How can you find an NHS dentist?](#)

4. [Do you need help with travelling to NHS services?](#)
5. [Should I see a pharmacist instead of a Doctor?](#)

B. Health and social care updates

(1) Video consultations - new resources



To support primary care in delivering video consultations, two new resources have been published. These are visual resources, intended to support patients and staff in the use of video technology when conducting appointments.

[Video consulting with your NHS is a quick step-by-step guide for patients](#) which explains the benefits of a video consultation and provides practical guidance on how to start, have and finish a video consultation.

A similar quick [step-by-step guide aimed at NHS staff](#) is also available and covers practical tips on running a video consultation.

(2) The Big Health and Care (socially distanced) Conversation: A&E



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 across Sussex - what has worked well, and what could have been better? If you did not 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?

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

Over the next two weeks the CCG would like to hear about your visit to A&E during lockdown. Were you nervous about going to A&E? Did it go well? Or did you need to go but were just too worried, so did not?

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

The first Big Health and Care Conversation theme was 'Accessing care from your GP practice', which was held between Monday 27th July 2020 - Sunday 9th August 2020. You

can learn about what we heard during this theme in this [video](#) from Dr Daphne Coutroubis, a local GP in Sussex.

Between 10th August 2020 - 23rd August 2020), the CCG asked to hear about ‘**Looking after your mental wellbeing through the pandemic**’; how did you cope, and what might have helped you cope better?

Information from past events

Click on the link below to read the transcript from the "Looking after your mental wellbeing" Twitter hour with Consultant Clinical Psychologist Dr Nick Lake.

https://twitter.com/Sussex_HCP/status/1296401491293593600(External link)

Click on the link below to read the transcript from the "Accessing care from your GP Twitter Hour" session held on 3 August

https://twitter.com/Sussex_HCP/status/1290241007305416704

(3) Organ Donation week




On the occasion of Organ Donation Week (7th-13th of September), the [BMECP's](#) Intergenerational Health Awareness Project is organising a special conversation with ambassadors from Diabetes UK and [NHS Blood and Transplant](#), to discuss all things organ donation and the ‘opt-out’ law change.

Date: 09/09/2020

Time: 12:30-13:15


Location: Free to attend on Zoom

Sign-up link: <https://www.eventbrite.co.uk/e/bame-health-talk-organ-donation-week-special-tickets-118461937845>




Organ Donation Week Special


WITH:



Abdul Rais, Diabetes UK Ambassador



Hilaria Asumu, NHSBT Ambassador



Dr Satya Sharma MBE, NHSBT Ambassador

09/09/2020, 12:30-13:15, FREE TO ATTEND ON ZOOM

NATIONAL COVID NEWS

(1) (COVID-19 Vulnerable children and young people survey results



The government had published a summary from a local authority survey in England to help understand the impact of the coronavirus (COVID-19) outbreak on children's social care. The analysis in the survey covers:

- contact with children supported by the local authority children's social care
- children's social care workforce
- cost pressures
- system pressures

[Read the report here](#)

(2) Government surveys

The government want your views on changes to the Human Medicine Regulations to help with the safe and efficient distribution of a COVID-19 vaccine and expanded flu vaccine programme in the UK, along with treatments for COVID-19 and any other diseases that become pandemic. This consultation closes on 18 September 2020.

[Click here to read more](#)

(3) Wider impacts of COVID-19

[Wider impacts of COVID-19 on health monitoring tool](#) - This is national monitoring tool that brings together metrics to assess the wider impacts of coronavirus (COVID-19) on health. It covers: [Grocery Purchasing](#), [Social Determinants of Health](#), [Wellbeing](#), [Behavioural risk factors](#), [Access to Care](#)

C. Local COVID data

If you need support or advice:

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

(1) Data on COVID deaths 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 28th August, stood at 60 - this number has not increased. This is against a total of 166 COVID-related deaths in the city which were recorded up to 21st August and registered by 29th August. [This data is available on the Brighton and Hove website.](#)

(2) 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](#)

Healthwatch has been monitoring the numbers of positive COVID cases in the city and there has been a small increase, particularly in the last few weeks, and we are now seeing levels close to what they were in early May, although not so far matching the peak seen on 25th May (see table, graphs and map below).

Nationally, between 20th August and 26th August there was an increase of 6% in positive cases compared to the previous week and the highest weekly number since the end of May.

The number of cases in Brighton and Hove per 100,000 people has crept up from 287 on 7th August to 306, but still way below the England average of 519. Fortunately, these numbers are not translating into an increase in death rates (and levels remain below the 5-year average).

We have asked the Public Health team for an update on the city's stance to this recent increase, and whether any further public communications are being planned.

The graphs (below) are updated daily during the week, except for the number of deaths which are updated weekly:

- Up to 1st September there were 890 confirmed cases out of a local population of 290,885. These are cases following a test conducted within an NHS or commercial laboratory setting. See the table below showing daily confirmed cases and running total.
- Confirmed cases, rate per 100,000 people, up to 5 August stood at 306. The rate for England is 519.
- Up to 21st August, there had been 166 coronavirus-related deaths. These are cases where COVID-19 was recorded on the death certificate and which were registered up to 29th August. The total number of deaths (all causes) is currently below the 5-year average

[A Government interactive map shows cases by local area in England](#)



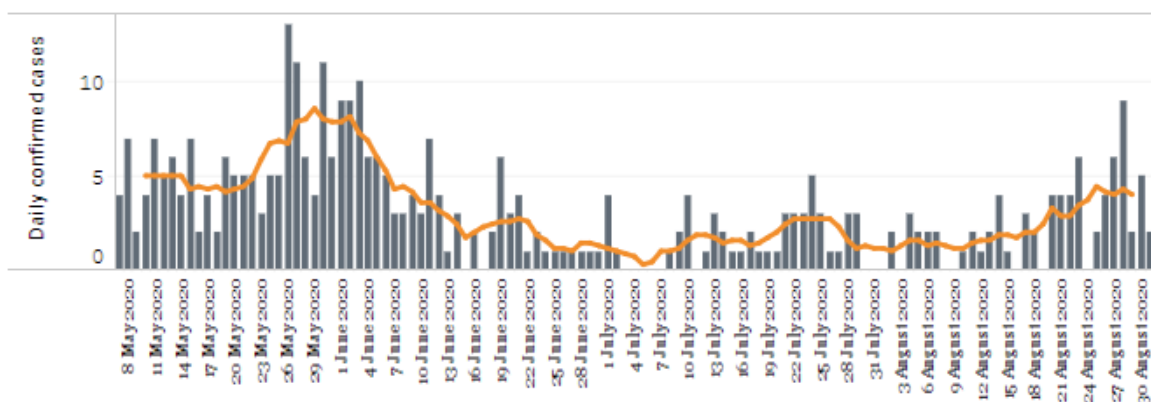
[Government data showing number of confirmed COVID-19 cases in Brighton and Hove](#)

Date	No of confirmed cases	Total number of confirmed cases
31.8.20	2	890
30.8.20	5	888
29.8.20	2	883
28.8.20	9	881
27.8.20	6	872
26.8.20	4	866
25.8.20	2	862
24.8.20	0	862
23.8.20	6	860
22.8.20	4	854
21.8.20	4	850
20.8.20	4	846
19.8.20	0	842

COVID-10 confirmed cases following a test conducted within the those carried out by commercial laboratories.



Confirmed COVID-19 cases in Brighton & Hove



Key 7-day daily average Daily confirmed cases	Confirmed cases up to 1 September 2020: 890	Confirmed cases (rate per 100,000 population) up to 1 September 2020: 306.0
Confirmed cases in the last 7 days: 28	Confirmed cases (rate per 100,000 population) in week ending 23 August 2020: 7.2	

Last available data: 1 September 2020

Deaths related to COVID-19 in the city

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 149. This data is published by [NHS England](#) and is available here: [COVID 19 total announced deaths 3 September 2020](#)

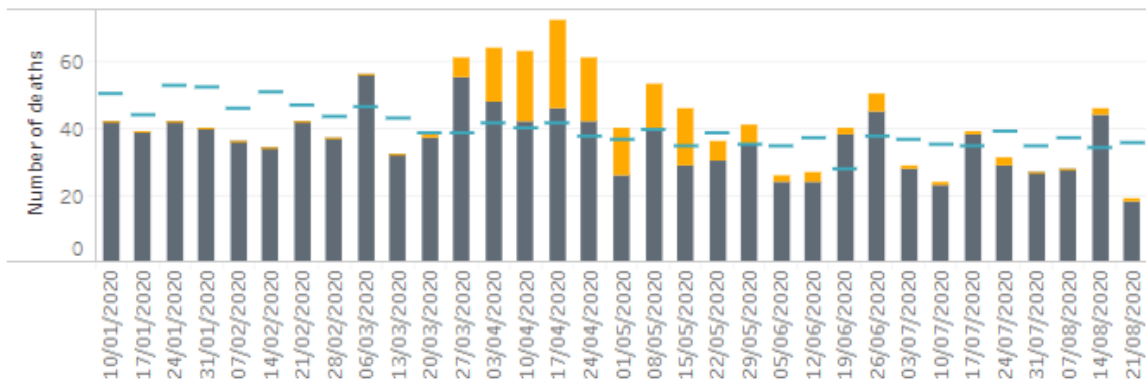
For interest (comparisons are not appropriate) other Sussex Trusts have recorded the following numbers of deaths:

- Brighton and Sussex University NHS Trust 149
- East Sussex Healthcare NHS Trust 100
- Surrey and Sussex Healthcare NHS Trust 260
- Sussex Community NHS Foundation Trust 18
- Western Sussex Hospitals NHS Foundation Trust 114

The number of deaths of Brighton & Hove residents where Covid-19 was recorded on the death certificate (yellow)



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 21 August 2020, with mention of COVID-19 on the death certificate:
166

Number of deaths recorded in the week up to 21 August 2020, with mention of COVID-19 on the death certificate:
1

Deaths shown occurred up to 21 August 2020 and were registered up to 29 August 2020.

Deaths recorded across the city

The Office for National Statistics 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. In July, four areas of the city recorded a single death each.

D. Government COVID data

(1) COVID-19 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

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 21st August, there were 7,723 excess deaths recorded 7,362 (95%) of which 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 4pm on 3rd September, 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 36,872 (the rate per 100,000 people was 65.5)

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

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. The data reveals that as of 3rd September the total number of lab-confirmed UK cases of COVID-19 stood at 340,411. This is the total number of people who have had a positive test result. This number has been steadily increasing since July.

(b) R-number and growth rates

[Last updated on Friday 4th September 2020](#)

The latest growth rate for the whole of the UK is between -1% to +2% and the R estimate for the UK is between 0.9 - 1.1. A growth rate between -1% and +2% means the number of new infections is somewhere between shrinking by 1% and growing by 2% 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 0.8 - 1.0, whilst the latest growth rate range for the South East is -4 % to +1%. Data is not available at Local Authority level. Care should be taken when interpreting these estimates as they are based on low incidence and/or clustered outbreaks within this area.

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 declining (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 shrinking.

(c) Test and trace

[New Lighthouse Lab to boost NHS Test and Trace capacity](#) - Lab capacity will continue to increase ahead of winter, with a new Lighthouse Lab set to open near Loughborough by the end of September.

You can access data here from the [NHS Test and Trace \(England\) and coronavirus testing \(UK\) statistics: 20 August to 26 August 2020](#)

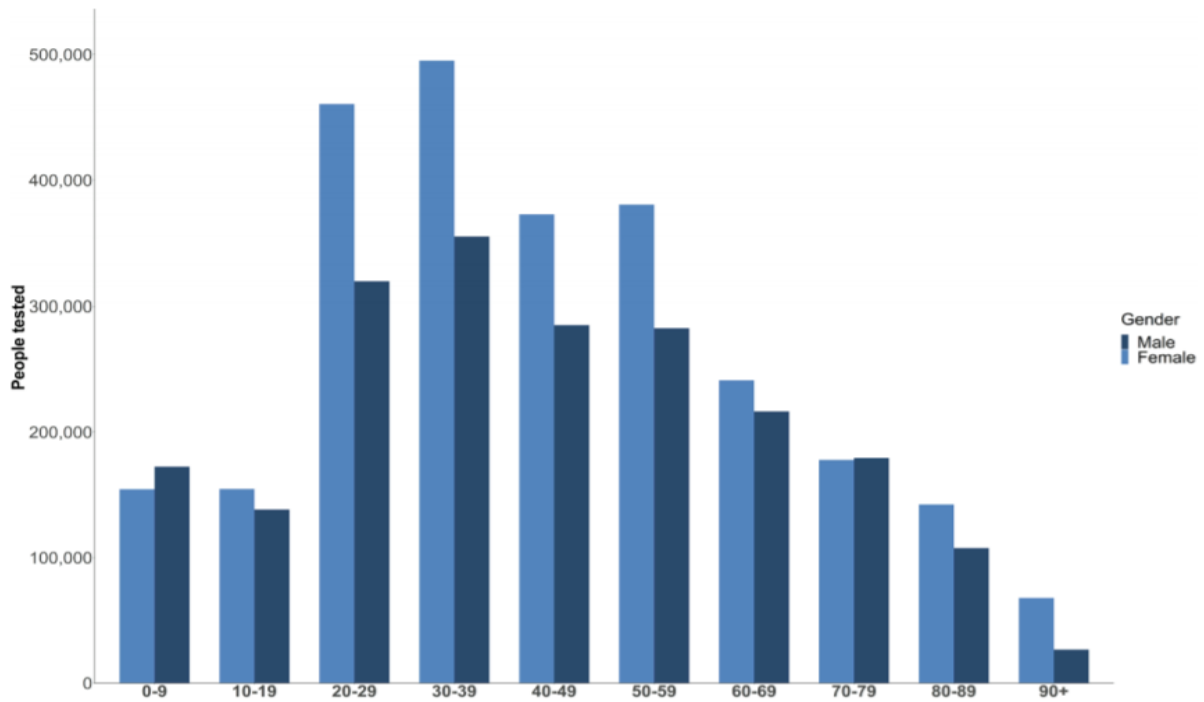
NHS test and trace statistics (England) weekly reports are also available [here](#).

Since NHS Test and Trace launched (28th May - 26th August):

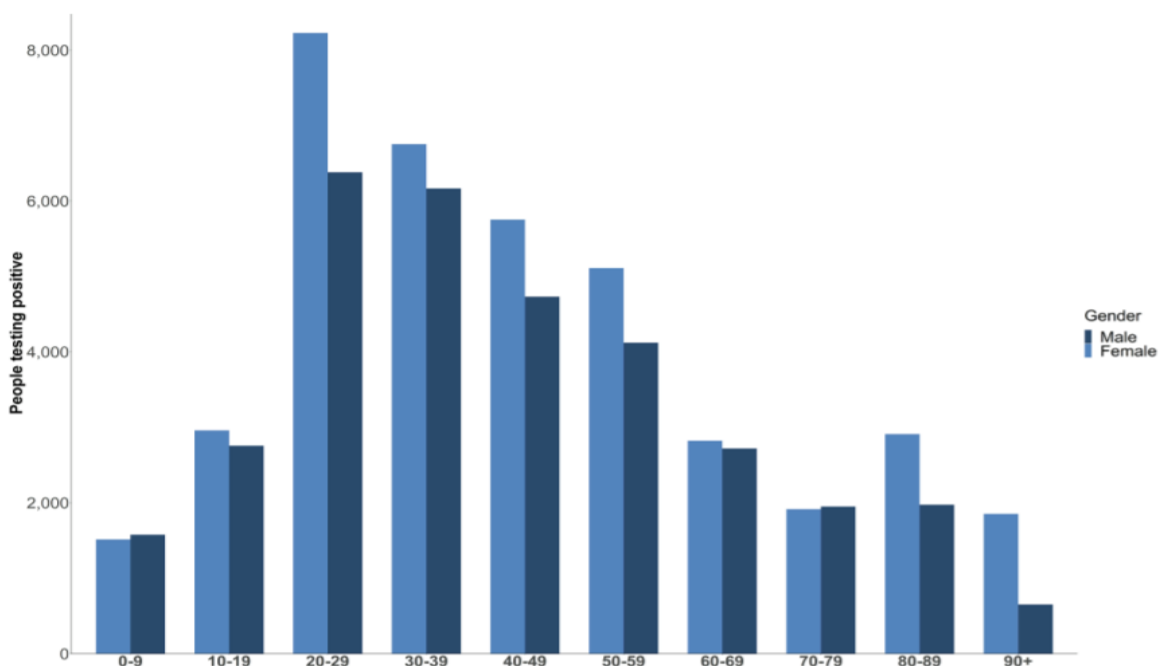
- 6,732 new people tested positive for Coronavirus (COVID-19) in England in between 20 August and 26 August. This is an increase of 6% in positive cases compared to the previous week and the highest weekly number since the end of May. The number of people tested has decreased by 1% in the same time period.
- Turnaround times for pillar 2 (swab testing for the wide population) have decreased between 20 August and 26 August compared to the previous week. However, turnaround times for satellite/home tests have continued to increase.
- 7,683 people were transferred to the contract tracing system between 20 August and 26 August. This is a decrease of 3% compared to the previous week.

- Of those transferred to the contact tracing system between 20 August and 26 August, 81.4% were reached and asked to provide information about their contacts, compared to 75.2% in the previous week.
- 31,388 people were identified as coming into close contact with someone who has tested positive between 20 August and 26 August. Of these, 69.4% were reached and asked to self-isolate, compared to 77.1% in the previous week

The graph below shows the number of people newly tested by age group and gender, 28 May - 26 August



This graph shows the numbers of people testing positive by age and gender



(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](#)

(3) 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.

[Study finds very low numbers of COVID-19 outbreaks in schools](#) Public Health England detected just 67 single cases and 30 outbreaks (defined as 2 or more linked cases) in schools across England in June. [Statement from the UK Chief Medical Officers on schools and childcare reopening](#)

[Jenrick extends ban on evictions and notice periods](#) The ban on evictions extended for another 4 weeks and new 6-month notice periods to be in place until at least 31 March 2021

[Coronavirus \(COVID-19\): travel corridors](#) List of countries and territories from where you can travel to England and may not have to self-isolate.

[Coronavirus \(COVID-19\): how to self-isolate when you travel to the UK](#) Sets out how to self-isolate when you arrive in the UK. You will not be allowed to leave the place you are staying for the first 14 days you are in the UK

[Coronavirus \(COVID-19\): home test kits for schools and FE providers](#) Guidance for schools and further education (FE) providers on the initial supply of coronavirus (COVID-19) home testing kits for pupils, teachers, and staff.

[New payment for people self-isolating in highest risk areas](#) People on low incomes who need to self-isolate and are unable to work from home in areas with high incidence of COVID-19 will benefit from a new payment scheme.

[Letter from PHE and NHS Test and Trace to school and college leaders](#) The Medical Director of Public Health England and Chief Medical Adviser of NHS Test and Trace have written to school and college leaders.

E. Resources, advice, and information

(1) Mental health

MIND have produced another Wellbeing Information & Tip sheet on Mindfulness [here](#). Mindfulness is about taking notice of the present moment, rather than the past or future. It is also one of the Five Ways to Wellbeing, developed by the New Economics Foundation, which you can read more about [here](#).

(2) Young People



SEE, HEAR, RESPOND SUSSEX CLUBS FOR YOUNG PEOPLE IS AN EXTERNAL DELIVERY PARTNER

Are you worried about a child or young person affected by the Covid-19 crisis?

The pandemic means vulnerable children and young people could benefit from early support before they reach a crisis which requires action under the law.

Any vulnerable child or young person who is not supported by a statutory agency can now be referred to a single response centre for England, the “See, Hear, Respond” Partnership. Sussex Clubs for Young People is proud to be a local delivery partner for this Partnership.

See, Hear, Respond will contact every referral made, so no child gets missed. A delivery partner best placed to support each child will then provide the help they need. Sussex Clubs for Young People is working in East and West Sussex, Brighton and Hove, to support:

- BAME Children
- Young Carers
- Children at risk of extra-familial exploitation

Children and young people will get help in one or more of four ways:

- an online hub of support and information
 - online counselling and therapy
 - face-to-face support for those most affected and at risk, and
 - helping children and young people reintegrate back into school.
- **Refer any child you are worried about, and who is not already supported by a statutory agency. You can call 0800 157 7015 to make a referral from 9am to 9pm Monday to Friday, and 10am - 6pm at weekends, or go to <https://barnardos.org.uk/see-hear-respond> to use our secure referral form.**

F. Healthwatch Brighton and Hove information and advice

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

[Guide to local health and social care services](#)

[Answers to Frequently Asked Questions](#)

[Dedicated Covid-19 webpage](#)

[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 videos of summaries of key coronavirus guidance in BSL](#)
- [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
- [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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Please email office@healthwatchbrightonandhove.co.uk

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

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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](#).