

## COVID-19 VACCINATION

### Healthwatch website

We have created a dedicated vaccine webpage on the [Healthwatch Brighton and Hove website](#) which is being regularly updating. The website explains how the vaccines are currently being rolled-out and includes news and updates. In this bulletin we have included some of the most significant changes announced over the last week below. We have also created a [Vaccine “Fact Check” webpage](#) to provide you with accurate information about the vaccines

### Contact us

Healthwatch is working with local NHS Clinical Commissioning Groups to ensure you get the information you need. If you have a specific question, please do get in touch at [office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

### Information to help you understand the vaccination roll out

You can access some answers to Frequently Asked Questions about the vaccine by clicking [here](#). Read this ‘[fact check](#)’ page which tackles some of the biggest concerns and inaccuracies.

To help you understand more about the vaccination roll out and what to expect, a series of videos have been produced which are available below:

How will I get my jab? (animation) <https://www.youtube.com/watch?v=Bh4DLdKD6uw>

I have received a letter, what do I do? (animation)  
<https://www.youtube.com/watch?v=ame-eJ4RUSU>

How will I be invited? <https://www.youtube.com/watch?v=wtDEiOK46GM>

What is a vaccination centre? <https://www.youtube.com/watch?v=izprZWWYe9w>

### In addition:

[Click here](#) to access an Easyread guide to being vaccinated

[Click here](#) and [here](#) to access translated materials about the vaccine

[Click here](#) for British Sign Language resources

Have you had the COVID vaccine? We would like to hear from you about your experience. Please email [office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

Or contact the team leading the roll out [sxccg.commsresponseteam@nhs.net](mailto:sxccg.commsresponseteam@nhs.net)

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## A. Anyone over 40 can now get their vaccination



People aged 40 and over are eligible for their vaccination.

Anyone aged 40 and over, those clinically extremely vulnerable, those with an underlying health condition, and unpaid carers are all currently eligible.

To book your vaccination, visit [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination), call 119, or wait to be contacted by your GP led local vaccination service.

To date, more than 1.3 million vaccinations have been given across Sussex as the roll out continues, with thousands of first and second dose appointments taking place this week.

[Find out more about who is currently eligible](#)

## B. Dates for upcoming community clinics



The community team reaching out to those who are eligible and yet to have their vaccine hits the road again this week. Sessions are being held on the following days:

### MOBILE VACCINATION SERVICES

Visit our ambulance vaccination service, the details are below:

### Saturday 1<sup>st</sup> May

- 10.30 - 14.30
- St Peter's Church, York Place, Brighton BN1 4GU

### Sunday 2<sup>nd</sup> May

- 10.30 - 14.30
- Waitrose Car Park, 130-134 Western Road, Brighton, BN1 2LA

### Friday 7<sup>th</sup> May

- 10.30 - 14.30
- St Peter's Church, York Place, Brighton BN1 4GU

**How to book:** Call 0300 303 8060 (drop-in is also available)

**Who can book:** People who are eligible for the vaccine can book now, which includes:

- People over the age of 40 or who will turn 40 before 1<sup>st</sup> July 2021
- Those who have serious long-term health issues
- Unpaid Carers
- People on the Learning Disability Register

View a list of who is eligible for the COVID vaccine on the [NHS website here](#)

Getting your vaccine is easy, just bring one form of ID (photo ID not required) and your NHS number, if you know it. We look forward to welcoming you.

## C. Upcoming Quiet COVID-19 Vaccination Session at The Brighton Centre



Sussex Community NHS Foundation Trust is pleased to be able to offer a dedicated 'Quiet COVID-19 Vaccination Session' for people requiring their **first dose** COVID vaccination.

The details are below:

**WHEN:** Sunday 2<sup>nd</sup> May, 4.20pm - 7.20pm  
**WHERE:** The Brighton Centre, Kings Road, Brighton, BN1 2GR (the Seafront entrance)  
**BOOK:** By calling or texting Lilly from the Public Involvement Team on 07443 770 754.

If there is no response, please leave a voicemail or text and we will call you back.

This **Quiet Session** is being offered to people living in Sussex who are currently eligible for the vaccine and over the age of 18 who may need more time for their appointment, or who have extra access needs where a quieter and calmer environment would help support them to receive their vaccination. This includes:

- People with learning disabilities
- People who are autistic
- People living with a neurodiverse condition
- People living with a Dementia and/or Alzheimer's

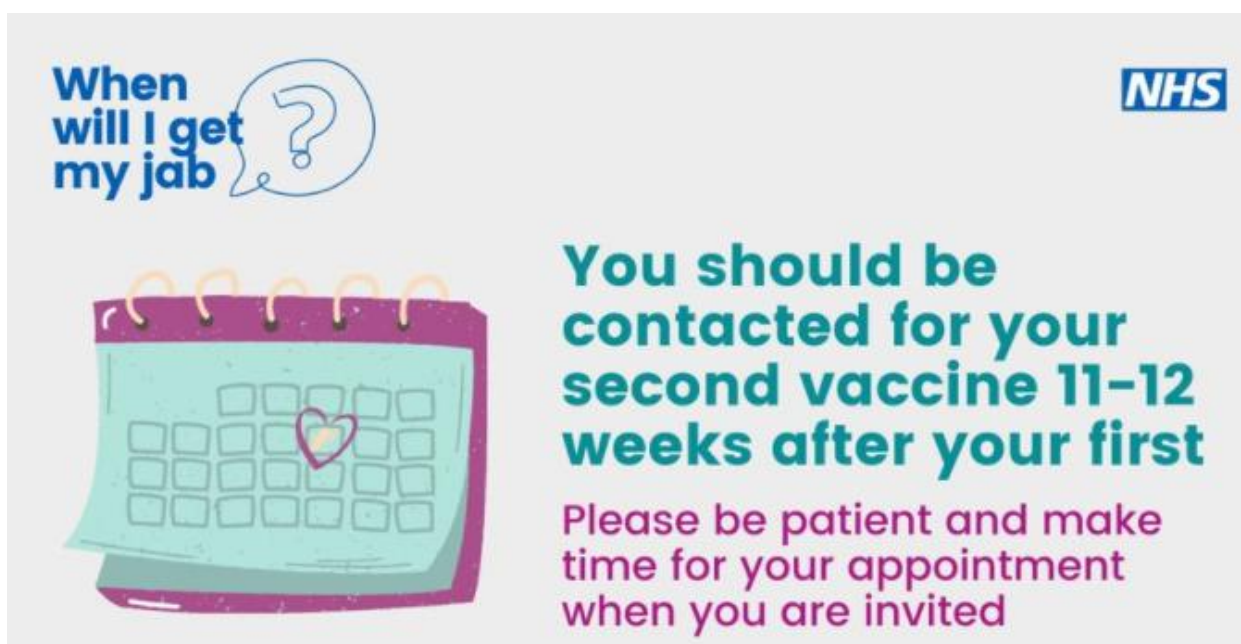
You can also book your carer in at the same time if they need their first vaccination dose too. The team will book in your second appointment for your second vaccination date on the day.

The Quiet Session at the Brighton Centre will offer:

- Fewer appointments, so less people will be there during the session
- Longer appointments to give you more time
- 1:1 nursing care for everyone receiving their vaccination
- The entire appointment will be on the ground floor
- Everyone will be offered the Moderna vaccine, so you must be over 18 years old
- Free transport for anyone who needs it (see below for details)

[More information can be found on the Healthwatch website](#)

## D. Second doses



Vaccination services are now arranging and holding second dose appointments. While the first dose of the COVID-19 vaccine gives a good immunity to the virus, two doses are needed to have the best chance of full protection.

Second dose vaccinations are taking place across Sussex, approximately 12 weeks after the first. If you pass 13 weeks and do not yet have a second dose booked, please contact your GP practice. Visit the Clinical Commissioning Groups website for the latest [update](#)

If you booked your appointment via the National Booking Service (website) or by calling 119, you should have been invited to book both appointments at the same time. If you have missed an appointment or need to change it, please visit the [website](#) (Manage my Booking section) or call 119. You will need your booking reference number.

If you had your first dose at a GP led vaccination service, you will be contacted when your appointment is available. You will be contacted by the same team so you can have your second dose at the same place as your first vaccination.

GP led vaccination services are contacting people around 11 to 12 weeks to make appointments for sessions being held in the coming days. This is due to the timing of vaccine deliveries that they receive. Please try and make yourself available for the appointment. If you are approaching 12 weeks, please be patient and you will be contacted. If you pass 13 weeks and you have not been contacted, please contact your GP practice or our team using the details below.

**We urge everyone to attend their second dose appointment as it is really important that people get both doses to get the greatest benefit from the vaccine.**

#### **Mythbuster!**

**“I am now eligible and have gone online to book my appointment but can only see vaccination centres in London, do I have to travel that far?”**

The National Booking System both online at [nhs.uk/covidvaccine](https://nhs.uk/covidvaccine) or over the phone by calling 119 only shows services with available appointments. If a vaccination centre or service currently does not have any available appointments, it will not show up in the list when you log into the system.

Currently there are a limited number of first dose appointments available in Sussex in line with vaccine supply. We have been assured that this is a short-term issue, and we encourage eligible people who have been invited to receive their vaccination to keep checking the National Booking System for appointments.

This is only in relation to first dose appointments and second dose vaccination deliveries are continuing across Sussex and we encourage everyone to attend your second dose appointments when it is your turn.

## **E. Accessing details of your vaccinations on your mobile phone**

The NHS app also enables you to view your GP medical record, test results, medicines, and consultations. It is also possible to order repeat prescriptions.

If you have the NHS app on your phone (please note that this is the NHS Health app, as opposed to the NHS Test and Trace app), details of your COVID vaccinations will eventually show within. For some people this will be the “Your

health> GP health record> Medicines> Acute (short term) medicines”, though others have found it in the “Consultations and events' section”

Search NHS app on your mobile to download this.

## F. In the news: study finds one dose of vaccine halves transmission



A new study has shown that a single dose of a coronavirus vaccine can reduce household transmission of the virus by up to half.

Those given a first dose of either the Pfizer or AstraZeneca vaccines - and who became infected three weeks later - were between 38% and 49% less likely to pass the virus on than unvaccinated people, Public Health England has found.

In the study, protection against Covid was seen from about 14 days after vaccination, with similar levels of protection regardless of age of cases or contacts.

Read more: [Covid: One dose of vaccine halves transmission - study - BBC News](#)

## G. Further reassurance on the AstraZeneca vaccine






For most people currently being offered the Oxford-AstraZeneca vaccine, the benefits clearly outweigh the risks.

Here's some helpful [data analysis](#) from the BBC that puts the figures into perspective. Medicines are only licensed once the evidence shows their benefits outweigh the risks associated with them. If you're called for the vaccine, you're making yourself safer by taking it.

If you have questions and would like to talk them through, please attend your vaccination appointment where a clinician will be happy to talk to you.

Please see the poster on the next page.

## How does the risk of serious side-effects from the AstraZeneca vaccine compare with other risks?

Chance in a million of...	25-year-old	55-year-old
serious harm due to vaccine side-effects 	<b>11</b> in a million	<b>4</b> in a million
dying with coronavirus 	<b>23</b> in a million	<b>800</b> in a million
dying due to an accident or injury 	<b>110</b> in a million	<b>180</b> in a million
dying in a road accident 	<b>38</b> in a million	<b>23</b> in a million
being hit by lightning this year 	<b>1</b> in a million	<b>1</b> in a million

Figures show the chance of dying with coronavirus since the start of the pandemic. Figures for accidents and car crash fatalities are for 2018

Source: Winton Centre for Risk and Evidence Communication



### H. New Covid facts website to answer common queries

A new website designed to help the public answer questions about the Covid-19 vaccine launched this week. [Covid Vax Facts](#) details answers from expert, independent doctors and scientists about the most common concerns raised by the public.

You can read the answers to [key questions](#) currently in the news or pose your own questions for a response.

The site has been developed by the Universities of Nottingham, Southampton, Kings College London, and NIHR ARC Wessex, and led by Professor Kavita Vedhara from the School of Medicine at Nottingham

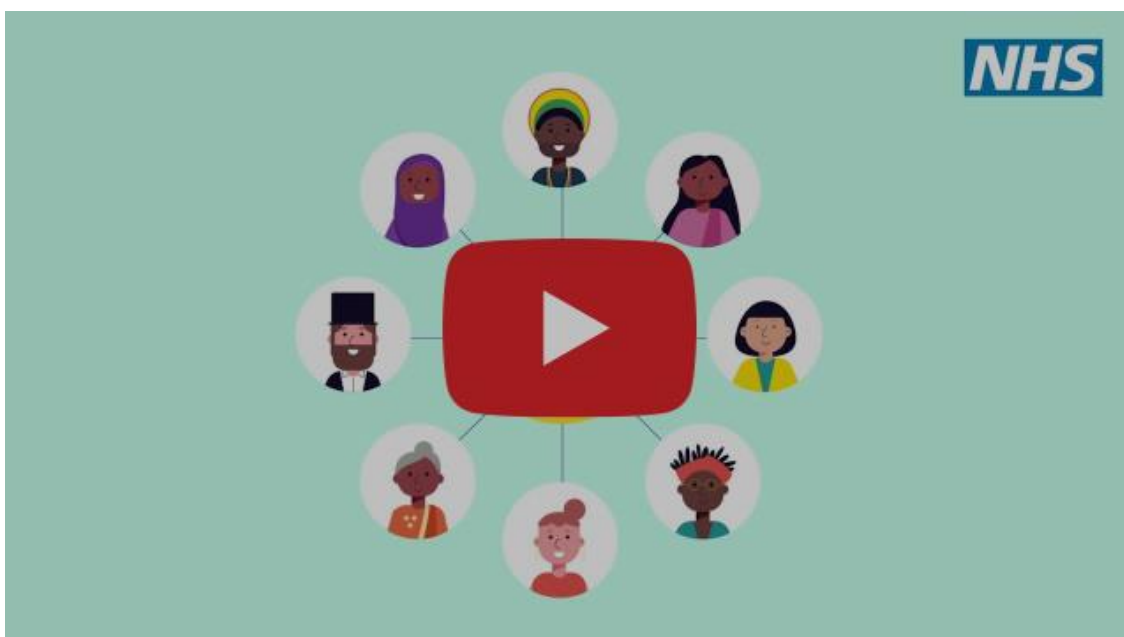
You can also read the answers to [key questions](#) currently in the news or pose your own questions for a response.

NHS England and NHS Improvement has launched a series of animations aimed at tackling disinformation about the COVID-19 vaccine.

Aimed specifically at encouraging uptake in ethnic minority groups, the animations are available in 17 different languages and are suitable for use on a wide range of social media platforms.

They cover key topics including vaccine safety, how it was tested, how it was developed so quickly, what is in it, and what the side effects are.

The main animation is below and you can view them all now on [YouTube](#)



This animation helps to tackle disinformation about the COVID-19 vaccination, especially among ethnic minority groups. It covers key topics including vaccine safety, how it was tested, how it was developed so quickly, what is in it, and what the side effects are. Translations are available at <https://coronavirusresources.phe.gov.uk/covid-19-vaccine/resources/disinformation-eng-translations-video-content/>



**I. Working with the NHS, photojournalists have captured the monumental collective effort of the largest vaccination programme across the UK.**



**J. Progress to date**

**90% of the most vulnerable have now received their first dose and more than 40% have had their second.**

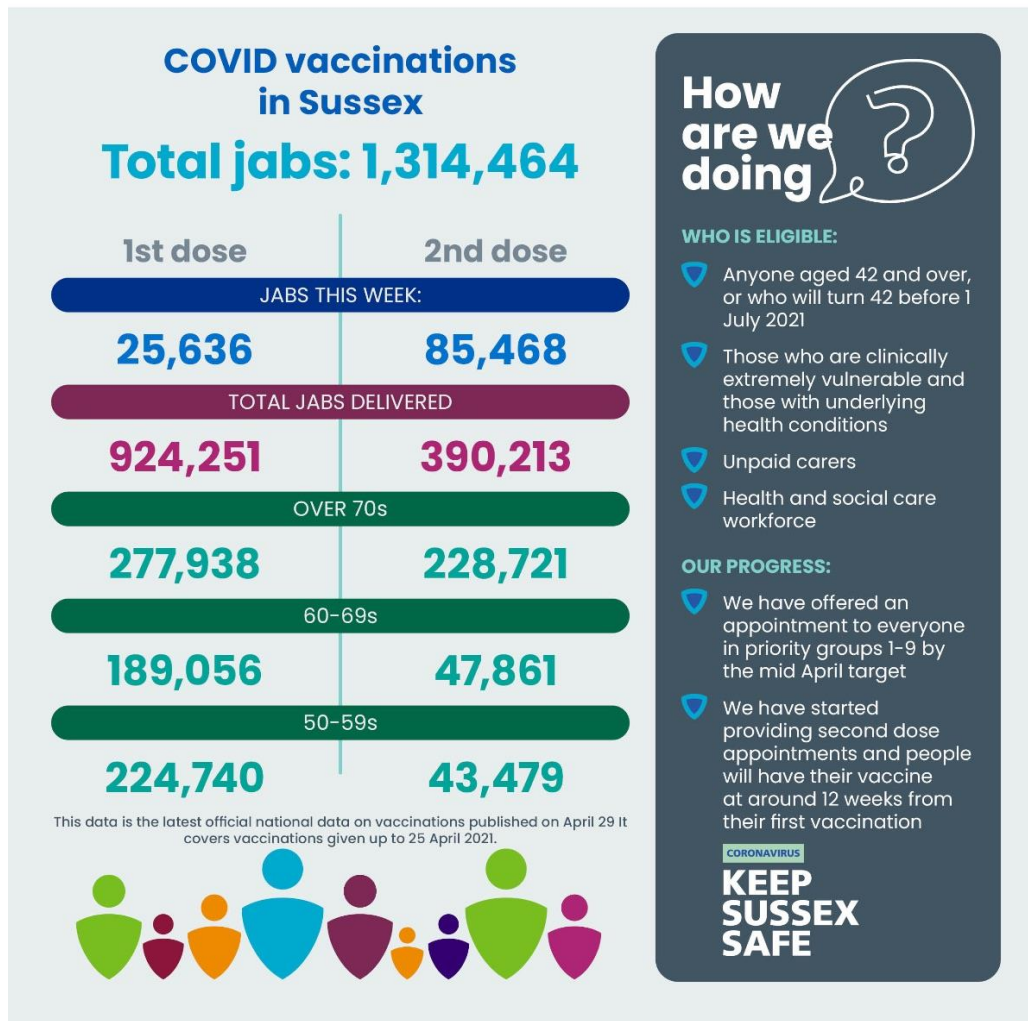
As progress continues to be made across our area to roll out the Covid vaccination, the latest stats show the incredible numbers of people who have now received their vaccine.

Of the first nine priority cohorts, 90% have now received their first dose and this continues to go up as more outreach clinics and dedicated sessions take place.

In addition, with the focus on second doses, 40% of these groups have also now had their second jab with thousands booked in for their appointment this week.

One particular group where there has been a clear focus has been residents in care homes and the programme is on track to have vaccinated 80% of care homes by the end of this week.

[Read more on the progress of the programme](#)



## K. Updated questions and answers

A full FAQ is available here: <https://www.sussexhealthandcare.uk/keepsussexsafe/sussex-covid-19-vaccination-programme/faqs-about-the-covid-19-vaccine/>

## L. How to get your vaccine - in different languages

English	To book your COVID-19 vaccination appointments go to <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> or phone 119 which will have interpreters available on request.	For more information in other formats, and languages other than English, go to: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Arabic عربى	انتقل إلى COVID-19 لحجز مواعيد اللقاح ضد <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> أو اتصل برقم 119 الذي سيوفر مترجمين فوريين عند الطلب.	لمزيد من المعلومات بتنسيقات ولغات أخرى غير الإنجليزية، انتقل إلى: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>

Bengali বাংলা	আপনার কোভিড-১৯ টিকার অ্যাপয়েন্টমেন্টের বুকিং এর জন্য <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> এ যান বা ১১৯ নম্বরে ফোন করুন যেখানে অনুরোধ সাপেক্ষে দোভাষী পরিষেবা সুবিধা পাওয়া যাবে।	অন্যান্য প্রকরণ এবং ইংরেজী ব্যতীত অন্য ভাষাতে আরও তথ্য পেতে এখানে যান: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Spanish Español	Para reservar sus citas de vacunación contra la COVID-19, vaya a <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> o llame al teléfono número 119, donde tendrá intérpretes disponibles previa solicitud.	Para obtener más información en otros formatos e idiomas distintos del inglés, visite: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Farsi فارسی	برای رزرو قرارهای واکسیناسیون کووید-19 خود به <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> مراجعه کرده یا به شماره 119 زنگ بزنید که بنا به درخواست، مترجم همزمان در اختیار دارند.	برای اطلاعات بیشتر در فرمتهای دیگر، هر زبان دیگر به غیر از انگلیسی، به اینجا مراجعه کنید: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Gujarati ગુજરાતી	તમારી કોવિડ-19 રસીકરણની એપોઇન્ટમેન્ટ બુક કરવા માટે <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> પર જાવ અથવા 119 પર ફોન કરો જેઓ વિનંતી કરવાથી દુભાષિયા ઉપલબ્ધ કરાવી આપશે.	ઇંગ્લીશ સિવાયના અન્ય સ્વરૂપો અને ભાષાઓમાં વધુ માહિતી માટે, અહીં જાઓ: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Hindi हिन्दी	अपनी COVID-19 टीकाकरण अपॉइंटमेंट की बुकिंग करने के लिए <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> पर जाएं या 119 पर फोन करें जहां अनुरोध पर दुभाषिए उपलब्ध होंगे।	अन्य प्रारूपों, और अंग्रेजी के अलावा अन्य भाषाओं में अधिक जानकारी के लिए इस वेबसाइट पर जाएं: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Kurdish سۆرانی	بۆ سازکردنی مهو عید بۆ کوتان دژی کۆفید-19 <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> سەردان بکە بۆ یان تەلەفون بکە بۆ 119 که وەرگیری زانیان ههیه به داواکردن	بۆ زانیاری زیاتر به شیوازی تر، وه به زمانی تر: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a> جگه له ئینگلیزی، سەردان بکە بۆ
Nepali नेपाली	तपाईंको COVID-19 खोप एपोइन्टमेन्ट लिन <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> मा जानुहोस् वा 119 मा फोन गर्नुहोस् जहाँ अनुरोध गर्दा दोभाषेहरू पनि उपलब्ध हुनेछन्।	अन्य स्वरूप, र अङ्ग्रेजी बाहेक अन्य भाषामा थप जानकारीका लागि, यहाँ जानुहोस्: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>

Punjabi ਪੰਜਾਬੀ	ਆਪਣੀਆਂ ਕੋਵਿਡ-19 ਟੀਕਾਕਰਨ ਅਪਾਇੰਟਮੈਂਟਾਂ ਬੁੱਕ ਕਰਨ ਲਈ <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> 'ਤੇ ਜਾਓ ਜਾਂ 119 'ਤੇ ਫੋਨ ਕਰੋ ਜਿੱਥੇ ਬੇਨਤੀ ਕਰਨ 'ਤੇ ਦੁਭਾਸ਼ੀਏ ਉਪਲਬਧ ਹੋਣਗੇ।	ਹੋਰ ਫਾਰਮੈਟਾਂ ਅਤੇ ਅੰਗਰੇਜ਼ੀ ਤੋਂ ਇਲਾਵਾ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਵਧੇਰੇ ਜਾਣਕਾਰੀ ਲਈ, ਇਸ ਵੈੱਬਸਾਈਟ 'ਤੇ ਜਾਓ: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Polish Polski	Aby umówić wizytę na szczepienie przeciwko COVID-19, należy udać się na stronę <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> lub zadzwonić pod numer 119, pod którym na żądanie dostępni są tłumacze ustni.	Więcej informacji w innych formatach i innych językach jest dostępna na: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Romanian Română	Pentru a vă programa pentru vaccinarea împotriva COVID-19 accesați <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> sau apelați numărul de telefon 119, care vă poate pune la dispoziție interpreți disponibili la cerere.	Pentru mai multe informații în alte formate și alte limbi în afară de limba engleză, accesați: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Somali Soomaali	Si aad u qabsato ballantaada tallaalka COVID-19 aad <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> ama taleefoon u dir lambarka 119 khadkaas oo laga heli karo turjubaano marka la weydiisto.	Macluumaad dheeraad ah oo ku saabsan qaabab kale, ama luqado kale aan Ingiriis aheyn, aad: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Albanian Shqiptare	Për të rezervuar takimet tuaja të vaksinimit COVID-19 shkoni në <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> ose telefononi numrin 119 i cili do të ketë në dispozicion përkthyes sipas kërkesës.	Për më shumë informacion në formate të tjera dhe gjuhë të tjera përveç anglishtes, shkoni te: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Tagalog Tagalog	Para mai-book ang iyong mga appointment sa pagpapabakuna laban sa COVID-19, pumunta sa <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> o tumawag sa 119 na kung saan may maaaring tumulong na mga interpreter kapag hiniling.	Para sa higit na impormasyon sa iba pang mga format, at mga wika maliban sa Ingles, pumunta sa: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
Urdu اُردُو	کوویڈ-19 کے حفاظتی ٹیکے لگوانے کے لیے اپنی اپوائنٹمنٹ بک کرنے کے لیے <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> پر جائیں یا 119 پر کال کریں جہاں پر درخواست کرنے پر مترجم دستیاب ہوں گے۔	دیگر فارمیٹس، اور انگریزی کے علاوہ دیگر زبانوں میں معلومات کے لیے جائیں: <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>

Chinese 中文	欲预约您的 COVID-19 疫苗接种，请访问 <a href="http://www.nhs.uk/covid-vaccination">www.nhs.uk/covid-vaccination</a> 或拨打 119，可根据要求提供口译员服务。	欲获其它格式及英语以外其它语言的更多信息，请访问： <a href="http://bit.ly/adultguide">http://bit.ly/adultguide</a>
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You can sign up to receive regular bulletins and information from Healthwatch.

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

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