This briefing will be produced weekly, and is aimed at patient leads, public members, voluntary and community sector (VCS) leads and community group leads in Sussex, to support the dissemination of information on coronavirus to our wider communities.

The NHS is committed to keeping our people informed during this crisis, ensuring that our communities have the information they need, in the right format, and at the right time. We know that our patient leaders, VCS and community organisations are all working exceptionally hard to support local people, and that they are key to working together to make sure that our communities have the support and information they need.

Local Focus

Foundations For Our Future: Our commitment to improving the emotional health and wellbeing of children and young people

The number of children and young people needing help and support for their emotional health and wellbeing across Sussex grows every year. This is likely to have increased further, and at a faster rate, due to the ongoing crisis we are all facing with coronavirus.

However, feedback we have received from those using services, their families, carers and staff have highlighted that the current system is not working as well as it should.
They are telling us that the needs of children, young people and their families and carers must be more at the centre of how we plan, pay for and deliver services. They are telling us that it is not always clear what support is available, from whom or how to access it.

Our commitment to driving real improvement is the reason we commissioned an independently led review called Foundations for Our Future.

This allowed us to hear from those that know best how we can provide the right care and support to local children and young people, what works well and what could be improved.

This has given us a greater understanding around what needs to change and now means we are able to work together to take bold and ambitious action to make change happen. Read more about the next steps for this work.

**NHS to launch ground breaking online Covid-19 rehabilitation service**

Tens of thousands of people who are suffering long-term effects of coronavirus will benefit from a revolutionary on-demand recovery service, the head of the NHS has announced.

Nurses and physiotherapists will be on hand to reply to patients’ needs either online or over the phone as part of the service.

The new ‘Your Covid Recovery’ service forms part of NHS plans to expand access to Covid-19 rehabilitation treatments for those who have survived the virus but still have problems with breathing, mental health problems or other complications.
Coming on the day of the NHS’s anniversary, chief executive Sir Simon Stevens has hailed the new service as a great example of the way the health service is increasingly harnessing technology and innovation to enhance the face to face care that doctors, nurses, therapists and other staff can provide in a safe and convenient way.

It follows the building of a new Seacole rehabilitation centre to help those most seriously affected by the deadly virus, with similar facilities expected to open across the country. Patients who have been in hospital or suffered at home with the virus will have access to a face-to-face consultation with their local rehabilitation team, usually comprising of physiotherapists, nurses and mental health specialists.

Following this initial assessment, those who need it will be offered a personalised package of online-based aftercare lasting up to 12 weeks, available later this Summer.

Accessible, on-demand, from the comfort of their own home, this will include:

- Access to a local clinical team including nurses and physiotherapists who can respond either online or over the phone to any enquiries from patients;
- An online peer-support community for survivors – particularly helpful for those who may be recovering at home alone;
- Exercise tutorials that people can do from home to help them regain muscle strength and lung function in particular, and;
- Mental health support, which may include a psychologist within the online hub or referral into NHS mental health services along with information on what to expect post-Covid.
You can read more information about this here.

**Community Hubs**

Community Hubs are run through our Local Authorities, and District and Borough Councils in East and West Sussex. The Hubs have been supporting those who are on the “shielded” list by ensuring people have access to food and other support. The Hubs are also a key contact point for other residents who are vulnerable, in order to access wider community support, which may include help with shopping and money, but also support with reducing isolation through access to services such as telephone befriending.

Community Hubs also provide a place for people to find out about local volunteering opportunities.

- **Brighton and Hove Community Hubs**
  Brighton and Hove Community Support Telephone: 01273 293117

- **East Sussex Community Hubs**

- **West Sussex Community Hubs**
  West Sussex Support Team Telephone: 033 022 27980
  (Lines are open 8.00am - 8.00pm)

**Community Matters – Frequently Asked Questions**

The Covid-19 Community Connectors Team has been answering questions from our communities in Sussex about accessing health and care services at this time. You can read the
Frequently Asked Questions via the Clinical Commissioning Groups websites:

- NHS Brighton and Hove CCG
- NHS East Sussex CCG
- NHS West Sussex CCG

You can also watch a video of Dr Laura Hill (Clinical Chair of NHS West Sussex CCG), Dr Andy Hodson (Clinical Chair of NHS Brighton and Hove CCG) and Dr David Warden (Clinical Chair of NHS East Sussex CCG) talking through some of the answers.

**NHS Guidance**

You know your child better than anyone. Get medical help if something’s not right

As a parent or carer, you know your child better than anyone. That is why it is important to get medical help if you think your child is unwell or you are worried about them.

Research has shown that nearly half of the public have had concerns about seeking help from the NHS during the coronavirus pandemic. Some have been worried about the risks of catching the virus and others have not wanted to be a burden on the health service.

While the NHS across Sussex has been working hard to manage Covid-19, it has also been making sure that people can access essential services safely when they are needed.
GP practices across Sussex have changed the way they work to ensure patients remain safe and get the care they need during the coronavirus pandemic. Additional safety measures protect patients and staff, with initial telephone and online assessments to enable practices to prioritise appointments for those most in need.

Those who need GP appointments are still being asked to contact their surgeries as normal for care and not to attend their practice without an appointment. To help prevent the spread of the disease, you must not attend your GP surgery if you think you or your child might have coronavirus. You should call them or contact NHS 111 instead.

A&E departments and urgent treatment centres also remain open for serious or life-threatening emergencies. After a big fall in the number of people visiting A&E at the start of the pandemic, they are much busier again now, particularly as some of the lockdown restrictions are eased.

In this video, Dr Patience Okorie (GP in Crawley and Clinical Lead for Children and Maternity Services) encourages parents to help us, help your children get the care and treatment they need.

The graphic below shows how to get the right care for your child:
Patient story: Mohammed and Huma

Teyyiba Abbas was concerned when her two children Mohammed (4) and Huma (6) both developed a nasty cough at the start of June.

“It started as a dry cough and then went to their chests. They didn’t have any other symptoms of coronavirus, but the cough wasn’t going away and I wanted to get them checked out.”

She wasn’t sure if she’d still be able to make a GP appointment and called her surgery for advice.
“They were great. The receptionist said the doctor would call me back. A little later I got a call from my GP who asked a few questions about the children, their cough and whether they had a fever, which they didn’t. She said she didn’t think it was anything to worry about, but wanted to see them so she could assess them properly.”

Teyyiba’s GP then texted a link to her phone which opened up a private video call.

“She chatted with the children,” explained Teyyiba, “and checked they had no difficulty breathing. She reassured me that from what I had told her, and from seeing the children herself, that there was nothing to worry about. She talked me through the medicines and care I could give them at home.”

Mohammed and Huma were quickly back to full health and Teyyiba is full of praise for the help she received from her GP surgery.

“It was brilliant to be able to get that professional care and advice all in one day, on my phone, from the comfort of our own home.”

**NHS boosts support for pregnant black and ethnic minority women**

The NHS is rolling out additional support for pregnant Black, Asian and Ethnic Minority (BAME) women, as new research shows heightened risks facing women from minority groups.

Analysis out today shows Black pregnant women are eight times more likely to be admitted to hospital with Covid-19, while Asian women are four times as likely.
Urgent action is being taken by the NHS to protect expectant mums, including encouraging people to take Vitamin D and speaking with people in neighbourhoods and communities in their area.

Women from ethnic minority backgrounds have long been known to face additional maternity risks, with maternal mortality rates significantly higher than for white women.

But now research from Oxford University shows that 55% of the pregnant women admitted to hospital with Covid-19 are from a BAME background, even though they only make up a quarter of the births in England and Wales.

Further analysis of the research indicates that Asian women are four times more likely than white women to be admitted to hospital with COVID-19 during pregnancy, while Black women are eight times more likely.

Maternity units across the country have been asked to focus on minimising the additional risk of Covid-19 for BAME women and their babies – they are:

- Increasing support of at-risk pregnant women – e.g. making sure health care professionals have a lower threshold to review, admit and consider supporting women from a BAME background.
- Reaching out and reassuring pregnant BAME women with tailored communications.
- **Ensuring hospitals discuss vitamins, supplements and nutrition in pregnancy** with all women.
- Ensuring all health and care services record the ethnicity of every woman, as well as other risk factors, such as living in a deprived area (postcode), BMI and aged 35 years or over, to
identify those most at risk of poor health outcomes.

The pandemic outbreak has caused some people to worry about seeking help from the NHS, and there has been a decrease in attendances for some NHS services. Warning signs like unusual fetal movement have also been dismissed by some women in fear that going to hospital is of greater risk to them.

If you have any concerns relating to your pregnancy, please contact your midwife

**National Updates**

The latest position in terms of confirmed cases of Covid-19, broken down into total UK cases and local areas, is updated daily [here](#).

Guidance and information for people under the age of 25 who are providing care for someone during the coronavirus (Covid-19) outbreak has been published. An easy read version has also been produced. You can access the information [here](#).

The government has announced its’ Plan for Jobs 2020. You can read about the plan [here](#).

Guidance for the clinically extremely vulnerable changed on 6\textsuperscript{th} July. You can read about this [here](#). The graphic below also shows how the guidance has changed.
Tell us about your experiences and let us know what you need!

The Covid-19 Community Connectors Team are here to help make sure you, and the people you help and support, get the information and support needed. Please do contact us using the contact details on page 7.

A reminder this is your last chance to complete our survey, which closes today – this will help us make sure services respond to the needs and preferences of local people, and also that everyone is able to access care in a way that works for them. Please click here to complete the survey by Friday 10th July 2020. We will share the results as soon as possible.
**Healthwatch**

You can also raise issues through Healthwatch, which is an independent body responsible for gathering people’s views of health and social care services. Contact details are below:

**Healthwatch Brighton and Hove:**

Telephone: 01273 234 040  
Email: info@healthwatchbrightonandhove.co.uk  
Website: https://www.healthwatchbrightonandhove.co.uk/contact-us/

**Healthwatch East Sussex**

Telephone: 0333 101 4007  
Email: enquiries@healthwatcheastsussex.co.uk  
Website: https://healthwatcheastsussex.co.uk/contact/

**Healthwatch West Sussex**

Telephone: 0300 012 0122  
Email: helpdesk@healthwatchwestsussex.co.uk  
Website: https://www.healthwatchwestsussex.co.uk/contact-us

**Contact Details**

If you have any questions, or if you need this brief in an alternative format, please contact the Community Connectors Team:

Email: sxccg.involvement@nhs.net  
Telephone: 0127 323 8725
Deaf British Sign Language (BSL) users can use a Video Relay Service (VRS) called SignLive (a free app which connects deaf people to a qualified British Sign Language Interpreter before connecting you to one of the Community Connectors Team). This service is currently available every **Thursday from 14:00-16:00**. Please contact the Community Connectors using the details above if this is not convenient.

Let us know what you need to see in this briefing, give us feedback on services and support related to Covid-19 and let us know issues are up from your communities.