



Public Health

Monthly bulletin

The East Sussex public health bulletin is a regular update of local public health news. This includes the latest additions to the East Sussex Joint Strategic Needs and Assets Assessment website, local campaigns and initiatives. We also present some interesting and important, national and international, public health research and news.

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A range of Public Health funded online training available from April 2020.

For more information contact: Miranda.Scambler@eastsussex.gov.uk or Nick.Kendall@eastsussex.gov.uk

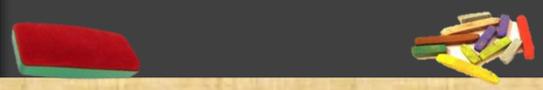
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Annual Report of the Director of Public Health 2020

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Message from Darrell Gale

Coronavirus update



On the 11th March 2019 the World Health Organisation declared COVID-19 to be a pandemic, following sustained transmission across the world. This is the first coronavirus that has been characterised as a pandemic, and this has led to extraordinary measures being taken by the government which has an impact on all of us, both professionally and personally. We have all been asked to stay at home in an effort to protect the most vulnerable in society, and to only leave home to shop for basic necessities, pick up medicine, travel to work when you absolutely cannot work from home, and to exercise once a day. **I want to thank all of you for following the government advice – we all have a role in stopping the spread of this virus – as well as a thank you to all the key workers who continue to work in challenging conditions to provide vital services across East Sussex. At the same time, I have been deeply touched by the community spirit that been generated as a result.** Neighbours are looking out for each other, the vulnerable are being identified and cared for, strangers are smiling and saying hello to each other (from a distance) and community groups are mobilising.

The number of new confirmed cases and deaths are changing daily. Currently in the UK there are a total of 55,242 confirmed cases, although we know that the true number is substantially higher as only those in certain settings are being tested, and 181 confirmed cases in East Sussex. Tragically 6,159 people have died across the UK, including 22 in East Sussex, and our thoughts go to the family and friends of the bereaved.

We know that the social distancing measures that are being implemented are making a real difference in slowing the spread of COVID-19 but it is still too early to say when these measures will be relaxed. We will be guided by the science and advice of the Chief Medical Officer and Public Health England, but in the mean time please stay at home, look out for others, and stay safe.

People can spread COVID-19 even if they don't have symptoms. Current Government guidance is that everyone should be social distancing and should:

- Only go outside for food, health reasons, exercise once a day, or work (only if you cannot work from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

If advised to self-isolate, people with symptoms (however mild) who live alone, should stay at home for 7 days from when symptoms started, but if living with others, all other household members must not leave the house for 14 days from the day the first person gets ill. If there are vulnerable people in the house who cannot be moved out, they should be isolated within the house as much as possible.

Detailed social distancing guidance can be found on:

- [social distancing](#)
- [staying at home and away from others](#)
- [shielding and protecting people defined on medical grounds as extremely vulnerable](#)
- [social distancing for vulnerable people](#)
- [mental health and wellbeing](#)
- [supporting children and young people's mental health and wellbeing](#)

Main national information sources are:

- For clinicians: www.england.nhs.uk/coronavirus/.
- Health advice for the public: [NHS website](#).
- Official, trustworthy and timely information and advice: WhatsApp (add 07860064422 in your phone contacts and message the word "hi" in a new WhatsApp message to that number)
- Travel information, and advice about the government response to the outbreak: [gov.uk website](#).
- Public facing materials: [PHE campaign resource centre](#).

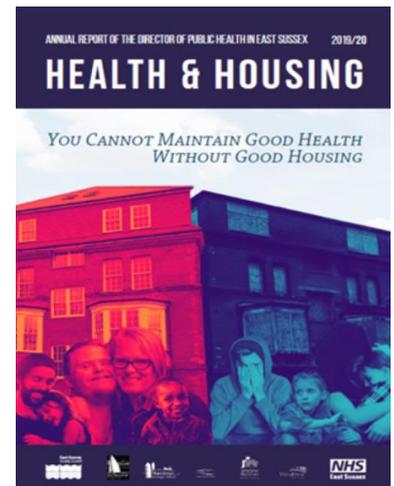
East Sussex County Council coronavirus web pages:

www.eastsussex.gov.uk/community/emergencyplanningandcommunitysafety/coronavirus/

DPH report

The 2019/20 Annual Report of the Director of Public Health is on Health and Housing in East Sussex. Access to healthcare is responsible only for a relatively small part of what makes us healthy: housing is an important determinant of health, alongside employment and social connectivity (family, friendships).

Rough sleeping, and homelessness in particular, have become even more of a focus nationally with the COVID-19 pandemic. The government response to COVID-19 highlights people who are homeless as a priority group due to the risk of potential transmission and difficulties with self isolation in homeless hostels. To reduce the impact of COVID-19 the response must make sure there is access to facilities to enable people to adhere to public health guidance on hygiene or isolation, must assist those with no recourse to public funds who require shelter or support, and ensure people are able to appropriately self-isolate, ideally in single-room facilities.



The annual report highlights that in order to improve the health of the residents of East Sussex and to reduce inequalities, further determinants of health must be addressed. **This report seeks to identify and discuss the main influences that housing has on our health.**

This report marks an important beginning in order to:

- **Raise the profile of health and housing**
- Signal an intention for public health, health, housing and planning to **work more closely together**
- Find a local solution **to mitigating the housing crisis**
- Work more closely to **prevent homelessness and rough sleeping** and to mitigate the harms that these cause.

There is a housing crisis across the UK and in East Sussex as a result of the increased demand for and reduced supply of housing. That equation however, is not always straightforward, as developers may hold planning permissions for houses, but not be delivering them. **Put simply and for all partners within our housing system, we must build more homes.** The report recommends that we can improve health through housing by working at three levels:

- Whole East Sussex level – using the local spatial plans as a focus for collaboration;
- Household level – ensuring a safe and healthy home for all; and
- Individual level – personalising the support people require to improve population health overall.

The full report and detailed recommendations are at <http://www.eastsussexjsna.org.uk/publichealthreports.aspx>

Local news for CCGs, GPs and health professionals

PHLSA Payments for 2020/21

Emails have been sent to Pharmacies and GP Practices to explain the payments that will be made to alleviate COVID related financial pressures for the April to June period. Although the national procurement policy guidance does not apply to PHLSAs we do recognise the financial burden on GP Practices and Pharmacies and thank them for their continued hard work.

All Pharmoutcomes activity will be paid up to the end of March. GPs are requested to send in their Q4 claim form by the 10 or 24 April (payment will be made within four to six weeks of each date) although we are happy to provide further extensions if required. During the April to June period we will not expect any claim forms and will not use Pharmoutcomes for payment purposes. We will keep this situation under careful review.

Any queries or requests for further information should be directed to public.health@eastsussex.gov.uk.

Sexual health service update

Due to required social distancing and reallocation of staff the sexual health service in East Sussex anticipates reduced access during the COVID period. This includes services across GPs, pharmacies and specialist sexual health services. Public Health are working with our primary care and pharmacy colleagues to find a swift solution that will ensure some alternative access to treatment, contraception, condoms and EHC. **Specialist sexual health services are taking phone calls at Station Plaza in Hastings (01424-262750) and Avenue house in Eastbourne (01323-416100) and providing EHC, new and repeat contraception and seeing those with symptoms after the phone assessment.**

Please refer to the sexual health website www.eastsussesexualhealth.co.uk for more information.

For online ordering of home sampling STI kits please refer to www.freetest.me

NHS staff offered free subscription to Headspace

Headspace is a global leader in mindfulness and meditation through its app and online content. **If you are an NHS employee with a registered NHS email address you can sign up to access Headspace Plus at no cost until December 31st, 2020.**

- Learn the life-changing skills of meditation and mindfulness
- Bring a bit of calm to any situation with sessions as short as one minute
- Access to a full library with themed courses
- Get a new meditation delivered straight to your phone every day

For more information visit the [Headspace website](https://www.headspace.com).

East Sussex Joint Strategic Needs & Assets Assessment

The JSNAA website provides a central resource of local and national information to inform decisions and plans to improve local people's health and wellbeing and reduce health inequalities in East Sussex eastsussejxna.org.uk. Click [here](#) to subscribe to the monthly email.

Health improvement news

One You East Sussex update

In response to the Coronavirus outbreak, One You East Sussex (OYES) has amended its delivery model. However, health-related behaviour change support remains accessible to residents across the county. **In order to protect the health of staff and clients, OYES is now providing remote access to all clients who require support to move more, drink less, eat well, lose weight and be smoke free.**

The majority of services will be delivered through telephone support, with additional support available through access to a wide range of digital resources. For those looking to quit smoking, alongside telephone support, NRT will be posted to clients. Where the client has chosen to use Champix in their quit attempt, a letter of recommendation will be provided which can be used to access the medication from a GP or pharmacy.

OYES will be launching adult weight management groups in April, via video support; providing weekly education on various topics and access to physical activity videos, to support the exercise component of the programme. Telephone support will also be available for those who would prefer it. As this is a constantly changing situation, OYES will provide regular updates on service access on its website, and social media platforms.

oneyoueastsex.org.uk/

facebook.com/OneYouESussex

twitter.com/OneYouESussex

Alternatively, call 01323 404600 for any further information.

Support from the Warm Home Check service whilst we stay at home



Cold snaps are still a risk for a few more weeks and, with people staying at home, energy costs for households may be increasing during this period. The Warm Home Check service continues to offer telephone advice for anyone struggling to afford to keep warm at home, with money-saving advice and tips on how to stay snug for less.

During this period the service can still offer practical help for eligible households in certain situations where a lack of heating or hot water presents a significant risk to the health and wellbeing of vulnerable residents. The service can also deliver emergency temporary heaters to eligible households.

Fuel voucher scheme – extended eligibility during COVID-19 restrictions

If households on a pre-payment energy meter are currently in financial crisis, then the Sussex fuel voucher scheme could help. The council-supported energy supplier, Your Energy Sussex, has provided money from its fuel poverty fund to make emergency fuel vouchers available to qualifying households across East and West Sussex as well as Brighton & Hove. You do not have to be a Your Energy Sussex customer to receive a voucher.

The vouchers are for vulnerable residents (i.e. due to age or a health condition) who are on limited incomes or means-tested benefits and are facing difficult financial circumstances. Householders that meet the financial criteria and are shielding or self-isolating as a result of the COVID-19 outbreak will now also be included under the eligibility criteria. Each voucher has a value of £28 for an individual or £49 for a family. However, due to government advice on leaving the house and many residents needing to self-isolate or be shielded, it is possible that qualifying residents can be issued with up to three vouchers at once. Further vouchers may be applied for if the current measures are extended beyond 3 months.

The vouchers are available from the Warm Home Check service (local Citizens Advice services in East Sussex) along with details of the full eligibility criteria. The service will carry out an eligibility assessment, answer any questions and issue the fuel voucher which the householder can take to their nearest PayPoint, Payzone or Post Office outlet to top up their key meter. Those with mobility issues, who are shielding, or who are in self-isolation with no-one available to top-up the card on their behalf should speak to the Warm Home Check service, who may be able to arrange for the card to be topped up and delivered to them.

The best way to refer to the Warm Home Check service – or for clients to enquire – is by using the simple online form available at: www.warmeastsussex.org.uk. Anyone can also text WARM to 81400 or call 03444 111444. In addition, professionals can contact the service on 01424 721386 with any specific queries.

NHS Health Check data 2019/20 Q3 Check performance

The NHS Health Check programme in East Sussex continues to offer and deliver health checks to a greater proportion of our population than the England or regional average. Between 1st April 2015 and 31st December 2019, 158,809 have been offered and 80,881 eligible people have had their vascular health checked and received personalised advice on the action they can take to reduce their risk of diseases such as diabetes, heart disease, stroke & dementia.

Table 1: NHS Health Check data April 2015 – December 2019.

Locality	Eligible Population	April 2015 - December 2019				
		Offers		Received		Uptake
		Numbers	%	Numbers	%	%
England	15,578,669	13,491,164	87%	6406,359	41%	47.5%
South East Region	2,578,055	2,145,332	83%	995,935	39%	46.4%
East Sussex	169,857	158,809	94%	80,881	48%	50.9%
Eastbourne, Hailsham and Seaford CCG	56,292	55,409	98%	30,186	54%	54.4%
Hastings and Rother CCG	57,630	54,101	94%	27,882	49%	51.5%
High Weald Lewes Havens CCG	55,934	49,118	88%	22,622	40 %	46%

The hard work of General Practice staff and community check providers across the county means East Sussex continues to outperform other authorities in the South East for the percentage of people benefiting from their NHS Health Check over the current five year period, with 48% of the eligible population receiving a check, compared with an average of 39% across the South East and 41% nationally. However, there is variation at CCG level as Eastbourne, Hailsham and Seaford CCG achieved the highest with 54% followed by Hastings and Rother with 49% and High Weald Lewes Havens with 40%.

Due to the COVID19 outbreak, ESCC understands that Q4 and subsequent period's figures will be lower or nil as providers respond to the situation. As the programme develops in the future, plans are to increase attendance by groups least likely to attend, particularly men aged between 40 – 50 years old. For information and support on the NHS Health Check Programme please contact: Ross Boseley, Health Improvement Specialist, Ross.Boseley@eastsussex.gov.uk

Covid-19 – National guidance and research

COVID-19 vaccine & therapy research boosted by six new projects in rapid response

[Six new studies](#) into the novel coronavirus have been funded by the UK government, including testing a vaccine, developing therapies and improving understanding of how to treat COVID-19. These include supporting a promising vaccine through pre-clinical and clinical trials to determine if it is safe and effective, developing manufacturing processes for producing the vaccines at a million-dose scale, so that - if clinical trials are successful - a vaccine could be made available to high-risk groups as quickly as possible, developing new therapeutic antibodies and screening hundreds of existing drugs in the lab to find ones that show promise against the novel coronavirus, and last but not least, collecting data on COVID-19 NHS patients to inform efforts to control the outbreak and improve treatment for patients in real time.

Looking after your wellbeing in self-isolation

If you have to stay at home because of coronavirus (COVID-19), it's important to take care of your mind as well as your body. [NHS One You: Every Mind Matters](#) have provided advice to help people stay on top of their mental wellbeing and cope with the challenges and anxieties of this period while staying at home, including:

- **Finding out about employment/benefit rights** by talking to employers and visiting [gov.uk: coronavirus support](#)
- **Planning practical things** – how you can get any household supplies, through neighbours, delivery services or community organisations, whether you can order repeat prescriptions by phone or online, and where you might get [help with any caring](#) responsibilities if you are staying at home.
- **Connecting with others** – by phone, messaging, video calls or online
- **Talking about your worries** – with family, friends or [NHS-recommended helplines](#)
- **Looking after your body** – try to eat healthy, well-balanced meals, drink enough water and try to avoid smoking, alcohol and drugs, keep your windows open to let in fresh air, try to get some natural sunlight, or get outside for some exercise once a day if you can (while maintaining social-distancing), or use online resources such as [One You home workout videos](#)
- **Staying on top of anxiety** by trying to focus on things you can control, such as how you act, who you speak to, and where you get information from. You can also help manage anxiety through online mindfulness and mental health resources. For example [NHS mental wellbeing audio guide](#).
- **Limiting time reading/watching outbreak coverage** and use trustworthy sources ([gov.uk](#) or the [NHS website](#)).
- **Carrying on doing things you enjoy** – focus on your favourite hobbies if they are things you can still do at home, or pick something new to learn at home can help your mental health – there are lots of online resources to help
- **Taking time to relax** – this can help with difficult emotions and worries. [Relaxations techniques](#) can also help.
- **Creating a daily routine** – think about how routines can be positively adapted and changed and new goals can be set. This may be writing a daily plan, if you're working from home getting up and ready for work at the same time and in the same way as normal, picking a regular time for exercise and sticking to regular sleeping habits.
- **Looking after yourself** – good quality sleep can make a big difference so it's important to try to maintain a regular sleeping pattern.
- **Keeping your mind active** – read, write, play games, draw, paint, do puzzles – find something that works for you.

Further advice, support and resources to support these suggestions can be found on the [NHS OneYou website](#).

ONS publishes new statistics in response to coronavirus (COVID-19)

The Office for National Statistics (ONS) has published its first statistics as part of a new webpage looking at the [impact of the coronavirus \(COVID-19\) on the UK](#). These are the first two in a planned series of statistical publications, and look at [the employment](#) and [proportion of people over 70 around the UK](#). People aged 70 years and over have been highlighted as being among those most at risk of severe illness from COVID-19 and this information is aimed at helping policy makers target support more efficiently. These releases following a [statement](#) outlining how the ONS plans to respond to the virus by providing quick and comprehensive information on the impact of COVID-19 on our economy, labour market, population and society as the situation unfolds.

Sport England invite people to 'Join the Movement'



Sport England have launched a new campaign to invite everyone to 'Join the Movement' and get or keep active in recognition of the importance of maintaining good levels of physical activity at this time. The Campaign, funded by the National Lottery, is designed to provide inspiration and trusted information to the public about how to get active in and around the home during the coronavirus pandemic. With restrictions in place on why and how often you can leave the house, many normal exercise sources aren't currently available.

Join the Movement encourages people to share what they're doing using #StayInWorkOut. The hashtag will showcase some of the best online sport and physical activity content for use in and around your home, as well as allowing people to share their own ideas. Join the Movement also has its own [online hub](#), giving access to a range of home workout options – including existing free exercise content and advice from organisations such as the NHS.

Free public health recommended training

<p>NHS HEALTH CHECK MENTOR E-LEARNING COURSE</p> <p>Recommended for all staff providing NHS Health Checks, this course has 4 online modules comprehensively covering NHS Health Checks: what they are; cardiovascular conditions; how to conduct a health check; calculating and communicating risk. This course is available any time.</p>	<p>Visit shop.onclick.co.uk/ select Health Check Mentor course and enter: esFive21\$_bn7X</p>
<p>REDUCING ANTIMICROBIAL RESISTANCE: AN INTRODUCTION</p> <p>A basic introductory free e-learning module on reducing antimicrobial resistance. This e-learning provides key facts about antimicrobial resistance and describes the important roles of both clinical and non-clinical practitioners in a health and care environment. It also discusses relevant aspects of antimicrobial prescribing and stewardship competences. Contact Helen Cheney 01273 336864.</p>	<p>Visit e-Learning website www.e-lfh.org.uk/</p>
<p>ONLINE SEPSIS TRAINING</p> <p>Think Sepsis is a Health Education England programme aimed at improving the diagnosis and management of those with sepsis. This course is available any time online.</p>	<p>www.e-lfh.org.uk/programmes/sepsis/</p>
<p>FUEL POVERTY AND HEALTH: IDENTIFICATION AND SUPPORT SERVICES</p> <p>Face-to-face training and information sessions have currently been suspended, however staff wishing to learn more about fuel poverty and the impact of living in a cold home can take the 'Helping People Living in Cold Homes' e-learning module developed in by Health Education England in partnership with Public Health England, the Department for Business, Energy and Industrial Strategy and the National Institute for Health and Care Excellence (NICE): www.e-lfh.org.uk/programmes/cold-homes. For information about local support and services visit www.warmeastsussex.org.uk or contact East Sussex Fuel Poverty Coordinator, Louise Trenchard.</p>	<p>Contact Louise Trenchard, 07885 233478, or email: ltrenchard@hastings.gov.uk</p>