



Office for Health Improvement & Disparities



Yorkshire and the Humber Monthly Update Newsletter

Issue: 82, October 2022

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Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. Thank you for subscribing to our newsletter. The monthly update is our way of sharing any good and emerging practice, new developments, updates, and guidance. The update is circulated at the beginning of each month with the previous month's updates.

If we have anything that needs to be shared urgently, we will circulate as soon as possible.

If you no longer wish to be subscribed, would like to update your details or request for anyone to be added to the mailing list, please contact Y&H Business Support: neyadmin@dhsc.gov.uk



Cost of Living

System wide News, updates, and guidance
Sign up to [this](#) newsletter to receive monthly updates

LGA Cost of Living newsletter

- You can sign up to this [newsletter](#) to receive monthly updates. You can also find details of the [Cost of living hub | Local Government Association](#) plus an online network for Local Authorities (fill out form) [Microsoft Forms](#). IN addition to this you can find a range of tools including a [vulnerability index](#) and [financial hardship indicator](#) with Local Authority level data.

[MoneyHelper](#)

- Provides information and tools to help people find the way forward with their finances. They also have a [Bill Prioritiser](#) tool that helps people to understand which bills and payments to deal with first and how to avoid missing any payments and a [‘Talking to your creditor’](#) guide.

Talk Money Week

- [Talk Money Week](#) takes place on 7–11 Nov and aims to encourage people to open up about their finances. Discover how to get involved in Talk Money Week, regardless of the sector or size of your organisation, and find guides on how to Talk Money with your friends, family or children.

MECC Link – Financial Inclusion (Cost of Living)

The Y&H Making Every Contact Count signposting website [MECC Link](#) has been updated to include a revised section to support signposting to sources of support for the cost of living. As well as the national offerings from the MoneyHelper, there is a focus on local support and contact details, this includes the LA offer, debt management, responsible lending, help with energy bills and help with food.

Help for Households

[Help for Households](#) shows what cost of living support members of the public may be eligible for.



Healthy Places and Sustainable Communities

Team Leads: Nicola Corrigan / Karen Horrocks

The impact of the environmental determinants of health on our lives are far reaching. By considering how the places in which we live, work and play impacts on our health and the inequalities that exist, we can support health improvement for our populations.

Whole Systems Obesity inc. Adult Weight Management

Lead: Nicola Corrigan

[Adult tier 2 weight management services provisional data for quarters 1 to 4, 2021 to 2022](#)

This publication provides figures for quarter 4 and updated figures for quarter 1 to quarter 3, which supersede the previous publication. Published figures will be updated as new data is submitted retrospectively. Additional quarters of data will be published for those local authorities and providers who have agreed extensions to service delivery until latest 31 December 2022.

This data is provisional and published as experimental statistics. OHID are seeking feedback on the data tables from users and stakeholders to improve the quality and usability of the data. We welcome any feedback via adults-weight-management-data@phe.gov.uk

[Obesity Profile update: July 2022](#)

This update includes the addition of a new indicator for adult obesity prevalence using data from the Active Lives Adult Survey (ALAS). Data is presented at upper and lower tier local authority, region and England for the years 2015 to 2021. England level data on inequalities is also included for this indicator, displaying data by index of multiple deprivation decile, ethnic group, working status, disability, level of education, socioeconomic class, age and sex.

[Research shows the impact of Council's blanket ban on new takeaways](#)

Gateshead Council has taken a blanket ban approach to new applications for fast food takeaways, to improve health and tackle childhood obesity. New research co-authored by Fuse academics evaluated if Gateshead's approach to planning had any significant impact in comparison to other local authorities in the North East which did not have any type of planning guidance [Fuse open science blog: takeaways](#)

[Health Profile for England: 2021 - GOV.UK \(www.gov.uk\)](#)

Each report is a comprehensive review of health in the English regions and builds on the findings of the Health Profile for England 2021. Within the reports you will find a regional view of the indicators presented in the Health Profile for England 2021. The aim of the profiles is to highlight some of the main factors affecting the health of the region's population, disparities between population groups and areas within each region, and trends over time. It provides intelligence and evidence to support partners in planning and commissioning services, with a focus on the impact of the Covid-19 pandemic. **In all regions, obesity was**



the risk factor making the largest contribution to morbidity. Smoking and diabetes were the second and third largest contributors although their placing varied in different regions.

Healthier Weight Intelligence tool

The Healthier Weight Tool published last year has been refreshed in June 2022. This intelligence tool is designed to bring together available data on obesity, and the conditions associated with it, to assist in developing an integrated approach to addressing obesity in the local area.

Obesity and weight management for people with learning disabilities: guidance - GOV.UK (www.gov.uk)

This guidance is for public health staff commissioning or running weight management services and other mainstream health professionals working to support people to lose weight. It advises about specific aspects of weight management for people with learning disabilities. It includes useful things to consider when treating a person with learning disabilities and insights into their experiences of healthcare.

The Obesity Institute at Leeds Beckett University

The Obesity Institute brings together expertise across the institution, with that of our partners and collaborators, to focus on supporting those living with or at risk of obesity through Research, Knowledge Exchange, Education and Training activities.

Physical Activity

Lead: Nicola Corrigan

Cycling and Walking- reduce physical inactivity and improve air quality

Cycling and walking can help fight overweight and reduce physical inactivity, which causes one million deaths per year in the European Region. Both means of active transport can also help to reduce air pollution that claims more than half a million deaths every year. Evidence shows that investments in policies that promote safe cycling and walking can play a crucial role in shaping health, mitigating climate change and improving the environment, according to a new WHO publication.

The second cycling and walking investment strategy - GOV.UK (www.gov.uk)

The second cycling and walking investment strategy (CWIS2) outlines the government's ambition to make cycling and walking the natural choices for shorter journeys, or as part of a longer journey by 2040.

Grants to tackle inequalities in sport and physical activity

Health Exchange has been awarded £195,000 of National Lottery funding from Sport England's Together Fund, which aims to tackle inequalities in activity levels through working with its partners to reach those most in need.

- People with long term health conditions
- Disabled people
- Lower socio-economic groups



- Culturally diverse communities

Are you a community group working with people to get active and live healthier lives? Do you have an idea that would attract more people to join you from these target communities?

[Creating Active Schools Framework Insight Session- 12th October](#)

Hosted by Yorkshire Sport Foundation and delivered by MG Consultancy, this session is to look at the insight from the West Yorkshire and South Yorkshire Creating Active Schools Project and explore how the framework process can support schools to embed physical activity more strategically, in order to create culture change and improve the academic and holistic outcomes for pupils.

[Maximising the local impact of major sporting events](#)

Doncaster's Andy Maddox talks about the benefit and opportunities for local places to build on hosting major sporting events

Healthy Places and Community Based Approaches

Lead: Karen Horrocks

Event Series: Health Creation Alliance

This [series of events](#) will explore why Integrated Care Systems and their constituent parts can adopt and embed Health Creation as a way of working to reduce health inequalities and demonstrate how Health Creation can work across multiple programmes.

Handbook: Developing markets as community hubs for inclusive economies: a best practice handbook for market operators

This [best practice handbook](#) is a practical guide for market operators on how to operate and develop traditional retail markets (TRMs) as community hubs for inclusive economies. It contains good examples from the Yorkshire and Humber Region.

Updated Guidance: Community Centred Approaches

[Community Centred Approaches- applying all our health](#)- has been updated and provides a good overview of why these approaches are important for health colleagues and partners.

Green Social Prescribing research project

The [Green Social Prescribing Programme](#) launched a small research project on 23rd September to look at the potential to increase the provision of green social prescribing to improve people's mental health.

There are two surveys: one for Social Prescribing Link Workers (SPLWs) to complete and one for 'green providers' or other activity providers, where some or all of their activities are green or nature-based.

Please click [here](#) to access the link to the Social Prescribing Link Worker survey.



Please click [here](#) to access the link to the 'green/activity provider' survey

Please could you:

- i. Complete the survey if you are a SPLW or someone else carrying out a similar role that connects people to community activities to improve their health and wellbeing and are **not** working within a Green Social Prescribing Test and Learn site area.
- ii. Encourage VCSE sector organisations that offer nature based interventions, to complete the 'green providers' survey

Please email [Luke Whaley](#) at Natural England for queries about the surveys or the [Green Social Prescribing Inbox](#) for further information about Green Social Prescribing.

Report: Active Train Stations

- This [report](#) examines four components of a potential mid- to long-distance sustainable journey - rail, station, active network, and neighbourhood - and sets out 20 actions to encourage more active train travel.

Event: Public Health Spatial Planning in Practice

- This is the book [launch event](#) of 'Public Health Spatial Planning in Practice. Improving health and wellbeing'. The session will include highlights from the book- understanding the wider determinants of health and health in all policies; to discussing how to translate ideas and tools into practice; and the role of planning as a key legal determinant of health and equity.

Event: Behavioural Insights Consortium Results Showcase: increasing sustainable travel and reducing health inequalities

- This is a follow-up [webinar](#) about how we can use behavioural change techniques in council services to work with communities to change their behaviour.

Online Conference: Naturally Thriving: Rethinking Urban Green Space

- This is the Future Parks Accelerator free, 3 day [online conference](#)

Event: 2022 UKHSA Air Quality and Public Health Stakeholder Seminar

- As part of UKHSA's ongoing work programme on air quality, the annual [Air Pollution and Public Health Seminar](#) is held to inform wider stakeholders of developments, giving them the opportunity to contribute to and comment on future work plans.

www.ukhsa-events.org.uk/aqph22

Webinar Recording: How to talk about the Building Blocks of Health

- This webinar delved into the Health Foundation's new communicators' toolkit, developed with FrameWorks UK, which supports public health communicators to tell new, powerful stories using tested framing techniques. It's for anyone who works in and/or communicates about public health.



Food Systems

Lead: Nikki Smith

Research article: Putting the Brakes on Fast Food

This article describes recent [research](#) which explores how Gateshead Council used planning policy to reduce the proportion of fast food outlets.

Work, Worklessness and Health

Lead: Nicola Corrigan

[The changing workplace: Enabling disability-inclusive hybrid working](#)

- New research from The Work Foundation, a leading think tank dedicated to improving work in the UK, aims to address this. Through a survey of 406 disabled people, interviews with 20 disabled workers, and two roundtables with employers and other stakeholders, we have developed new evidence about disabled workers' experiences of remote and hybrid work.

[Not working](#)

- This report provides a long-term view of what's been happening to youth worklessness. Youth worklessness has fallen since the 1990s – a success story of recent decades, but this has almost entirely been driven by young women. More concerningly, there has been an increase in the number of young men and women who are economically inactive due to sickness or disability, including mental health problems. To push back on the risk of rising youth worklessness in the 2020s, policy makers will want to focus their efforts on engaging young people who are economically inactive.

[Employment and health dashboard](#)

- The dashboard brings together data and evidence on employment and health. It is structured around the economic section of the Inclusive and Sustainable Economies Framework.



Prevention and Key Risk Factors

Team Lead: Scott Crosby

Addressing the broad individual, environmental, societal and commercial factors that influence and drive addiction and its consequences, to reduce inequalities and improve the health, safety, and well-being of our population.

Commercial Determinants of Health & Gambling-Related Harms

Lead: Simone Arratoonian

Commercial Determinants of Health – Alcohol and Gambling

- During September, the Institute of Alcohol Studies held an extremely informative webinar on '[Corporate Political Activity of the Alcohol and Gambling Industries](#)', presented by Saloni Bhuptani following the recent publication of a thematic analysis conducted by Saloni and academics from the IAS including Sadie Boniface and Katherine Severi. The study compares approaches from both industries and finds commonalities in terms of framing the problem of alcohol and gambling issues, and their solutions. Recommendations are made for policy, practice and research. You can catch up on the webinar via the link above or read the paper [here](#).

Commercial Determinants of Health – alcohol messaging

- VicHealth (the Victorian Health Promotion Foundation, Australia) produce some excellent guidance and blogs on messaging around health issues to persuade people. These are available by registering [via this link](#) – and give you access to related webinars and user guides. A recent webinar on '**How to frame alcohol messages**' is now available too, with a downloadable guide showing 'tips in action', illustrating with practical examples how to strengthen your communications. Well worth signing up for.

Commercial Determinants of Health – further afield

Alcohol Action Ireland:

- This September, [Alcohol Action Ireland](#) marked International Recovery Month by [launching a guide](#) for compassionate ways of communicating about alcohol use – to tackle stigma. For many people, stigma is a barrier to recognition of harm and can discourage help-seeking – and this can be unwittingly perpetuated by using language which blames and disempowers.

EU – Give kids a break!

- Access this [event report](#) prepared by the European Public Health Alliance and the International Association of Mutual Benefit Societies, setting out aspirations for EU action to protect children from the harmful impact of food marketing. These are



described by Members of European Parliament and other public interest stakeholders including the World Health Organisation who took part in the event this June. Find the [link here](#) to the event page and materials including presentations.

Gambling-Related Harm – data

- During August, data from gambling industry illustrating gross gambling yield (GGY) was released in an interactive Power BI format – useful to look at types of gambling platform and spend. You can access the dashboard and other related documents via [this link](#).

Please note: if you have downloaded COVID-19 gambling data from the Gambling Commission website before February 2022, you should ensure that this has not been affected by the supply of incorrect information by gambling operators (representing around 80% of the online gambling market). This was re-run earlier this year so do ensure you are using the revised versions. Please find further information on this [here](#).

Gambling-Related Harms – Suicide Risk

- Joining the efforts to mark World Suicide Prevention Day on 10th September, the Association of Directors of Public Health (UK) highlighted the link between gambling and suicide, reiterating recommendations to prevent and reduce harm. Read more [here](#).

Gambling-Related Harms – learning from gaming development

- This [interesting paper from the Trimbos Institute](#) (van Rooij et al, 2021) presents a perspective on the potential of video games to harm or contribute to health and well-being. This demonstrates how gaming uses ‘behavioural design’ to influence the gamer’s activity and increase engagement (and revenue) and asks whether this can be used in an ethical and ‘responsible’ way, citing the lack of a code of conduct to guide design. This analysis has clear relevance to the topic of online gambling, particularly as the lines between gaming and gambling are becoming increasingly blurred, and the addictive potential of online gaming is already recognised as associated with ‘gaming disorders’.



Health and Wellbeing Across the Life Course

Team Lead: Alison Iliff

Ensuring that our children have the best start in life and are ready to start school, that our young people are supported so they enter adulthood physically and mentally resilient, ready to start work, that adults are able to secure and maintain a good job and a home, and that older adults have fulfilling, productive and connected lives.

Healthy Ageing

Lead: Alison Iliff

The North East and Yorkshire region Falls in Social Care conference took place between 26 and 30 September. It was an on-demand conference with more than 25 video presentations released across the week under the following themes:

- Monday: Falls prevention
- Tuesday: Equipment and digital enablement
- Wednesday: Falls management
- Thursday: Learning and Leadership
- Friday: Falls Network, Supervision and Evaluation

All recorded content is available on the Yorkshire and Humber Public Health Network [website](#).

Public Mental Health & Suicide Prevention

Lead: Laura Hodgson

Better Health-Every Mind Matters Campaign for World Mental Health Day

Around World Mental Health Day (Monday 10th October) **Better Health-Every Mind Matters** will launch a campaign to encourage people to be '**kind to your mind**' and highlight that '**doing the small things can make a big difference to your mental wellbeing.**' Aimed at 18-34 year olds, but weighted towards vulnerable groups and those most at risk of mental health problems, the campaign will launch across Video-On-Demand, PR, online video, social and digital.

The paid media campaign heroes the small things we can all do to look after our mental wellbeing and how they can make a big difference; encouraging us to be kind to our mind, both in the moment and building it into our lives as a positive, simple habit. We will be talking to our audiences either in moments where they are removing themselves from the day and retreating to the familiar i.e. when they are binge watching TV, scrolling through dating apps, gaming etc. or, when they are explicitly seeking help or guidance with stress, anxiety, low mood and trouble sleeping.



A range of free campaign resources is now available here:

<https://campaignresources.phe.gov.uk/resources/campaigns/111-better-health---every-mind-matters/resources>

Mental Health Crisis Breathing Space Scheme

The Money & Pensions Service, working with Rethink Mental Illness, are keen to ensure that key mental health practitioners, such as mental health nurses, social workers, care coordinators, AMHPs, IMHAs and IMCAs are aware of the Mental Health Crisis Breathing Space scheme and the protections and support it can provide to their service users who may be experiencing debt and mental health crisis.

The Mental Health Crisis Breathing Space scheme is for people who have debts and are either detained under most assessment and treatment sections of the Mental Health Act 1983, have been taken to a place of safety under either section 135 or 136 or are receiving treatment and support for an acute mental health crisis in hospital or from a specialist team, such as Crisis or Home Treatment Teams. The scheme stops creditors from contacting the person about their debts and also halts any enforcement action, such as bailiffs or eviction. This gives the person the time and space they need to focus on their mental health recovery, and get some advice about their debts if they feel well enough.

Rethink Mental Illness, who run the specialist Mental Health & Money Advice Service have created posters which can be put up on relevant wards and other settings to explain the scheme to both patients and healthcare professionals. If Trusts or wider partners would like some posters, they can contact LauraM.Peters@rethink.org who can organise shipment.

You can sign up to future webinars via the Rethink Mental Illness website; [Mental Health Breathing Space \(rethink.org\)](https://rethink.org/mental-health-breathing-space)

Centre for Mental Health Briefing - Poverty, economic inequality and mental health

This month, the Centre for Mental Health published a [new briefing](#) on poverty and its impact on mental health.

The Covid-19 pandemic is being accompanied by a substantial rise in demand for mental health services. Whilst investment in mental health services is vital, it is also necessary to tackle the factors that cause and worsen mental ill health in the first place.

Poverty, economic inequality and mental health, by Ed Davie, explores evidence about the links between these factors, showing that living in poverty increases people's risk of mental health difficulties, and that more unequal societies have higher overall levels of mental ill health. The briefing also demonstrates that poverty and economic inequality intersect with structural racism to undermine the mental health of racialised and marginalised groups in society and the briefing sets out policies that would make a real difference.

ONS publication - Suicides in England and Wales: 2021 registrations

The annual ONS data release on registered deaths from suicides in England and Wales was published on 6th September. Please find link to the release below, along with the quarterly



suicide death registration data in England from 2001 to 2021 including 2022 provisional data.

1. Suicides in England and Wales: 2021 registrations

<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/2021registrations>

2. Quarterly suicide death registrations in England: 2001 to 2021 registrations and 2022 provisional data

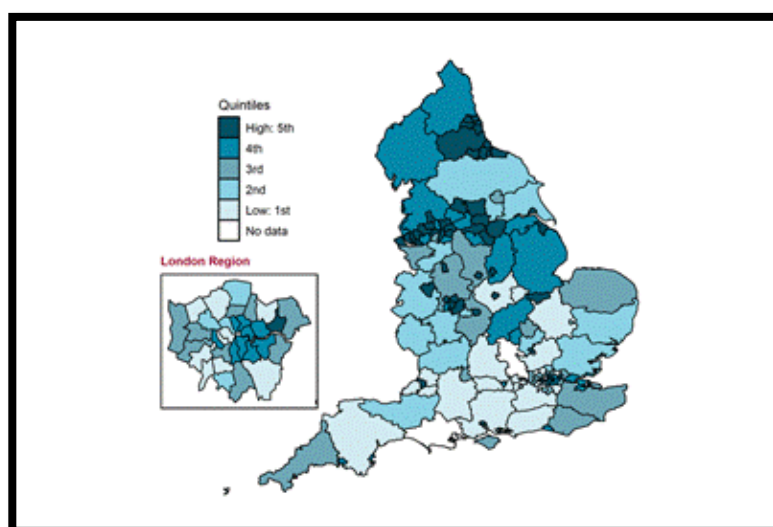
<https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/quarterlysuicidedeathregistrationsinengland/2001to2021registrationsandquarter1jantomartoquarter2aprtojune2022provisionaldata>

Reminder - Premature Mortality in adults with severe mental illness (SMI) Report

To support the local use of [2 new indicators on premature mortality in adults with SMI](#), the Mental Health Intelligence Network (OHID) have published the [Premature mortality in adults with severe mental illness \(SMI\) report](#).

This report presents analysis of the geographical variation in the premature mortality and excess premature mortality for adults aged 18 to 74 years with severe mental illness (SMI) in England. It is the first in a series of reports that analyses variation in premature mortality and excess premature mortality for adults with SMI. We will review the key highlights of the report in the April Y&H Public Mental Health and Suicide Prevention Col Regional Network later this month.

Figure 3: Map of upper tier local authorities (pre-April 2019) in England for premature mortality in all adults. Directly standardised rate – per 100,000, 2017 to 2019



This figure shows large geographical variation with clearly higher rates of premature mortality in urban areas and in the North of England. Local areas with higher premature



mortality rates in adults with SMI usually also have higher premature mortality in the general population although, not always. These areas also generally have high deprivation scores.

This report is written for:

- national organisations that lead and develop strategy, policy and guidance on people with SMI
- local organisations that plan, manage and deliver different stages of clinical and preventive care for people with SMI
- local organisations that, along with mental health, manage and treat physical health conditions in people with SMI

This data is provided to help local areas better understand the needs of their population, and to assess if the interventions they put in place are helping to reduce premature mortality in the population with SMI. This report is part of a wider programme of work seeking to better understand and effectively measure premature mortality in adults with SMI.

Older People's Mental Health and Eating Disorders

We are pleased to invite you to an online session on eating disorders and Older People's Mental Health on Tuesday 18th October from 15:00-16:30.

There is no need to register to attend this session.

[You can access the session via this link.](#)

The session will be chaired by Amanda Thompsell, National Speciality Advisor for Older Adults Mental Health and will cover:

- National Programme on Adult Eating Disorders
- An overview of the literature for older people and eating disorders
- A presentation on work in North East Yorkshire with older people and disordered eating.
- Outline of the new Older people and Eating Disorder recommendations
- Opportunity for discussion / Q&A with panel

We will be running the session as a live event on Microsoft Teams. We'll also record and share the event, along with any key resources and the slide deck.

Please do share this invite with colleagues who you think would benefit from the session. A final agenda will be shared closer to the date.

~ NHSE/AMH Team



World Mental Health Day and the MIND Campaign

As we approach **World Mental Health Day (Monday 10 October)**, Mind have shared what they're planning to mark the day, so that resources can be shared if people wish to. Appreciate you may have your own campaigns planned, so feel free to share with the regional network and tag in #SportMinds on socials so that Mind can try to share them on the day too.

The **'If this speaks to you, speak to us'** campaign uses spoken word poetry to show the different ways we talk about our experiences of mental health.

Mind want these stories to change the way we think and speak about mental health problems. To encourage people to reach out for support, whatever their experience of mental health.

Mind are encouraging people to get involved in the campaign. To help, they've created a [World Mental Health Day pack for the sport sector](#). It includes key messages, social media content, mental health statistics and a range of assets.

To find out more about World Mental Health Day, visit mind.org.uk/WMHD-22.

Afghan Mental Health Guidance

The Afghan Mental Health Group has recently published an Afghan Mental Health Guide, [available here](#). The guide aims to create a starting point and resource for mental health professionals to think about mental health conversation starters, how to tailor access to mental health for Afghan sanctuary seekers, improving the quality of care after access, considering a range of culturally appropriate treatment options, and identifying mental health difficulties in the first instance.

Employment advisers in improving access to psychological therapies

Please see reports published by the Department for Work and Pensions and Department of Health and Social Care to present the findings from 2 components of the employment advisers in improving access to psychological therapies (EAs in IAPT) evaluation [available here](#).

NICE Guideline on Self-harm

A new guideline has been released: [Overview | Self-harm: assessment, management and preventing recurrence | Guidance | NICE](#). Self-harm can occur at any age and can present in a variety of locations, of course not just in healthcare settings. The new guideline published by NICE gives evidence-based recommendations for assessment, management



and preventing recurrence – including around family support, compassionate approaches and clinical risk assessments.

NICE guideline on Depression in adults: treatment and management

This final guideline has now been published on the [NICE website](#). Please note [Depression in adults: discussing first-line treatments for less severe depression \(nice.org.uk\)](#) and the inclusion of group therapy. The guidance also makes clear that treatment (low intensity or high intensity) should include relapse prevention before patients are discharged and that discharge should not happen immediately upon recovery but following relapse prevention work to help ensure the gains made in treatment are maintained.

The [supporting evidence](#), [tools and resources](#) as well as all the [stakeholder comments](#) that NICE received during consultation and the responses to these comments can be found via the links highlighted. An [equality impact assessment](#) to support the guideline has been produced and brief information about the guideline for people using services, carers and the public can be found at '[Information for the public](#)'.

The final guideline includes [recommendations for research](#). More detail can be found in the [supporting evidence](#). [Funding is available from the National Institute for Health and Care Research \(NIHR\)](#) for projects addressing NICE research recommendations. We encourage researchers to apply for funding to generate new evidence to inform future NICE guidance.

If you have any queries, please contact depressioninadultsupdate@nice.org.uk

Sexual Health Impacts Across the Life Course

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

Sexual Health Week 2022

- This is now taking place from 10-16 October – further details [here](#).

DHSC/NHSE announce inclusion of a national Pharmacy Contraception Service in the Community Pharmacy Contractual Framework

- From 11 January 2023, Tier 1 of a Pharmacy Contraception Service will be introduced, enabling community pharmacists to provide ongoing management, via a Patient Group Direction, of routine oral contraception that was initiated in general practice or a sexual health clinic. From 4 October 2023, subject to positive evaluation, Tier 2 will be introduced, enabling community pharmacists to also initiate oral contraception, via a Patient Group Direction, and provide ongoing clinical checks and annual reviews. Further details [here](#).

Sexual and Reproductive Health Services, England (Contraception) 2021/22 publication by NHS Digital

- Full details [here](#) and selected findings include:



- Sexual and reproductive health services had 964,000 contraception-related contacts in 2021/22, down from 1,001,000 in 2020/21
- 525,000 females used sexual and reproductive health services for contraception in 2021/22:
 - 56% of females using services for contraception had long-acting contraception as their main method, up from 46% in 2020/21
 - 44% of females using services for contraception had a user dependent method as their main method, down from 54% in 2020/21
- 55,000 items of emergency contraception were prescribed at sexual and reproductive health services in 2021/22, up from 46,000 in 2020/21 and down from 81,000 in 2019/20.

Q2 2021 under-18 conception data published by ONS

- The data for England and all LAs can be found [here](#).

NCMP

Lead: Nikki Smith

[New Publication on National Child Measurement Programme](#)

New analysis report examining how weight status changes in individual children during primary school, this is the first time the National Child Measurement Programme (NCMP) data has been analysed in this way at a national level. Data collected from children in reception year (aged 4 to 5 years) in 2013 to 2014 have been linked to their measurement data collected in year 6 (aged 10 to 11 years) in 2019 to 2020.

The report presents interactive charts showing the patterns of movement between body mass index (BMI) categories; underweight, healthy weight, overweight, obesity (excluding severe obesity) and severe obesity, for all children in the dataset and presents the data split by sex, ethnicity, deprivation, and region.



Inclusion Health

Lead: Cathie Railton

Inclusion health is a term used to describe people who are socially excluded, typically experience multiple overlapping risk factors for poor health, experience stigma and discrimination and often have much worse health outcomes than the general population. We are working to ensure that the health and wellbeing needs of inclusion health groups are systematically addressed across all programmes – planning, commissioning, and service delivery through a collaborative and cross-partnership approach.



Guidance, publications and other resources:

- UKHSA have updated the guidance on [COVID-19 testing in homelessness, domestic abuse refuge, respite room and asylum seeker accommodation settings](#). The guidance was updated to include advice on testing in asylum seeker accommodation settings. The guidance for providers of accommodation for asylum seekers has now been withdrawn.

Homelessness

- The government's [Rough Sleeping Strategy](#) has been published. The strategy, led by DLUHC contains £2 billion of funding over the course of this parliament, and aims to prevent rough sleeping and provide effective support where rough sleeping does occur.

Health is a key theme within the strategy and spanning a number of areas, including:

- Building on reforms made to the health and care system and the introduction of Integrated Care Systems
- Enabling Adult Social Care to be more responsive to the needs of people sleeping rough
- Preventing discharge from hospital to the streets
- Improving substance misuse support for people sleeping rough, including through the expansion of the Rough Sleeping Drug and Alcohol Treatment Grant programme

The strategy was published on 3rd Sept so plans for its implementation are still being worked through.

- A report by St Mungo's: Life Changing Care: The role, gaps and solutions in providing social care to people experiencing homelessness available [here](#)
- [Progress Report 2022 – The Kerslake Commission \(commissiononroughsleeping.org\)](#) The Kerslake Commission on Homelessness and Rough Sleeping has published a new report which assesses the steps made towards ending rough sleeping in England and considers the impact of the current economic crisis.
- Latest thinking on patient experience for homeless people - Groundswell have launched an updated [literature review](#) which draws on the most recent evidence about patient experience for people who are homeless. The report includes findings from five new research reports from the [#HealthNow campaign](#), and identifies where further knowledge and evidence is needed.

Migrants:

- The '[Afghan Resettlement Programme: Operational Data Factsheet](#)', is a new publication by the Home Office, which contains the published operational data on the programme to date. It will be updated regularly.
- An [Afghan Mental Health Guide](#) has been developed by the Afghan Mental Health Group. This group is made up of the Afghan Association of Health Professionals,



the Afghan Academy, Paiwand (the largest Afghan charity in the UK), and King's College London.

- A psychological toolkit for children affected by displacement: Bear Us in Mind has been created to support and provide psychological tools for children who may be experiencing trauma or grief, especially due to displacement and/or bereavement. [Find it here.](#)
- Maternity services in the UK: your rights and entitlements
Refugee Women Connect have put together a video explaining how people in the asylum system can better navigate UK maternity services. [Watch it here.](#)
- Migration Yorkshire have completed the quarterly update of the local migration data dashboards on their [statistics webpage](#) covering data about:
 - Asylum seekers (specifically those supported under S95 and S4)
 - Refugees resettled under government resettlement schemes
 - Unaccompanied asylum-seeking children
 - European Union Settlement Scheme

They are also continuing to update the [Ukraine data dashboard about applications, visas issued and arrivals under the Homes for Ukraine scheme](#) every fortnight.

- British Red Cross and VCSE Health and Wellbeing Alliance – Improving access to mental health support for refugees and people seeking asylum - This [report](#) explores access to and experience of mental health support for refugees and people seeking asylum in England. It finds a need for a person-centred, trauma-informed approach where the specific needs of the individual are considered and the most appropriate mental health support is offered. It also details an opportunity to improve communication with refugees and people seeking asylum in the provision of mental health support, including longer appointment times to overcome language barriers, preference for face-to-face appointments, written and translated communication, and consistent access to professional interpreters.
- Short film and resources for asylum seekers to support healthcare accessibility - Commissioned by NHS England South East, and in partnership with Compass Collective, Counterpoints Arts has produced a short film and leaflet to help asylum seekers in the UK stay safe and access health services. The resources are available [here](#).
- Journal publication on labour exploitation and migrant health - An article on [Building a better understanding of labour exploitation's impact on migrant health: An operational framework](#) has been published in *PLOS One*. This article helps to build a better understanding of how different levels of exploitation may affect migrant workers' health

Updated guidance on refugee and asylum seeking children and young people from the Royal College of Paediatrics and Child Health - The Royal College of Paediatrics and Child



Health have [updated the Refugee and asylum-seeking children and young people guidance for paediatricians](#). This is an update to existing guidance and includes the following updates:

- A new list of definitions
- Notes on access to NHS healthcare for refugee and asylum seeking CYP
- Changes to the paediatric health assessment process
- Additions to the communicable diseases section
- Inclusion of mental health considerations
- Inclusion of information on the wider determinants of health

DLUHC has published [an introductory welcome guide](#) for unaccompanied children under 18 who are moving from Ukraine to England under the Homes for Ukraine scheme. This guide, available in English, Ukrainian and Russian and seeks to provide a starting point for these arrivals, including information about arriving and living in the UK, where they can go for help if they have any problems, and how they will interact with councils.

- [Adverse childhood experiences among children of parents who are refugees affected by trauma in Denmark: a register-based cohort study](#) - The Lancet, Public Health, published 14th Sept 2022
- [Adverse childhood experiences in children of parents who are refugees affected by trauma](#) - The Lancet, Public Health, published 14th Sept 2022
- Briefings on the Nationality and Borders Act - Medical Justice have published their report on the health impact of the Rwanda expulsion policy, which refers to a cohort of individuals selected for removal to Rwanda. You can read the full report [here](#).

Modern slavery

Report: Identifying pathways to support British victims of modern slavery towards safety and recovery

- [New research](#) from the Modern Slavery and Human Rights Policy and Evidence Centre (Modern Slavery PEC) research project highlights the barriers faced by British modern slavery victims and pinpoints significant gaps in understanding and missed opportunities to prevent exploitation, protect victims and support them into sustained recovery.

Gypsy and Traveller communities

- [Tackling Suicide Inequalities in Gypsy and Traveller communities](#) report by Friends, Families and Travellers (FFT) has now been published. This resource provides guidance for a variety of public health and healthcare professionals on how to ensure Gypsy and Traveller communities are included within suicide prevention planning and support.

Events/webinars/training

- Supporting Refugees and Asylum Seekers Conference 2023: Working Together to Deliver Wrap-Around Care - An online event is taking place on 31st January 2023. See the [event page](#) for details.



- UN General Assembly (UNGA) side event - Promoting the health of refugees and migrants: are we on the right path to evidence-informed policymaking?
The UNGA high-level side event on evidence-informed policymaking in migration and health took place on 20 September 2022. The event covered the main findings from [WHO's first world report on the health of refugees and migrants](#). You can access the recording from the UNGA side event [here](#)
- Anti-Slavery Day 2022: Launch of the Leeds Pledge to Tackle Modern Slavery, Tuesday 18th October, Leeds Civic Hall, 9.30am – 1.00pm - Register [here](#)
- A Yorkshire and Humber Migration Research Network event - The challenge of translating migration research into policy and practice, Friday 14 October, 10:00 - 15:00, Heritage Quay, University of Huddersfield

You don't need to be a researcher to attend this free event – anyone with an interest in translating research into policy and practice is welcome, including people working in the migrant support sector. To attend, please register on [Eventbrite](#).

- Pathway annual [conference](#): The 12th International Conference of the Faculty for Homeless and Inclusion Health will be held on 15th and 16th March 2023, with the option to participate in London/online or at a regional hub in Manchester, Leeds or Birmingham



Workforce Development
Lead: Chris Sharp

Local Authority Research Links Event

The NIHR Clinical Research Network Yorkshire and Humber invites you to join with academics, Research Champions, LARKs and Local Authority 0 - 19 years leaders across the Yorkshire and Humber region, at this face to face event.

The day will consist of:

- A number of guest speakers
- Information on funding opportunities to carry out research in this area
- World Café event
- Networking opportunity

Please share with your CYP leaders, places can be booked through Eventbrite:
<https://www.eventbrite.co.uk/e/401312836497>

Promoting Flu and Covid Boosters to protect health this Winter

[Y&H Webinar: Building Vaccine and Screening Confidence Training Programme](#)



The purpose of these workshops are to provide skills training that can be utilised to combat disinformation and providing reassurance and confidence for Flu & Covid Vaccines.



Data, Documents, Letters, Reports and General Information

System wide News, updates, and guidance

General Information sharing:

NHSE: Webinar Invitation: Foundation Programme in Public Health for Integrated Care Systems:

WHEN: Wednesday 2nd November 2022 | 10.00 – 11:00

The NHS is changing and a big emphasis on population health has emerged to address health inequalities.

In response to this challenge, the Foundation Programme in Public Health has been designed by the Yorkshire and Humber School of Public Health to help the health and social care workforce improve their knowledge and understanding of health inequalities to better support population health initiatives.

Funded by Health Education England, this online programme will be supporting workforce development in all four Integrated Care Systems in the North East and Yorkshire and Humber regions starting January 2023.

Benefits of the programme include,

- Foundation level knowledge and understanding of health inequalities.
- Improved understanding of how current specialisms can be reoriented to address health inequalities,
- Improved understanding of how emerging population health policies can address health inequalities,
- Improved understanding of how system-wide working can address health inequalities, and
- Improvement in the overall number, quality and impact of health promotion, protection, or prevention initiatives.

[Click here to register](#)

Find out more about the programme [here](#).



UKHSA Updates:

News, updates, and guidance:

UKHSA Conference:

The [first national UKHSA conference](#) will be held at the **Leeds Royal Armouries Museum** on **Tuesday 18 and Wednesday 19 October 2022**.

As an organisation with science and research at its core, the conference will bring together the best in health protection science from UKHSA and partner organisations alongside the latest developments on strategy and policy, covering work right across the health security landscape. We will hear from new and established speakers from the health and care system, academia, central and local government and industry, including Dame Jenny Harries, Sir Chris Whitty, Kevin Fenton, Dr Bola Owolabi and more to be announced. Our programme is now finalising and you are now able to [view sessions on the conference website](#). [Registration is open](#) for delegates from the public sector and academia, private and commercial sector – places are filling fast and we recommend you book your place by 30th September to avoid disappointment. Outside the main programme, we will offer a selection of breakfast sessions, networking and social activities, to help you get the best from the conference, and make connections with colleagues, established and new.

[Find out more about the conference and book your place](#)

Monkeypox:

An epidemiological overview of the current monkeypox outbreak in the UK is regularly updated and published [here](#), a breakdown of cases by upper tier local authority is now included. Technical briefing documents on the investigation into cases of monkeypox in England can be found [here](#). All guidance documents can be found [here](#), including those relating to vaccination. A recent [press release](#) and [updated JCVI advice](#) in relation to second doses have now been published. Resources to support targeted awareness raising can be found [here](#).

Second vaccine doses to be offered to those at highest risk from monkeypox:

Whilst clinics continue to prioritise first doses for those at highest risk, the JCVI has endorsed UKHSA's proposal to offer second doses to those at highest risk of exposure to maximise protection. 20,000 vaccines have been delivered to the UK government by Bavarian Nordic and, in order to maximise the number of people that can be vaccinated, more clinics will offer the vaccine using intradermal administration in the coming weeks.

As of 20 September, more than 45,000 people had received a dose of the vaccine including over 40,000 gay, bisexual and other men who have sex with men who are at the highest risk of exposure. Following a clear peak in mid-July, case numbers continue to fall with analysis



of wider infection trends suggesting changes in behaviour in the groups most at risk may have contributed to the reduced case rates.

You can find more details about the [revised JCVI advice, monkeypox vaccinations and UKHSA's 8th technical briefing](#) on gov.uk and the latest case numbers in UKHSA's [epidemiological overview](#)

New e-bus site launches:

Ahead of the new school term e-bug have launched their new site and free resources. e-Bug, operated by the UK Health Security Agency, is a health education programme that aims to promote positive behaviour change among children and young people to support infection prevention and control efforts.

Visit the new site [here](#).

World Antimicrobial Awareness Week 2022 – 18-24 November

The daily themes for World Antimicrobial Awareness Week 2022 have been announced, for the event which will run from 18 to 24 November. The following themes are designed to focus activity for each weekday of this period.

Daily themes:

- **Day 1** – Friday 18th November: **'Prevention'** (including Infection Prevention and Control measures and vaccination).
- **Day 2** – Monday 21st November: **'Antimicrobials in clinical practice'** (antibiotic course length, promoting shorter course length, empiric prescribing, intravenous-oral switch, promotion of current clinical guidelines).
- **Day 3** – Tuesday 22nd November: **'Optimising diagnostics'** (increasing understanding of established and innovative methods of detection of infection, antibiotic-resistant or otherwise).
- **Day 4** – Wednesday 23rd November: **'Antimicrobials and untrue or spurious allergy'** (including issues such as untrue penicillin allergy labels and de-labelling spurious antibiotic allergy labels)
- **Day 5** – Thursday 24th November: **'Antimicrobial resistance and the environment/sustainability and research'** (linking AMR with environmental considerations, such as disposal of antibiotics and environmental contamination. One Health approaches to tackling AMR through research may also be highlighted on this day).

National WAAW 2022 resources for local use are available [here](#) so local activities can start to be planned. Additional supporting resources will be made available in the coming weeks. In the meantime, think about:



- Accessing the existing digital resources for health care workers that can be used and shared during WAAW. Additional resources will be made available in the coming weeks.
- Using the quick guides on [working with local comms teams](#) to produce local WAAW messaging ahead of WAAW, as well as a guide on working with senior leaders to create [organisational AMS videos](#) for release during the week.
- Watching the recorded 'Planning your local WAAW or EAAD' [Knowledge Café \(2021\)](#) and [workshop \(2020\)](#), organised by UKHSA. These includes a range of projects and resources that colleagues can use as part of their WAAW planning.
- Accessing the Antibiotic Guardian [shared learning page](#) for inspiration.
- Registering your organisation's AMR awareness activities with Antibiotic Guardian by using the [online registration form](#) (this will take less than 5 minutes).
- Choosing an [Antibiotic Guardian pledge](#) if you haven't already, and encourage others to do so.

Join in and promote via social media using the following hashtags:

#AntibioticGuardain
#KeepAntibioticsWorking
#WAAW2022

Consultation – Clostridioides difficile infection guidance

- UKHSA is asking for feedback from all healthcare professionals on the new edition of its *Clostridioides difficile* infection (CDI) guidance. Please see the consultation page [here](#). We ask for comments on the draft guidance by **5pm on Friday 14 October** and to be submitted via [this form](#).

COVID-19 Data:

- **Dashboard** - [Visit the COVID-19 Dashboard](#)
- **Surveillance** - [Read the latest report here](#).

Transmission statistics

Latest R and growth rate for England as of 16 September 2022

- Latest R range for England 0.8 to 1.0
- Latest growth rate range for England -3% to 0% per day.

Variants of concern

- The latest data on variants of concern or under investigation data [can be found here](#).



~ End ~

Thank you for reading, for our previous publications of our Monthly Update newsletter please visit our website [here](#).