



# Office for Health Improvement & Disparities



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## Yorkshire and the Humber Monthly Newsletter

Issue: 83, November 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 team: [neyadmin@dhsc.gov.uk](mailto:neyadmin@dhsc.gov.uk)*



## Cost of Living

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

### Mental Health Breathing Space

[Mental Health Breathing Space](#) is a debt respite scheme for people currently receiving mental health crisis treatment certified by an Approved Mental Health Professional (AMHP). This means that creditors cannot contact them during that time or take action against them to recover their debt. People can self-refer or someone else can apply on their behalf (but they do need to have a signed evidence form from an AMHP before applying).



The breathing space lasts for as long as the person is receiving mental health crisis treatment plus another 30 days. For more information visit [Mental Health and Money Advice website](#).

### [Time for action on poverty \(free virtual conference\) Tue 6 Dec 2022](#)

The event will provide practical examples on how the health and care sector can effectively engage with partners across local government, the VCSE sector and business, to achieve meaningful progress on poverty and deliver services to the most excluded in society. You will hear about the role of NHS organisations as 'anchor institutions' and discuss how health and care organisations should use their influence and resources to poverty-proof services, address inequalities, and benefit the communities they serve.

### [Cost of living tracker | Centre for Cities](#)

Tracking city-by-city inflation and wage figures to monitor where inflation is hitting hardest, how prices and wages are rising across cities and large towns, and the impact of mounting prices on money in worker's pockets.

### [Faculty Public Health Poverty & the Cost of Living](#)

Policy recommendations and new Special Interest Group

### [Hunger and health: addressing children's food insecurity](#)

Presentations now available from LGA event 12<sup>th</sup> October 2022

**Webinar recording and report:** [Messaging this Moment](#) is a new report on how to effectively connect the climate and cost of living crises for a broad public audience.



Download Messaging this Moment [here](#). Watch the webinar [here](#).

It includes:

- 3 stories that work across political divides
- A do's & don'ts table
- Ways you can pivot the conversation away from unhelpful places

It was created with input from a group of messaging experts from across the environment, social justice, and new economy movements. The messages went through three rounds of polling with Opinium.

### **Cost of Living Network:**

The LGA is holding a series of webinars to give councils the opportunity to come together and hear from speakers on what is being done locally and nationally to help mitigate the impacts of the cost of living.

In response to rising energy bills, the first webinar will explore warm spaces and how councils can best support people who are unable to meet their homes. Speakers include Gateshead Council, Bristol City Council, Suffolk Libraries, and the Warm Welcome Campaign.

The second webinar look at hardship support and how local welfare can be administered in an integrated, strategic, and data-driven way that delivers best outcomes for communities. Speakers include East Devon Council, the Royal Borough of Greenwich, Trafford Council, and Citizens Advice (national policy team).

Please [complete our sign-up form to receive invitations to both of these events](#).



## 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

### [Exploring the public health impact of COVID-19 on the food takeaway landscape](#)

Relaxed measures which made it easier for businesses to trade as takeaways during the COVID-19 pandemic did provide vital support, but also led to issues around food hygiene and waste, new research has found.

A team led by Fuse academics has been working with Public Health England to analyse the effect COVID-19 had on the North East food takeaway industry.

### [National Obesity Audit](#)

The National Obesity Audit (NAO) is being developed to bring together a range of information on adult and children's weight management services across England to help drive improvement in quality of care available to those living with overweight and obesity. NOA was launched in April 2022 and has been established by NHS England as part of the National Clinical Audit and Patient Outcomes Programme (NCAPOP).

### [Better Health Start for Life Breastfeeding](#)

Resources available on the Campaign Resource Centre. There are a range of free orderable and downloadable resources to help you promote the suite of digital and hard copy support tools (including the Breastfeeding hub and Information Service for Parents), which assist mums and new parents through their first weeks of breastfeeding and beyond.

### [Yorkshire and Humber Healthy Weight and Physical Activity Community of Improvers](#)

A forum around Healthy Weight across Yorkshire and Humber to focus on public health priorities, collaborate and work at scale to deliver improvements.

### [Yorkshire Obesity Research Alliance](#)



The Yorkshire and Humber Obesity Research Alliance will facilitate collaborative working by providing a forum that will:

- Enable effective cross-sector working and collaboration across the region.
- Facilitate shared learning: enhancing research translation and co-production.
- Develop a highly applied regional obesity research strategy and action plan, that fits with other regional activity and plans, and ensures all research addresses real world priorities: providing solutions that make a real and tangible difference to population health.
- Facilitate the development of pan Yorkshire research funding applications.
- Promote the CRN across the YORA network and support the CRN strategic priorities.
- Provide opportunities to develop early career researchers and support further embedded research opportunities.

To find out more about or join YORA please email Jordan [j.r.marwood@leedsbeckett.ac.uk](mailto:j.r.marwood@leedsbeckett.ac.uk) or Alice [hwbab8@my.shu.ac.uk](mailto:hwbab8@my.shu.ac.uk)

## Physical Activity

Lead: Nicola Corrigan

### [Yorkshire and Humber Healthy Weight and Physical Activity Community of Improvers](#)

A forum around Physical Activity across Yorkshire and Humber to focus on public health priorities, collaborate and work at scale to deliver improvements.

### [Yorkshire & Humber Physical Activity Knowledge Exchange \(YoHPAKE\)](#)

The purpose of the YoHPAKE network is to encourage knowledge exchange between key physical activity stakeholders in the Yorkshire and Humber area. The network comprises of academics, public health practitioners, sporting partnerships, education - active schools, leisure services, medical professionals and private and voluntary organisations.

### [YoHPAKE Lunch & Learn - September 21st](#)

Listen again to the bimonthly session to hear a range of speakers covering topics from children to prostate cancer to the built environment. These events share physical activity learning and practice across Yorkshire and Humber and beyond. To present your research or practice at future events please email [nicola.corrigan@dhsc.gov.uk](mailto:nicola.corrigan@dhsc.gov.uk)



### [YoHPAKE Lunch & Learn 23rd November 2022](#)

At the next session in the lunch and learn series from Yorkshire & Humber Physical Activity Knowledge Exchange we will hear from speakers on a range of topics including working with children with autism and physical activity and dementia.

### [Physical activity for the prevention & management of long-term conditions](#)

Health care professionals attending this **FREE** online training will have the opportunity to:

- Access evidence-based resources proven to increase knowledge and confidence, and support clinical practice in line with guidance (e.g. NICE)
- Improve management and care of patients with 30+ long-term conditions (e.g. CVD, type 2 diabetes, depression, MSK issue and some cancers)
- Help reduce service demand and costs i.e. the ~£0.9bn annual cost to the NHS associated with insufficient physical activity.

### [Social and economic value of community sport and physical activity in England](#)

The findings of this report show that for every £1 spent on community sport and physical activity in England, an economic and social return on investment of £3.91 is generated. Taking into account physical health benefits, mental wellbeing uplifts and economic development – the contribution was found to benefit some £85.5 billion to the English economy and society.

[Kingston Council: Volunteer with Good Boost - YouTube](#) a **HIN funded home exercise (MSK) pilot in Southwark and Kingston. Evaluation link [here](#)**, a youtube video [here](#) where you can hear more about this excellent project. In Kingston, this small pilot supported older people in their homes to increase their physical activity and improve their strength and balance using technology and volunteers.

### [Report highlights benefit of building movement into whole school day | Yorkshire Sport](#)

An insight report on the Creating Active Schools (CAS) framework has been published to look at how to get children active before, during and beyond the school day. The report investigates the challenges and motivations around using physical activity as a driver for whole school improvement. It found the CAS process has helped schools bring in new, creative, and innovative solutions to help everyone move more.

### [Webinar recording: Understanding the Social Prescribing Landscape & building collaboration at health system and local level](#)

This event brought together the VCFSE, health and care sectors, regional social prescribing leads and link workers from across the North-East, North Cumbria and



Yorkshire to gain a greater understanding and discussion around our regional social prescribing ecosystem.

### [Webinar Recording: Planning Advisory Service. Biodiversity Net Gain](#)

This is a recording of a webinar on nature recovery and biodiversity net gain.

### [Event: What does nature recovery mean for local authorities?](#)

An event for local authority officers exploring the opportunities, challenges and the journey ahead on delivering nature recovery.

### [National Design Code Pilot Case Studies](#)

The case studies from Phase 1 of the Design Code Pilots includes [Leeds City Council](#)

### [Transport for the North \(TfN\): transport-related social exclusion report and data tool](#)

Transport related social exclusion is a complex issue with many potential causes and consequences, but the ultimate result is that people are prevented from participating in the opportunities and communities around them because of poor mobility and connectivity.

TfN, in conjunction with Social Research Associates and Temple, engaged with over 3,000 members of the public and experts from across the North to understand the impacts of the transport system on everyday life. Following this, TfN developed [a data tool](#) to measure the risk of TRSE across England – analysing access to jobs, education, healthcare and key services, and the vulnerability of the population to social exclusion

### [The role of homes and buildings in levelling up health and wellbeing](#)

This research briefing links to statistics on housing and health and explores it in the context of levelling up.

### [20-Minute Neighbourhoods: Creating Connected Places - Town and Country Planning Association \(tcpa.org.uk\)](#)

20-minute neighbourhoods or ‘complete, compact and connected’ places create the conditions for people to live healthier, more active lives. This webinar – [the latest in a series of TCPA webinars about 20-minute neighbourhoods](#) – will explore how better connections across and between neighbourhoods can be achieved in different types of places, including traditional settlements that were designed for walking but have become car-dominated, and post-war developments that were designed in an era when it was assumed that car-ownership would be universal.

### [Improving health and wellbeing through housing](#)



The Improving Health and Wellbeing through Housing High Impact Change Model (HICM) aims to support local care, health, and housing partners to work together to deliver the range of housing that is most effective in enabling older people and other people with health and care needs to live independently and to shape local housing markets and services to achieve this.

## Food Systems

Lead: Nikki Smith

### [Living Healthier and Longer: The Role of Food](#)

Faculty of Public Health food policy briefing

### [Fix Our Food](#)

Welcome to the FixOurFood newsletter. Our first edition is packed with updates on our most recent activities. To read more about our journey so far, we would encourage you to take a look at our [website](#), where you can read about our activities and understand our approach to transforming the Yorkshire food system; we also have some great explainer videos on our media page. Our regular [blogs](#) include some great pieces and report on some of the highlights for us to date, such as the Holiday Activities and Food Programme evaluation, our visits to local farmers and the success of our vertical farm.

### [Healthier Resilient Food Systems](#)

This network brings together those interested in Food across the YH region. It is a subgroup of the YH ADPH sector led improvement workstream. to be included on the distribution list please email [niucola.smith@dhsc.gov.uk](mailto:niucola.smith@dhsc.gov.uk)

## Work, Worklessness and Health

Lead: Nicola Corrigan

### [Yorkshire and Humber Workplace Health Network](#)

This group is a knowledge and exchange site for Public Health Local Authority Leads and members of the Yorkshire and Humber Workplace Health and Wellbeing Network.

### [The Musculoskeletal \(MSK\) Health Toolkit for employers and further education institution](#)

This toolkit was developed in collaboration with the British Society of Rheumatologists and the Society of Occupational Medicine alongside clinical





experts, patient representative groups, college and university representatives and adolescents and young people themselves.

Its main aims are to:

1. help employers and FE institutions understand the part they play in preventing MSK conditions
2. set out how employers and FE institutions can support young people with chronic MSK conditions to realise their potential, thrive and remain in work or education.

This toolkit sets out practical advice for employers and FE institutions to help adolescents and young people maintain good MSK health and help those with existing MSK conditions to thrive in their environment.



## 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.*

## Drugs and Alcohol

Lead: Andy Maddison

### Continuity of Care

An integrated care pathway from prison to the community is crucial for supporting recovery from substance misuse and reducing reoffending among people leaving custody. The 2021 review of prevention, treatment and recovery in England led by Dame Carol Black makes recommendations to improve the continuity of care for substance-misusing prisoners and their vulnerability to drug-related death in the first few weeks following release. The 2021 drug strategy ‘from harm to hope’ also recognises the need for joint responsibility and action between organisations to improve continuity of treatment for people on release into the community.

A Y&H launch in person event taking place on 16.11.22 and kindly hosted by Barnsley Local Authority will mark the beginning of an ongoing Yorkshire & Humber Continuity of Care network meeting that will bring together key partners with the aim of improving the treatment journey and outcomes of those transitioning both in and out of prison.



## Commercial Determinants of Health & Gambling-Related Harms

Lead: Simone Arratoonian

### Commercial Determinants of Health – Alcohol

Alcohol kills about 3 million people each year. The World Health Organization's **Less Alcohol Unit** aims at tackling the determinants driving the acceptability, availability and affordability of alcohol consumption in the context of the [Global strategy to reduce the harmful use of alcohol](#). You can subscribe to updates from the unit [via the link on this page](#), giving you access to related information and webinars as they arise. A recent webinar, only accessible by invitation, focused on the importance of gender in alcohol control policies. In addition, the WHO pages on [alcohol](#) contain a wealth of information including infographics and publications on policy and regulation which are worth exploring.

On 1<sup>st</sup> December at 2pm, the **Alcohol Health Alliance** are offering an online seminar session on '[Why and how to avoid collaborating with Big Alcohol](#)' with speakers Professor Mark Petticrew (London School of Hygiene and Tropical Medicine) and Paula Leonard (National Lead for Community Action, Alcohol Forum Ireland). Enrol via the link to guarantee your place and find out more about addressing the challenges of alcohol industry influence on public health activity.

### Commercial Determinants of Health – Food Systems

Listen to this interesting [World Health Summit](#) presentation of some of the issues facing the transformation of food systems to enable healthier and more sustainable food production and availability – chaired by Dr Francesco Branca from WHO (Director, Dept of Nutrition and Food Safety) this October. Speakers include Prof Dr Marion Nestle (New York University) and Rocco Renaldi (International Food and Beverage Alliance), providing perspectives on economic drivers, public policies and whether it is possible to work with food industry to achieve effective change.

### Gambling-Related Harms – Data

The Gambling Commission have recently shared their latest [Licensing Authority Statistics](#) for the period up to March 2022.

Also released is their [latest data](#) from a quarterly telephone survey on participation and problem gambling to September 2022. Although no overall change is noted, activity has shown a reduction of in-person gambling and an increase in gambling online.

For online gambling including national lottery, there has been a steady and significant increase in participation from 2018 onwards across the total group



sampled. This increase is reflected across both sexes and the majority of age groups. The only exception for the last six months of data where a slight decrease in online gambling is noted is the 65+ age group. Of those who responded, the 16-24 age group showed the biggest increase and highest rates of both problem and moderate risk gambling. Females showed the biggest increase in moderate risk gambling reported. Please note that these figures reflect the reports of a select population based on a telephone survey.

### **Gambling-Related Harms – Enforcement**

News on enforcement during September and October 2022 from the [Gambling Commission](#) includes three fines handed out – the first to Betway for £400,000 as a penalty for marketing to children on the pages of West Ham United Football Club’s website. Over the period of more than 18 months the operator logo was displayed on a children’s printable colouring resource – linking through to the operator website. This breached rules around protection of children from gambling harms.

Petfre (Gibraltar) Ltd, the company behind Betfred and Oddsking, were fined £2.9m for not protecting customers from hefty losses – with trigger levels for harm set too high and insufficient customer interaction. The company also failed to identify money laundering risks or put in place measures to mitigate these effectively and received an official warning.

An online casino operator, NSUS (GGPoker), picked up a fine of more than £600,000 over social responsibility failures, including sending out marketing materials to self-excluded customers – as well as failure to identify and avoid money laundering risk.



## **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.*

## **Children and Young People**

Lead: Gemma Mann

A new post, “5 ways to protect your under 5s this winter” has just been published on the UK Health Security Agency’s (UKHSA) blog.



As this is the first winter without pandemic restrictions in two years, you and your children may be more susceptible to the usual winter bugs and viruses this year.

This blog lists useful advice for managing winter illness in your children.

Read the new post [here](#)

The Musculoskeletal (MSK) **Health Toolkit for employers and further education institutions**. How to support adolescents and young adults to a better future. New [toolkit launched](#)

### **National Children and Adult Services Conference 2022**

The annual National Children and Adult Services Conference (NCASC) is taking place in-person this year, from 2 – 4 November in Manchester. The three-day conference is for elected members and senior leaders in local authorities with responsibility for, or an interest in, the delivering effective services and opportunities for children, young people and adults.

The prestigious conference is organised jointly by the Association of Directors of Adult Social Services (ADASS), Association of Directors of Children's Services (ADCS) and the Local Government Association (LGA).

The event is vital to councillors, directors, senior officers, policymakers and service managers, and individuals or organisations with responsibilities for children and adult services in the statutory, voluntary and private sector. NCASC offers the opportunity to hear and engage to the latest updates and thinking in key policies and improvement agendas alongside an exhibition of key organisations.

Bookings for the conference are now open, and you can [book your place on the NCASC website](#), where you can also find [information on booking accommodation](#).

The conference programme will be made available closer to the event. Further [information about the conference can be found on the NCASC website](#), along with [helpful FAQs](#)

### **LGA webinar on youth services**

To celebrate youth work week, the [LGA is holding a webinar looking at partnership working when developing and delivering youth services](#). The session will hear from the Isos partnership, and a range of local areas and partners including Harrow and Durham. The webinar is being held on Wednesday 9 November 2022, 3.30pm - 5.00pm. You can hear about other issues affecting youth services in our [Knowledge Hub](#).

### **CSA Centre – Safety Planning in Education**



The Centre of Expertise on CSA has published a free [“safety planning in education” guide](#) to provide practical support to professionals in education settings to respond to children's needs and safety where incidents of harmful sexual behaviour occur. Developed by professionals for professionals, it contains the key actions for a school when an incident has occurred, including a safety plan template for recording and reviewing arrangements and broader practical advice.

### **Support for families from Ukraine**

[Barnardo's has established a helpline for children and adults fleeing Ukraine and needing support](#). The support offered included therapy with a qualified psychotherapist, advice on a range of issues including employment and accessing health services, and practical support such as providing toys and digital devices.

### **New toolkit offers practical strategies for teachers to support secondary students' mental health**

The Anna Freud Centre and the Early Intervention Foundation have released a free resource, '[Classroom wellbeing toolkit: Simple ways to support secondary students](#)'. It is an evidence-based resource that gives guidance on practical steps teachers and other adults in secondary schools can take to promote and support mental health, through their everyday interactions with students. A [free online event on Thursday 3 November at 4:30pm will explore some of the strategies in the toolkit in more depth](#).

### **Department for Education (DfE) panel seeking experts for research opportunities**

DfE researchers are seeking professionals who work with children and families to join their research panel, which is a database of people who have agreed to be contacted about research opportunities which are relevant to their work.

Roles they are looking for include anyone working within children's social care in a council, anyone working within family hubs or as a family support practitioner, health visitors, early help workers and other related roles.

[If you are in one of these roles and would like to join, please fill out this survey](#). If you would like more information or have questions, email [CF.Recruitment@education.gov.uk](mailto:CF.Recruitment@education.gov.uk) for an information sheet and privacy notice.

### **Children's Commissioner vision for childcare**

Children's Commissioner for England Dame Rachel de Souza published her [Vision for Childcare](#) outlining the opportunities, challenges, and solutions to providing childcare and early education. The Commissioner's analysis drawn from a sample of local authorities also shows that the uptake of childcare is varied across the country



by local authority, ethnicity, English as additional language and Special Educational Need Status.

### Home learning campaign

DfE, in conjunction with the Department of Health and Social Care's Office for Health Improvement and Disparities (OHID), has launched a home learning environment (HLE) campaign. The campaign encourages parents and carers to chat, play and read more with their children, in order to develop their communication, language and literacy skills before starting school. Parents can be directed to the [HLE online hub](#), where they can find local support and ideas of activities to do with their children. A full range of digital and printed resources is available via the [Campaign Resource Centre](#) for you to promote the campaign. Contact [hle.coalition@education.gov.uk](mailto:hle.coalition@education.gov.uk) if you require any further information.

### Early years education recovery programme

In 2021, the Government announced their plan for the early years education recovery programme. The Government has [published the range of programmes](#) that local authorities and early years practitioners have available to them, some of which many places will already have accessed. This includes the third phase of the Professional Development Programme, the rollout of the Expert and Mentors programme and training for Special Educational Needs Coordinators (SENCOs). Later in the year Early Years Practitioners will be able to access: training on communication, language, early mathematics and personal, social and emotional development training and stronger practice hubs which will support settings to adopt evidence-based practice improvements.

### Supporting unaccompanied asylum-seeking children

We are looking for examples of good practice in relation to supporting unaccompanied asylum-seeking children, in order to share experience and support other councils to provide support to these young people. If your council has successfully improved support for unaccompanied children, we would like to hear from you – please email [louise.smith@local.gov.uk](mailto:louise.smith@local.gov.uk)

### UNICEF campaign on early years

UNICEF have launched a campaign to call on the government to deliver a [National Baby and Toddler Guarantee](#) after finding that 1 in 3 parents of babies and toddlers across Britain struggle to access support. The guarantee sets out the basic services, covering maternity services, health visiting services, mental health support and early education and care, that every young child and their family is entitled to.



### LGA encourages take up of Healthy Start Scheme

Around 143,000 families eligible for the Healthy Start Scheme, which helps low-income families pay for milk, vegetables and fruit, failed to make a claim (looking at the latest available data). The LGA is encouraging take-up and asking for further government support of the scheme which is administered by councils. The [LGA has written a 5-point plan](#) for improving uptake of the scheme, including increasing the value of the prepaid cards in line with inflation and rolling out autoenrollment of the scheme.

### Routine childhood vaccinations in England in 2021-22

[Coverage for all routine childhood vaccinations administered to children under five in England in 2021-22](#) was published by NHS Digital showing that coverage decreased in 13 out of the 14 routine vaccination measures in 2021-22. These new statistics have revealed that we are still not reaching the World Health Organisation (WHO) 95 per cent targets for vaccination coverage, are particularly concerning and also show considerable regional disparities.

## Healthy Ageing

Lead: Alison Iliff

**World Guidelines for Falls Prevention and Management for Older Adults: A Global Initiative** were published last month. They were developed by the World Falls Task Force, which assembled 96 multidisciplinary experts from 39 countries across 5 continents and aim to provide a framework and expert recommendations to healthcare and other professionals working with older adults on how to identify and assess the risk of falls. The Guidelines can be accessed on the [British Geriatric Society website](#).

Befriending Networks is celebrating the life-changing impact of befriending and 10 years of **Befriending Week from 1 - 7 November**. Visit [Befriending Week 2022](#) for more information and ideas of how you can get involved.

**Conversation session: Wellbeing of people living with dementia through personalised care and support. 24th November 2022 10.00 to 11.00am.** This session will feature a presentation by Neil Crowther on a recent report [Place, People, Purpose and Power](#). Neil will talk about the discussion paper promoting the wellbeing of people living with dementia through personalised care and support. The paper traces the history of personhood and dementia, its relationship to the personalisation movement more broadly, and how there is an opportunity to move beyond current thinking about care to a wider shared conception of wellbeing rooted in social inclusion. [Click here to join the meeting](#)



**Skills for Care – The State of Adult Social Care Sector and Workforce in England report 2022.** The full report and data visualisations can be found on the Skills for Care [website](#) including updated regional and local data.

Key findings include:

- An estimated 17,900 organisations were involved in providing or organising adult social care in England as at 2021/22. Those services were delivered in an estimated 39,000 establishments. There were also 65,000 individuals employing their own staff.
- The total number of adult social care posts in 2021/22 was 1.79m. 1.62m of these posts were filled by a person (filled posts) and 165,000 were posts that employers were actively seeking to recruit somebody to (vacancies).
- The number of vacancies increased by 52% in 2021/22 (by 55,000 to 165,000 vacant posts). The vacancy rate in 2021/22 was 10.7%.
- The number of full-time equivalent filled posts was estimated at 1.17 million and the number of people working in adult social care was estimated at 1.50 million in 2021/22; more than in the NHS (headcount of 1.4 million).
- In April 2021, the national living wage rose from £8.72 to £8.91 (2.2% in nominal terms). This increase contributed to a 5.4% increase in the median nominal care worker hourly rate from March 2021 to March 2022. This was the second highest increase over the recorded period. However, in real terms, the median hourly rate decreased by 1.5% between March 2021 and March 2022.
- Our forecasts show that if the number of adult social care posts grows proportionally to the projected number of people aged 65 and over in the population between 2021 and 2035, an increase of 27% (480,000 extra posts) would be required by 2035.
- The adult social care sector was estimated to contribute £51.5 billion gross value added (GVA) per annum to the economy in England (up 2% from 2020/21).

**Innovations in Dementia** are supporting a **research project** led by Sheffield Hallam University investigating **how people living alone with dementia without informal support manage**. They want to recruit 30 people with dementia who live alone with no informal support to take part in an interview with one of their researchers. The interviews will last 45-60 minutes and aim to find out what help they receive and where from, how social care works for them, and how it could be improved. Please share the information below and the attached information sheet with your networks to help with recruitment.

They are looking for people with dementia:

- who live on their own and
- do not have a family member or friend acting as a point of contact and helping them to access services.





If you know anybody who fits the bill please contact Damian on [Damian@myid.org.uk](mailto:Damian@myid.org.uk) or Mandy [A.Willcox@shu.ac.uk](mailto:A.Willcox@shu.ac.uk)

You may also read more about the project [here](#).

## Public Mental Health & Suicide Prevention

Lead: Laura Hodgson

### Better Health - Every Mind Matters Campaign

World Mental Health Day may have come and gone, but [Better Health – Every Mind Matters](#) is continuing to campaign throughout October and into November. All the campaign resources are free to use, orderable or downloadable from the [Campaign Resource Centre](#) to help you have conversations around mental wellbeing.

Resources include:

- [Communications Toolkit](#)
- Social media [animations](#), [statics](#) and [new carousel](#) assets
- [Posters](#) – printed and downloadable
- [Conversation Starters](#) and dispensers
- [Digital screens](#)
- [Email signatures](#)

As well as [large print](#), [BSL](#), [Easy Read](#) and resources for the [digitally disenfranchised](#).

Better Health – Every Mind Matters have also recently developed a *self-help CBT techniques* section on their website: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/>. This section includes information about CBT, short video guides and online self-help techniques.

### New suicide prevention resources

- A new report, by an All-Party Parliamentary Group, has been published to tackle the ‘national emergency’ of male suicide through a ‘whole system approach’. Read more [here](#).

### New NICE guidelines and implementation toolkit

New guidelines on self-harm have been released by the National Institute for Health and Care Excellence (NICE). Although not causal, self-harm is a strong predictor of future suicide risk: [Samaritans believes reducing self-harm is key to suicide prevention | Samaritans](#) The guidelines give evidence-based recommendations for assessment, management and preventing recurrence and is aimed at healthcare professionals and social care practitioners, commissioners and providers, education



settings' staff, third sector organisations, the criminal justice system and people using self-harm services, their families and carers:

<https://www.nice.org.uk/guidance/ng225>

Toolkits have also been updated and developed by the University of Manchester (NCISH) you help you implement the guidelines on self harm and suicide prevention

- [Services for self-harm: A toolkit for self-assessment based on the NICE Quality Standard](#) (PDF)
- [Safer services: A toolkit for specialist mental health services and primary care](#) (PDF)

### **Effectiveness of community interventions for protecting and promoting the mental health of working-age adults experiencing financial uncertainty: a systematic review**

- The COVID-19 pandemic has created a period of global economic uncertainty. Financial strain, personal debt, recent job loss and housing insecurity are important risk factors for the mental health of working-age adults. Community interventions have the potential to attenuate the mental health impact of these stressors. The effectiveness of community interventions for protecting and promoting the mental health of working-age adults in high-income countries during periods of financial insecurity has been examined and [results have been published](#).

### **Money & Pension Service - How are current financial pressures impacting on mental health and how can IAPT support? Monday 7th November 2022 – 12 to 1pm**

- With more than half of people who have experienced a mental health problem in the last 3 years reporting that thinking about money makes them anxious (Money & Pensions Service, 2022), plus the current concerns around cost of living increases, it's likely that a high proportion of the people you're supporting will have concerns about money which is impacting on how they feel, think and behave. However, 80% of healthcare professionals (Money & Pensions Service, 2022) report not having had any relevant training on how to appropriately support people who have financial worries.

What better time than Talk Money Week to find out more about the free tools, resources and services that are available to share with your patients? Join Sarah Murphy, Health & Social Care Lead at the Money & Pensions Service to hear more about;



- New bite-size eLearning on Financial Wellbeing for Healthcare Professionals
- Free tools and resources on all aspects of money
- The Mental Health & Money Toolkit

[Click here to join this webinar](#)

### **Mental Health and Wellbeing Hub**

- The WY HCP Staff Mental Health and Wellbeing Hub has brought together a range of resources on the website aimed at supporting us as staff and volunteers: <https://workforce.wypartnership.co.uk/news/hub-launches-new-package-self-help-resources-help-you-manage-your-money-winter>

### **Barriers and opportunities: improving access to mental health support for refugees and people seeking asylum**

- New publication by the British Red Cross and the Voluntary Community and Social Enterprise (VCSE) Health and Wellbeing Alliance [available here](#). The publication outlines the results of research exploring access to and experience of mental health support for refugees and people seeking asylum in England.

### **Suicide Awareness Training: Veteran Edition**

- Help for Heroes and the Zero Suicide Alliance have developed a ground-breaking veteran-specific suicide awareness training course.
- This course will give you the skills and knowledge you need to have a potentially life-saving conversation with a family member, friend, colleague or even a stranger in the street.
- Scenarios, real life stories and resources will help guide you through what to do, should the situation arise.

Access the free training here: <https://www.helpforheroes.org.uk/get-help/mental-health-and-wellbeing/suicide-awareness/>

### **NHS website Mental Health Audio Guides**

- A new video was published 06/10/22 on the NHS YouTube channel and the NHS website on the topic of *self-help for low mood and depression*. [Watch the video here](#).

### **National Webinar – How to implement the culturally responsive audit tool into services - 29th November 1pm to 3.30pm**

- The [culturally responsive audit tool](#) was developed to enable IAPT services to understand the demographics of the populations served and begin to describe them. The tool enables services to take a baseline measure of data



quality, who is using the service, the different rates of access to the service amongst communities served, and therapy outcomes.

This webinar will showcase how services have implemented the culturally responsive audit tool. They will also share the successes and challenges faced and provide tips on how to use the tool.

To join this webinar [CLICK HERE](#), or if you are a member of the IAPT Futures Collaboration Platform, you can also locate the link via the [Webinar Calendar](#).

### Mental Health Support this Winter

- NHS England has created a graphic for services to use to inform people of the different mental health services that are available to them and signpost them to the support that is right for them. From getting tips for wellbeing on the Every Mind Matters platform to calling an NHS urgent mental health helpline in a crisis, all levels of need are catered for. Promoting these different options alongside each other helps people recognise what level of support they need.

You can [download the graphic](#) from the FutureNHS Collaboration Platform. Editable versions will soon be available in the same location for teams to promote their local services.

**Support for your mental health**

**NHS England**

**Looking after yourself**

There are little things you can do to look after your mental health. Just a few simple changes can help improve your mood and cope with life's challenges.

With the Every Mind Matters online platform, you can get free expert advice and practical tips to help you look after your mental health and wellbeing.

**Talking therapy**

If you feel stressed, anxious or depressed, you might struggle with work, life or relationships. NHS talking therapies, also known as IAPT, can help. Search [nhs.uk/talk](https://nhs.uk/talk)

Your GP can refer you to your local NHS talking therapies service - or you can refer yourself online.

**Crisis**

If you or another person is experiencing a mental health crisis, you can call your local NHS urgent mental health helpline for 24/7 advice and support.

Find urgent help for mental health on: [nhs.uk/urgentmentalhealth](https://nhs.uk/urgentmentalhealth)

If someone's life is at risk or they cannot be kept safe, call 999 or go to A&E.



## Sexual Health Impacts Across the Life Course

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

### HIV official statistics (2021) published

The [HIV official statistics release](#) covers data to the end of December 2021. This includes an annual report (*HIV testing, PrEP, new HIV diagnoses, and care outcomes for people accessing HIV services: 2022 report*), data tables, and two slide sets. The HIV indicators in the [Sexual & Reproductive Health Profile](#) have been updated with 2021 data.

### STI and NCSP Official Statistics (2021) published

The 2021 STI/NCSP Official Statistics release covers data until end-December 2021. This includes the:

- publication of the *Sexually transmitted infections and screening for chlamydia in England: 2021 report* along with data tables, infographic and slide set – [here](#).
- publication of the [National chlamydia screening programme \(NCSP\): data tables](#)

The STI indicators on the [Sexual and Reproductive Health Profiles](#) have been updated with 2021 data, and the following changes have been made:

- a. Two new STI indicators have been added - Mycoplasma genitalium diagnostic rate per 100,000; Trichomoniasis diagnostic rate per 100,000
- b. Due to the changes in the National Chlamydia Screening Programme (NCSP), the RAG benchmarking has been removed from - Chlamydia detection rate per 100,000 aged 15 to 24 (persons)

UKHSA has published two blogs - [STIs: Get tested, get treated](#) and [Getting tested for an STI: Your guide to how it works](#)

### HIV Prevention England Conference 2022

The presentation slides from the conference that took place on 30 September are [here](#).

### NHS Digital YouTube videos on Contraception

The NHS YouTube Contraception series has been designed to feature two types of videos; short "help" videos that answer questions often found in search engines and longer "hub" videos, that will offer a more detailed overview of the topics/themes addressed in the shorter videos. The following videos are available, and more will be produced:



[Where to get the morning after pill \(for free\) | NHS - YouTube](#)

[How to put a condom on | NHS - YouTube](#)

[How to choose the right size condom | NHS - YouTube](#)

## NCMP

Lead: Nikki Smith

### [Changes in the weight status of children between the first and final years of primary school](#)

This report is the first national analysis of the National Child Measurement Programme (NCMP) data which assesses how weight status changes in individual children during primary school from reception year (aged 4 to 5 years) in 2013 to 2014 to year 6 (aged 10 to 11 years) in 2019 to 2020.



## Inclusion Health

Leads: Cathie Railton and Andy Maddison

*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 and resources

- NHS England commissioned Doctors of the World UK (DOTW) to produce [an adult and a child patient health questionnaire](#) for refugees and people seeking sanctuary in the UK.

The questionnaires, co-produced with [DOTW National Health Advisors](#), are designed to be completed by newly registered patients and cover questions related to personal demographics, acute and chronic health needs including those associated with their pre-migration and migration experiences, medication and vaccination requirements, family history and lifestyle. It is recommended that practices share the questionnaire with patients at the time of registration, however DOTW will also be sharing this resource with organisations supporting migrant populations to complete it.



The purpose of the questionnaires is to enable GP practices to have early access to information that will inform patient management and prioritisation of their needs. It is not designed to replace the enhanced assessment developed recently (which is available on SystemOne) but as a tool to increase effectiveness and efficiency of consultations for improved health outcomes and patient experience. The questionnaires have been translated into Ukrainian and Russian, but it is hoped that it will be translated into other languages as further funding becomes available.

The **All-Party Parliamentary Group for Ending Homelessness** have published a **report** on the Government's progress with regards to its manifesto commitment to 'end the blight of rough sleeping' in England by the end of this Parliament in 2024. The inquiry reaches the sobering but unsurprising conclusion that without meaningful action this goal will not be met. It also urges the Government to consider homelessness within the context of public health and makes extensive recommendations in the areas of ministerial leadership, housing, preventative welfare policy and legislation.

Click [here](#) to download the full document and read the accompanying statement from the Group co-chairs.

- **Kirklees have developed an [online directory](#)** detailing available services throughout the process of seeking sanctuary. A resource other areas may want to develop.
- **Refugee Radio Podcast - maternity care for asylum seekers**

The [podcast](#) features the lived experiences of Alvina Chibhamu accessing maternity services while claiming asylum and Yusuf Ciftci from Doctors of the World highlighting the key issues, including the lack of tailored and accessible information and advice signposting to services and support.

- **[King's Fund blog – 'If integrated care cannot tackle inclusion health, we should all be worried'](#)**

The blog discussed how improvements made in inclusion health should be the ideal measure for the 'so what' of NHS reform. Multi-morbidity abounds and there is a need to shape offers of care at a hyper-local, neighbourhood level. That is why seven integrated care systems are collaborating to take an improvement journey focused on these populations. Three national organisations – Groundswell, Pathway, and The King's Fund – are working with them and **one of our systems are included - South Yorkshire**. It will be really helpful to share the learning from this work to support ICBs to address inclusion health.

## Events and training



- **Royal College of Psychiatrists, ‘No health without housing’ conference** London on **Thursday 17 November**

The conference will be organised around two broad themes: approaches to working with people who are experiencing homelessness and mental illness and facilitating integrated working in mental health supported accommodation. Some sessions will feature opportunities for breakout discussions and feedback, whilst they are also accepting poster submissions working to a deadline of 10 October.

Click [here](#) for further programme details, pricings and to book your place.

#### Various

- **Faculty for Inclusion Health inclusion health general practitioners network**

For some time, the [Faculty for Inclusion Health](#) has been aware of the need for a support and education network for general practitioners working with inclusion health groups outside of London which is why they have decided to go ahead and launch this new network. The vision is to have a number of regular regional meetings, run by interested local practitioners, supporting each other and feeding into the Faculty nationally. Please email [faculty@pathway.org.uk](mailto:faculty@pathway.org.uk) for further information.



## Data, Documents, Letters, Reports and General Information

### UKHSA News

Bulletin Published 26<sup>th</sup> October 2022

#### Flu and COVID-19 winter vaccination booster campaign

A new country-wide marketing campaign urging millions of eligible people to get their flu and COVID-19 booster vaccines to top up their immunity launched on Monday, as almost 10 million people in England have already received their boosters.

Adverts will air across television, radio, social and digital media, stressing the importance of people getting both vaccines to increase their protection this winter.





Targeted communications for individuals with long term health conditions, pregnant women and ethnic minority communities, with a particular focus on those with low vaccine confidence, will also appear, and will include examples of where vaccine uptake rates have been low in the past.

Latest COVID-19 data has shown continued high rates of cases and hospitalisations in recent weeks.

Cases of flu have climbed quickly in the past week, indicating that the season has started earlier than normal. This is leading to increased pressure on emergency departments, with rates of hospitalisations and ICU admissions rising fastest in children under 5.

Vaccination for flu is currently behind last season for pre-schoolers (12.1% in all 2 year olds and 12.8% in all 3 year olds), pregnant women (12.4%) and under 65s in a clinical risk group (18.2%).

Building on the success of the 2021 to 2022 COVID-19 vaccination campaign, this year's campaign will stress that the protection provided by vaccines wanes over time, so everyone eligible should boost their immunity by getting both vaccines ahead of a difficult winter.

The NHS Winter Vaccines chatbot will return, helping to guide those who are searching online for the right information. This instant online conversation tool was first developed to support last winter's campaign and answers frequently asked questions with trusted NHS information in a single place.

Multicultural community activity will see teams of campaign ambassadors engage with a range of different ethnic groups who tend to be more vaccine hesitant. This will take place across the country in high footfall places of worship and nearby community settings. Dedicated radio adverts and unique social media material will reinforce key messages.

You can find all available digital assets on the [Campaign Resource Centre](#).

## **UKHSA conference 2022**

More 1200 people joined us in Leeds from all over the UK plus guests from Pakistan, Nigeria, USA and other places. We delivered around 130 presentations and designed around 200 e-posters to explain our health security science and policy, and saw some fantastic engagement on social media over the two days. You can catch up with what happened at the conference on social media via our hashtag [here](#).



### The SIREN study: Our story

The SARS-CoV2 immunity and reinfection evaluation (SIREN) study is a unique, large-scale partnership with NHS healthcare workers providing vital research into COVID-19.

We've released a 3-part video series highlighting why the study was set-up, what's involved in running the study and some of the key research questions to date.

A huge thank you to all NHS staff involved in the study - you can watch the [first video of the series on our YouTube channel](#).

### Monkeypox Epidemiological Overview

The latest monkeypox epidemiological overview was published on 18 October. It shows 13 new cases in the last week. More details can be found [here](#)

### World Antimicrobial Awareness Week 2022 – 18-24 November

UKHSA announced the daily themes for World Antimicrobial Awareness Week 2022, which will run from 18<sup>th</sup> to 24<sup>th</sup> November. The following themes are designed to focus activity for each weekday of this period.

#### Daily themes:

- **Day 1** – Friday 18<sup>th</sup> November: '**Prevention**' (including Infection Prevention and Control measures and vaccination).
- **Day 2** – Monday 21<sup>st</sup> 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 22<sup>nd</sup> November: '**Optimising diagnostics**' (increasing understanding of established and innovative methods of detection of infection, antibiotic-resistant or otherwise).
- **Day 4** – Wednesday 23<sup>rd</sup> 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 24<sup>th</sup> 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

### COVID-19 Info:

Every Thursday at 4pm the COVID-19 Dashboard is updated with daily data on testing, cases, healthcare, vaccinations and deaths within 28 days of a positive test - up to the most recent available data for each UK nation. Read UKHSA's [blog on the move to weekly reporting](#). [Visit the COVID-19 Dashboard](#)

~ End ~

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