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| |  | | --- | |  | | Topics in this Issue   * [Ensuring Every Child has the best Start in Life](#_Ensuring_Every_Child) * [Living Well](#_Living_Well_–) * [Reducing Harmful Drinking](#_Reducing_Harmful_Drinking) * Mental Health * [Sexual Health](#_Sexual_Health) * [Health Checks and CVD](#_NHS_Health_Checks) * [Data & Documents and General Information](#_Data,_Documents,_Letters,) | | PHE Health and Wellbeing Monthly Update  Issue No 51, March 2020  Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. Thank you for subscribing to the monthly update. This 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 previous month’s updates.  If we have anything that needs to be shared urgently, we will circulate as soon as possible. |

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| **Ensuring Every Child has the Best Start in Life** H&WB Team Lead: Gemma Mann |

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| Child health profiles 2020 published  The annual pdf snapshot [child health profiles](https://fingertips.phe.org.uk/profile/child-health-profiles) for upper-tier local authorities was published on 5 March 2020. The profiles give an overview of child health and wellbeing for each local authority in England. An online version on PHE’s [Fingertips tool](https://fingertips.phe.org.uk/profile/child-health-profiles) has also been updated. It includes similar data for CCGs where possible. The profiles include data on infants receiving breastmilk as their first feed for the first time, using data from the Maternity Services Dataset. Inequalities in outcomes are available for this new indicator which cover maternal demographic factors (age, ethnicity and deprivation), complex social factors and prematurity of the infant.  Last autumn, we asked for feedback on the profiles and indicators. A [summary of the feedback and PHE’s response](https://www.gov.uk/government/publications/child-health-profiles-summary-of-feedback-exercise-2019) has also been published. |

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| **Living Well** – Tackling Obesity H&WB Team Lead: Nicola Corrigan |

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| Strategic Priorities Fund: Centre for Doctoral Training (CDT) in Food Systems  UK Research and Innovation (UKRI) in partnership with government are pleased to announce a £5 million call to support one Centre for Doctoral Training (CDT) focused on developing the next generation of interdisciplinary food systems thinkers. This CDT is part of a wider £47.5 million interdisciplinary research programme seeking to transform the UK food system and is led by the Global Food Security Programme (GFS) and supported by UKRI’s Strategic Priorities Fund (SPF). The call is administered by BBSRC, in partnership with ESRC, MRC, NERC, Defra, DHSC, PHE, Innovate UK and FSA.  This CDT will ensure a pipeline of skilled individuals who are able to apply holistic and critical interdisciplinary food systems thinking to health and sustainability challenges in academia, government, business and civil society organisations and who will lead the way in transforming the UK food system. It will support three cohorts of doctoral candidates beginning in October 2021 and as a legacy will develop the next generation of food system thinkers. Application deadline 13th May 2020  For further information on background, scope, workshops and how to apply please click [HERE](https://valuing-nature.us2.list-manage.com/track/click?u=82eea74c4d837492bb41ff662&id=f9e836e204&e=354e3a3b1b). |
| New adult and child obesity slide sets  PHE has published updated slide sets presenting the latest data on child and adult obesity.    A [national slide set on child obesity and regional child obesity slide sets](https://www.gov.uk/government/publications/child-obesity-patterns-and-trends) (one for each of the nine regions). These PowerPoint slides present key data and information on the patterns and trends in child obesity. The national child obesity slide set summarises the latest national level data from the National Child Measurement Programme (NCMP) and the Health Survey for England (HSE) while the regional child obesity slide sets show customised data for each region from the NCMP.    The [national adult obesity slide set](https://www.gov.uk/government/publications/adult-obesity-patterns-and-trends) contains the latest Health Survey for England (HSE) data, presenting key data and information on the national patterns and trends in adult obesity and raised waist circumference.    The slides are a useful tool for practitioners and policy makers working on obesity at local, regional and national level. They can be used in presentations to health and wellbeing boards, other committees and to elected members as well as in regional or national conference and workshop presentations.  The imovement resources  Please see attached for resources. |

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| **Living Well** – Everybody Active Every Day H&WB Team Lead: Nicola Corrigan |

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| Register for first national online workshop #EasierToBeActive  Advanced Wellbeing Research Centre, Sheffield Hallam University and National Centre for Sport & Exercise Medicine, are hosting a national online workshop to make it easier for those with health conditions to be active and stay active. This online workshop which will provide a safe space - where everyone can share their ideas, and read, comment and vote on the ideas of others, all anonymously.  Link to register : <https://easiertobeactive.clevertogether.com/en/signUp> |
| My Active Future: Including every child research report now live!  On 19 March Activity Alliance went live with latest research report My Active Future: Including every child. Please support the release across your networks and own channels. Here’s a link to the news story: <http://www.activityalliance.org.uk/news/5668-fears-for-future-generation-as-report-shows-disabled-children-miss-out>  They are using hashtag #MyActiveFuture on social media. Here are a couple suggested tweets if you use Twitter for work:   * New report from @AllForActivity - My Active Future: Including every child. It calls for more commitment from every sector to ensure all disabled children and young people can benefit from an active lifestyle. #MyActiveFuture <http://www.activityalliance.org.uk/news/5668-fears-for-future-generation-as-report-shows-disabled-children-miss-out> * Activity Alliance’s new #MyActiveFuture report investigates the differences in experience and perceptions of sport and activity among disabled and non-disabled children. Read the key findings and recommendations here: <http://www.activityalliance.org.uk/news/5668-fears-for-future-generation-as-report-shows-disabled-children-miss-out>   Research summary and full report documents are available to view and download here: [www.activityalliance.org.uk/myactivefuture](http://www.activityalliance.org.uk/myactivefuture) |
| Join the Movement #StayInWorkOut launching today - 26th March 2020On 26th March, Sport England launched a nationwide, consumer campaign called ‘Join the Movement’ it will seek to bring greater attention to #StayInWorkOut - and inspire and inform the public about the many fun, and creative ways they can keep moving during the current Covid-19 pandemic.  The campaign will:   * Provide a web hub with curated home workout options from popular fitness brands and influencers, like Les Mills on Demand, Joe Wicks (The Body Coach) and FIIT, many of whom are offering free and extended trials to help people get easy access to home exercise. * Encourage people to go outside for one piece of exercise a day, in line with government advice. * Build a movement by asking people to share their own hints, tips and home-based exercise inspiration using #StayInWorkOut.   As we all commit to the shared national priority to stay in, save lives and protect the NHS, we believe that #StayinWorkOut will be an important way for people to come together and be part of a positive movement.   * Share your support of the campaign using #StayInWorkOut - through your corporate social media accounts. * Follow the @stayinworkout Twitter and Instagram accounts.(A campaign Facebook page will be available in the coming days) * Retweet or repost any content from the campaign accounts that you feel is relevant to your audience. * Share the link to the official campaign website: stayinworkout.org   The campaign accounts are:  Twitter: <https://twitter.com/StayInWorkOut> Instagram: <https://www.instagram.com/stayinworkout/> Facebook: <https://www.facebook.com/stayinworkout/> |

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| **Reducing Harmful Drinking** H&WB Team Lead: Andy Maddison |

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| Budget 2020: spending on drug and alcohol services  The chancellor Rishi Sunak announced in the Spring Budget major new funding to expand drug and alcohol treatment for people experiencing rough sleeping or people at risk of rough sleeping. £262m of additional funding will be allocated to local authorities by Public Health England over the next 4 years to contribute towards the government’s ambition to end rough sleeping within this parliament. Further updates on this new programme will be made available shortly. |
| Guidance for the drug and alcohol treatment sector  More detailed guidance for the drug and alcohol treatment sector is in the pipeline and will be made available in the coming days and weeks. This will include information specifically around alcohol detox, OST continuity, needle exchange provision and a range of other important topics that services and commissioners may require guidance around. |
| Increase in charges for drugs and appliances  A single prescription fee will increase by 15 pence from £9.00 to £9.15. This will follow an amendment to the NHS Charges for Drugs and Appliances Regulations 2020, which will be laid before Parliament. This will see an increase in certain NHS charges in England from 1 April 2020. [Details of all revised charges can be found here.](https://www.gov.uk/government/speeches/nhs-prescription-charges-from-1-april-2020) |
| Guidance for schools, childcare providers, colleges and local authorities in England on maintaining educational provision  Drug and alcohol treatment staff are included in the definition, released by the government on 19 March, key workers whose children can – if they cannot be kept safe at home – continue to attend school <https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision>  **Mental Health** H&WB Team Lead: Laura Hodgson |
| Every Mind Matters - Mental Wellbeing and COVID-19  The Every Mind Matters website has been updated to provide top tips around mental health and wellbeing and COVID-19. Find guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home or are worried and anxious about the outbreak here:  <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>  Partners can signpost people to the website using the Every Mind Matters assets on the Campaign Resource Centre e.g.  <https://campaignresources.phe.gov.uk/resources/campaigns/82-every-mind-matters/resources> |
| Rise Above Resources  A reminder that PHE’s social marketing team produces free, curriculum linked resources which offer ready-made PSHE lesson plans which map against the new RSE and Health Education statutory guidance. [Rise Above for Schools](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview) focuses on building resilience and improving mental health in young people (10-16 year olds). All resources are quality assured by the PSHE Association.  Resources are available on the following topics:   ·   [Forming positive relationships](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#relationships)  ·   [Dealing with change](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#dealing-with-change)  ·   [Transition to secondary school](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#transition-to-secondary-school)  ·   [Bullying and cyberbullying](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#bullying)  ·   [Online stress and FOMO](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#onlinestress)  ·   [Exam stress](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#examstress)  ·   [Body image in a digital world](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#bodyimage)  ·   [Puberty](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#puberty)  ·   [Sleep](https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview#sleep)    New content was published in February to support students to explore the topic of social media. The lesson plans use peer-to-peer discussion, videos and activities to explore social media, evaluate how it might impact wellbeing and understand the importance of balancing online and offline activity.  Lesson plan includes: accompanying PowerPoint for use in class, starter activities (including a baseline assessment of students' prior knowledge, skills and understanding), peer-to-peer activities, plenaries and extension ideas and a film to support the activities  [Get lesson plan pack for Year 6](https://campaignresources.phe.gov.uk/schools/resources/social-media-year6-lesson-plan-pack)  [Get lesson plan for KS3 and KS4](https://campaignresources.phe.gov.uk/schools/resources/social-media-KS3-KS4-lesson-plan-pack)  Schools can [Sign up to the School Zone newsletter](https://campaignresources.phe.gov.uk/schools#subscribeModal.) to be alerted when new resources are available. |
| Upcoming content (release date tbc) includes:  Worry Helping Year 6 pupils identify what worry feels and looks like and actions that can be used, especially in context of new school/SATs  Building connections exploring the meaning of loneliness and connection/addressing common misconceptions (e.g. difference between alone and loneliness). Providing students with simple actions to help them build connections with themselves, friends and family and their local/wider community.  Also to be aware Rise Above direct to young people content includes a new drama “Exposed” –which launched on 13th March on YouTube. The drama explores loneliness, toxic use of social media, anger and self-care as part of our new series of mental health films. Cast includes some big names from shows popular with our youth audience. Starring Mia McKenna-Bruce (*Dumping Ground, Watch What I do, Witcher & Get Even*) See this link for trailer <https://www.youtube.com/watch?v=sKc8164rxlY> |
| For a list of resources available to support people with their Mental Health and Wellbeing as part of the COVID-19 response, please go to:  <https://www.yhphnetwork.co.uk/links-and-resources/health-wellbeing-support-as-part-of-the-covid-19-response/> |
| **Sexual Health** Yorkshire & Humber Facilitator: Georgina Wilkinson | |
| Standing With You - COVID-19 Guidance: Provision of Sexual Services to the Community  The British Association for Sexual Health (BASHH) has issued draft guidance on the provision of sexual health services to the community during the COVID-19 (coronavirus) pandemic. This [guidance](https://bashh.org/news/news/standing-with-you-covid-19-guidance-provision-of-sexual-services-to-the-community/) has been informed through joint working with national reproductive health and HIV partner organisations. Please note that this guidance is currently in draft format, with an updated version expected in the coming days. | |
| HIV Pre-exposure Prophylaxis (PrEP) to become routinely available across England  The Department of Health and Social Care [announced on 15th March](https://www.gov.uk/government/news/hiv-drug-prep-to-be-available-across-england) that PrEP will be routinely available across England as part of the Government’s aim to end HIV transmission by 2030.  Local authorities will receive additional funding to deliver PrEP services and NHS England will cover the drugs costs. | |
| Under 18 conceptions - 2018 data released  The annual conception statistics for 2018 have been published by ONS: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/conceptionandfertilityrates/datasets/conceptionstatisticsenglandandwalesreferencetables>  See further detail in the attachments. | |
| LASERs (2018 data) now available (LA HIV, sexual and reproductive health epidemiology reports)  The LASERs bring together local HIV, sexual and reproductive health intelligence (HSRH) for local authorities to identify burden, trends and population groups and geographical areas of greater need. They are produced to support LAs to identify priorities, to target sexual health promotion activity and to commission HSRH services. The LASERs are accessed via the GUMCAD folder on the [HIV STI web portal](https://hivstiwebportal.phe.org.uk/login.aspx?ReturnUrl=%2f).  For other publicly available downloadable STI, HIV and  reproductive health summary documents at both upper and lower tier LA level, and flexible ways of comparing areas and viewing trends over time please access the [Sexual and Reproductive Health Profiles](http://fingertips.phe.org.uk/profile/sexualhealth).  The Summary Profile of Local Authority Sexual Health (SPLASH) reports describe sexual and reproductive health in a local area in an integrated way, including STI, HIV, teenage conceptions, abortions and contraception.  These upper tier LA reports  are available on the download tab of the [Sexual and Reproductive Health Profiles](http://fingertips.phe.org.uk/profile/sexualhealth).  For further information about local sexual health intelligence please read this publication (<https://www.gov.uk/government/publications/sexual-and-reproductive-health-in-england-local-and-national-data>). | |
| CQC report: Promoting sexual safety through empowerment  This [report](https://www.cqc.org.uk/publications/major-report/promoting-sexual-safety-through-empowerment) looks at how adult social care services keep people safe from sexual incidents. It also looks at how services can support them to express their sexuality. | |

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| **NHS Health Checks and CVD** H&WB Team Lead: Karen Pearson |

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| Cardiovascular Disease Prevention Conference 2020: proactive, predictive, personalized  Seventh annual Cardiovascular Disease (CVD) Prevention Conference took place at The Kia Oval in London. There were over 460 delegates, 50 speakers, 12 workshops, 28 exhibitor stands and 40 poster presentations. The event provided a rich source of evidence, experience and ideas to support national and local action on the prevention of CVD.  <https://www.nhshealthcheck.nhs.uk/nhs-health-check-e-bulletin-february-2020-conference-edition/front-page/nhs-health-check-ebulletin-2020-conference-edition>  We had great representation from Yorkshire and Humber showcasing their work and Karen Pearson won the poster presentation presented by NHSE/I. |
| Data, Documents, Letters, Reports & General Information |
| Rough Sleeping   * Guidance continues to be developed as the COVID-19 situation develops * Regional Skype meetings, facilitated by PHE Y&H, are scheduled in order to offer support and guidance and to encourage peer led learning and discussions. * Targeted information has also just been published for hostels and day centres for people rough sleeping: [https://www.gov.uk/government/publications/covid-19-guidance-on-services-for-people-experiencing-rough-sleeping/](https://www.gov.uk/government/publications/covid-19-guidance-on-services-for-people-experiencing-rough-sleeping/covid-19-guidance-for-hostel-or-day-centre-providers-of-services-for-people-experiencing-rough-sleeping) * Homeless Link are hosting a series of excellent weekly webinar throughout the duration of the COVID-19 outbreak and an online discussion forum for commissioners and service providers. Contact: [Tasmin.maitland@homelesslink.org.uk](mailto:Tasmin.maitland@homelesslink.org.uk) for details or follow @HomelessLink where joining instructions are posted for each date. |
| £3.2 million emergency support for rough sleepers during coronavirus outbreak:  Rough sleepers, or those at risk of rough sleeping will be supported by £3.2 million of initial emergency funding if they need to self-isolate to prevent the spread of coronavirus (COVID-19).   * The funding will be available to all local authorities in England and will reimburse them for the cost of providing accommodation and services to those sleeping on the streets to help them successfully self-isolate. * It is in addition to the £492 million committed in 2020 to 2021 to support the government’s ambition to end rough sleeping in this Parliament, a £124 million increase in funding from the previous year. This forms part of £643 million in funding to tackle homelessness and rough sleeping over the next four years. * This initial emergency response funding will ensure swift support is offered to people who are unable to self-isolate, such as those staying in night shelters or assessment hubs, as well as people who are currently sleeping rough.   <https://www.gov.uk/government/news/3-2-million-emergency-support-for-rough-sleepers-during-coronavirus-outbreak> |
| Doorstep Sport Funding OpportunitiesPlease see attached for full detail. |
| Public Health Intervention Responsive Studies Teams (PHIRST) call for Local Authority Initiatives  The Public Health Research Programme are accepting Expressions of Interest from Local Government for research ideas for the Public Health Intervention Responsive Studies Teams (PHIRST).  Please follow the link for full details : <https://www.nihr.ac.uk/funding/public-health-intervention-responsive-studies-teams-phirst-call-for-local-authority-initiatives/24248>  Closing date for EOIs: 5th May 2020. |
| Public health grants to local authorities: 2020 to 2021The public health allocations and monetary conditions for local authorities to improve health in local populations. Link: <https://www.gov.uk/government/publications/public-health-grants-to-local-authorities-2020-to-2021> |
| Public Health Skills and Knowledge Framework – how to map capability  The Public Health Skills and Knowledge Framework (PHSKF) describes the functions and activities carried out by people working to protect and promote the public’s health across the UK. This week PHE have a published [guidance on how to use the PHSKF](https://www.gov.uk/guidance/map-roles-using-the-public-health-skills-and-knowledge-framework) to map capability to certain area of public health.  The PHSKF is intended for use by individual workers, employers, universities and other training providers. It can be used to:   * help individuals to recognise their capabilities in relation to public health activity, enabling them to manage their development and career planning * support career conversations between individual workers and their peers, supervisors, mentors or managers, to support career planning and progression * identify strengths or gaps in the capabilities of teams or organisations, for example Using the PHSKF to conduct a staff skills survey * design consistent job descriptions for recruitment * design and review learning curricular * describe areas of workforce capability that are needed to deliver within a service level agreement or service specification |