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| **Minding the Gap - News Brief: No. 135** |
| **Welcome to the One Hundred and Thirty Fifth edition of the ADPH Minding the Gap News Brief, the Yorkshire and Humber Health inequalities Programme.**  **To keep updated follow us on** [**https://twitter.com/mindingthegapyh**](https://twitter.com/mindingthegapyh)  **For past editions and information click here:** [**https://yhphnetwork.co.uk/links-and-resources/minding-the-gap/**](https://yhphnetwork.co.uk/links-and-resources/minding-the-gap/) |
| **£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.  [Press Release](https://www.gov.uk/government/news/3-2-million-emergency-support-for-rough-sleepers-during-coronavirus-outbreak) |
| **COVID-19: Latest Impact on Food**  In response to pressures created by Covid-19, the government has announced that it will provide free food parcels for the 1.5 million people identified as being vulnerable and needing assistance. This paper suggests that this is a good start, but it won’t be enough. The article demonstrates that “millions of people in the UK will need food aid in the coming days… as the coronavirus outbreak threatens to quickly spiral into a crisis of hunger unless the government acts immediately to reinvent the way we feed ourselves. In just a few weeks, the pandemic has exposed the extraordinary fragility of the food system.”  Millions of people will be experiencing a drop in income because of illness, new childcare requirements, reduced working hours or losing their jobs. It’s too early to fully understand the impact of the crisis on household income and employment, but food banks are already reporting a surge in demand. Many people are also much more limited in how they obtain food. Households and individuals who are self-isolating are not allowed to go out to purchase food (although we don’t know how many currently fall into this category). People who are at elevated risk of the virus (the elderly, pregnant women and those with underlying health conditions) who have been asked to follow stringent social distancing may also opt to stay at home entirely due to the risks they face.  [Article](https://foodfoundation.org.uk/covid-19-latest-impact-on-food/) |
| **Local Authority Research System Call Commissioning Brief**  The NIHR recognises that local authorities differ in their health research activity and wishes to continue exploring how it can enable more local authorities to become more research active. NIHR already provides the NHS with significant research infrastructure to enable it to be research active. The NIHR is now looking to explore how it can strengthen its support to research in the local government environment.  This call provides specific funding (up to £50,000 per site) for up to 10 sites across the UK. This funding will be available between May and September 2020 and is to fund the exploration of how a local authority might form the basis of a research system that will enable that authority to become research active. The deadline for applications is Friday 24 April 2020, at 1pm.  [Application process](https://www.nihr.ac.uk/documents/2030-local-authority-research-system-call-commissioning-brief/24480) |
| **Coronavirus: Advice And Practical Tips For People Affected By Dementia**  Living with dementia at any time brings everyday challenges for the person and the people around them. Coronavirus is making daily life much harder. During the coronavirus pandemic the Alzheimer's Society have advice and practical tips for people living with dementia and those supporting them – either in the same household or from a distance.  You may feel anxious, scared or lonely. But you are not alone – help is available.  [Advice](https://www.alzheimers.org.uk/get-support/coronavirus-covid-19?utm_source=dotdigital&utm_medium=email&utm_campaign=GenNewsletter&utm_content=26032020&dm_i=57EL,6JDB,2DU87D,ON4Y,1) |
| **Trump Wants To ‘Reopen America.’ Here’s What Happens If We Do.**  President Trump says he wants the United States “raring to go” in two and a half weeks, on Easter, with “packed churches all over our country.” He and many other political conservatives suggest that we are responding to something like the flu with remedies that may be more devastating than the disease. Trump is pushing for America to quickly return to normal. Is that possible? This article shows how a number of prominent epidemiologists have created an interactive model to show how that could be a grave mistake.  [Article](https://www.nytimes.com/interactive/2020/03/25/opinion/coronavirus-trump-reopen-america.html?smid=tw-nytopinion&smtyp=cur) |
| **Coronavirus - Walking the Right Way**  The message should now is clear: stay home, save lives.  As long as we have no coronavirus symptoms, we are still allowed to go for a walk to the shops for essentials, to care for a vulnerable person - and once a day for exercise. We want to make sure we all do it right.  Walk locally! Choose open spaces! Wash your hands when you get home! And above all, remain two metres apart from others!  This is a good blog post, compiling a host of FAQs on how we can walk the right way during the Covid-19 outbreak. I hope you will find it useful.  [Blog](https://www.livingstreets.org.uk/news-and-blog/blog/coronavirus-walking-the-right-way?utm_medium=email&utm_source=engagingnetworks&utm_campaign=email&utm_content=Supporter+email+coronavirus+2) |
| **Coronavirus: Learning for the Health And Care Workforce**  This e-learning programme from Health Education England e-Learning for Healthcare has been created in response to the Coronavirus global pandemic**. It is aimed at the entire UK health and care workforce**, including those working in the NHS, the independent sector and social care. The programme currently includes limited resources, but more content will be added in the coming days and weeks.  The programme includes key materials to help the health and care workforce respond to Coronavirus. Initially, the Coronavirus programme will include limited resources, but more content will be added in the coming days and weeks.  Courses in the Coronavirus programme currently include:   * Essential Guidance from the NHS and Government * Infection Prevention and Control * Public Health England – Personal Protective Equipment * Critical Care Resources   [E-Learning resource](https://portal.e-lfh.org.uk/Component/Details/604722) |
| **Guidance on Shielding and Protecting People Defined on Medical Grounds as Extremely Vulnerable from Covid-19**  This guidance is for people, including children, who are at very high risk of severe illness from coronavirus because of an underlying health condition, and for their family, friends and carers. It is intended for use in situations where the extremely vulnerable person is living in their own home, with or without additional support. This includes the extremely clinically vulnerable people living in long-term care facilities, either for the elderly or people with special needs.  [Guidance](https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11412831_NEWSL_HMP%202020-03-24&dm_i=21A8,6SM73,FLWQCU,R7BEV,1) |
| **Don't Believe the Myth that we Must Sacrifice Lives to Save the Economy**  The idea that the way to minimise the economic damage is to remove the restrictions before they’ve done their job – definitively suppressing the spread of the virus – is a terrible one.  [Article](https://www.theguardian.com/commentisfree/2020/mar/25/there-is-no-trade-off-between-the-economy-and-health?CMP=Share_iOSApp_Other) |
| **Marmot Review 10 Years On**  It has been ten years since the publication of The Marmot Review, for the first time in more than 100 years life expectancy has failed to increase across the country, and for the poorest 10% of women it has actually declined. Over the last decade health inequalities have widened overall, and the amount of time people spend in poor health has increased since 2010.  #Marmot2020 confirms an increase in the north/south health gap, where the largest decreases were seen in the most deprived 10% of neighbourhoods in the North East, and the largest increases in the least deprived 10% of neighbourhoods in London.  There are a number of key points made within the report, but the principle point I would like to make is that, the more deprived the area, the shorter the life expectancy. This social gradient has become steeper over the last decade, and women in the most deprived 10% of areas for whom life expectancy fell from 2010-12 and 2016-18. There are marked regional differences in life expectancy, particularly among people living in more deprived areas, a general point is that the North is doing worse than the South.  Mortality rates are increasing for men and women aged 45-49 – perhaps related to so-called ‘deaths of despair’ (suicide, drugs and alcohol abuse) as seen in the USA. Child poverty has increased with children’s and youth centres have closing and the reduction in funding for education. There is a housing crisis and a rise in homelessness, people have insufficient income to lead a healthy life and there are more ignored communities with poor conditions leaving people with little reason for hope, aspiration and tangible possibility to improve their lot!  Marmot Review 2020  [Executive Summary](https://www.health.org.uk/sites/default/files/2020-03/Health%20Equity%20in%20England_The%20Marmot%20Review%2010%20Years%20On_executive%20summary_web.pdf)  [Full Report](https://www.health.org.uk/sites/default/files/upload/publications/2020/Health%20Equity%20in%20England_The%20Marmot%20Review%2010%20Years%20On_full%20report.pdf) |
| **As Coronavirus Deepens Inequality, Inequality Worsens its Spread**  As inequality has risen, health disparities have widened. Preventive care and health education have steadily tilted toward the educated and the well-off. As the coronavirus spreads across the globe, it appears to be setting off a devastating feedback loop with another of the gravest forces of our time: economic inequality. Research suggests that those in lower economic strata are likelier to catch the disease. Poor people are more likely to die from it and for those who remain healthy, they are more likely to suffer loss of income or health care as a result of quarantines and other measures.  [Article](https://www.nytimes.com/2020/03/15/world/europe/coronavirus-inequality.html) |
| **Next week...: News and Comment from Roy Lilley**  As this historic week draws to a close I sense the NHS is holding its collective breath.  Our biggest exhibition centre is being turned into a four thousand bed hospital. NHS people are being trained up, stepping-up and are up for whatever's next.  The public are showing their admiration for the NHS by volunteering to help, in their droves.  At eight o'clock last night, did you stand on your door-step and applaud the NHS? Amazing, an ovation from the nation. I have to admit, it brought a tear to these dry-old-eyes.  The question we dare not whisper; is the NHS ready? It depends how you define ready.  PPE? You know, when the army are called-in, there really is an issue. My guess is, this will sort itself out by mid-week.  These are testing times... made more testing by the fact we aren't testing anything like enough people. Instead of testing we're guessing. Guessing about transmission rates, geography and all the rest.  I guess the answer to the question, the NHS is ready as it can be but... is the public?  People will end their days connected to a machine, surrounded by anonymous people, trapped behind masks and gowns. No chance to say goodbye, last memories, a picture on an iPad.  Tenderness and technology are unlikely companions.  If you love someone, don't waste a moment. Tell them today... now.  Ventilators? Normally, people need them for three to five days. The longer they are in use, the less likelihood of a good outcome. Covid patients might need them for 11-21 days.  A lot of people on ventilators, for a long time? Thirty thousand machines might not be enough.  Are there any plusses? Yes...  ... We're learning we can look after patients using our smart phones, we know we don't need to spend a fortune on offices, we've all got a kitchen table.  We know we can, sensibly, share data and no one gets hurt... they are more likely to get hurt if we don't.  We know we will look back and say, that was a Covid-Change.  We have weeks of this ahead of us. We will learn new things about the NHS, about medical science and about ourselves.  What about next week?  We know you will start work earlier and stay later, you'll certainly work harder. Many of you will working for less and a huge number will be working for nothing... volunteering.  If you are a boss, you will redefine 'visible'. You will make sure you are seen. Seen being constructive and helpful and smiling and positive. Yes, that's your role now.  Attitude is so important. This is not something 'to get through' this is the new reality, for the foreseeable. This is about getting into it. The new normal.  Standards will change but they will only drop as far as you let them. Set your own. Be at ease with yourself.  Younger colleagues are the ones to be with. Tech-native, keep them close they'll have the ideas, the work-arounds. They'll teach you how to do future-working, today.  As times get tougher, your best allies will be found in teams, collegiate working and mutual respect.  If you've never been a networker, now is the time. Keeping in touch with friends and family, of course but keeping in touch with professional colleagues through the IHM, the Academy of Fabulous Stuff and all the other great organisations who exist to offer advice, innovation and support.  As the focus is on deliveries there is one thing that only you can deliver, by the truck-load, yourself... it is a mega-load of 'thank-you's' and 'well-done's'.  There will be backs that need patting, find them. Not an email. Make a phone call, better still, FaceTime; personal, a quiet, shared, private moment of calm, thoughtful thanks and well-done.  Remember, you are who you hang-out with. Avoid the gloom mongers, the nit pickers and the nay sayers.  Everywhere there are good people, just like you, doing their best and like you they will drop the ball, make a mistake, get something wrong.  Before you shout, stop and think. These are tricky times and next time it might be you.  Get some rest, if you can, keep safe because we need you ... and have the best weekend you can. |
| **Coronavirus and Your Wellbeing**  You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.  This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.  [Information](https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/) |
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