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| **Minding the Gap - News Brief: No. 137** |
| **Welcome to the One Hundred and Thirty Seventh 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/) |
| **Children of the Pandemic: Policies Needed to Support Children During the Covid-19 Crisis**  The Covid-19 crisis is impacting a great deal of children, as well as their parents, carers and wider families. Schools and childcare facilities have closed, exams are on hold, and normal social activities are confined to online interactions to those fortunately able to do so. In short, for a generation of children, a normal childhood is out of reach for the foreseeable future. This childcare crisis will affect men and women differently. The vast majority of lone parents in the UK are women, and women in two-parent families are more likely to be the second earner. Without further action from government to protect parents in work, this crisis could see women lose significant portions of their income or be pushed out of the labour market altogether as families are faced with impossible choices in trying to balance work with full-time caring responsibilities. This could result in lasting damage to hard-won progress towards gender parity in the world of work.  We would all agree that no child should struggle to eat or live healthily and learn to their full potential because of the Covid-19 crisis. With the number of children living in poverty we are likely to see increased fear, hardship and disruption for many. To prevent this, steps need to be taken quickly and urgently to strengthen our social safety net and allow access to essentials like outdoor space and digital access.  [Report](https://www.ippr.org/files/2020-03/1585586431_children-of-the-pandemic.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11455845_NEWSL_HWB_2020-04-13&dm_i=21A8,6TJDX,FLWQCU,RBFBG,1) |
| **We Need a Lifeline to Help People Keep their Heads Above Water**  The implications of the coronavirus COVID-19 outbreak will be far reaching and impact all corners of our society, affecting people’s jobs and livelihoods as well as the tragic loss of life and impact on our health. Whilst the Government is committed to measures that will offer some security to families in this time of turmoil, there are many people, people who are already in poverty and people who could be swept into it, who will not yet be feeling like they have been offered the lifeline they need to cope. This briefing calls on the Government to go further than its current measures and offer security to those of us who are not yet covered by the initial steps.  [Briefing](https://www.jrf.org.uk/file/54836/download?token=uvZ4JSmE&filetype=briefing) |
| **Developing Emotional Resilience and Wellbeing: A Practical Guide for Social Workers**  This guide includes the 'competencies' that support emotional resilience, including self-compassion, self-care and having a flexible range of coping skills; how to ensure emotional literacy allows for 'appropriate empathy', rather than being overwhelmed by concern and distress for others; and specific techniques practitioners can try to develop a personal resilience 'toolbox' that meets their own needs and allows them to respond to different situations.  [Guide](https://kingsfundmail.org.uk/21A8-6TXEC-FLWQCU-40XARU-1/c.aspx) |
| **UK Hunger Crisis: 1.5m People Go Whole Day Without Food**  This article explains that after just three weeks into the lockdown, 1.5 million Britons reported not eating for a whole day because they had no money or access to food. Some 3 million people in total were in households where someone had been forced to skip some meals. More than 1 million people reported losing all their income because of the pandemic, with over a third of them believing they would not be entitled to any government help.  [Article](https://www.theguardian.com/society/2020/apr/11/uk-hunger-crisis-15m-people-go-whole-day-without-food?CMP=share_btn_tw) |
| **Why the Coronavirus Crisis Should Spark the Beginning of the End for Homelessness**  The COVID-19 pandemic has put rough sleepers in severe danger. The past few weeks have been devastating in so many ways for families across the UK, with many deaths from the coronavirus pandemic, jobs lost, our public services stretched to the limit, and many of our charities facing huge income losses just when we need them the most.  It has also been an inspiring time: public services and charities have pulled together in ways we had only dreamed of, to protect people facing homelessness from the additional risk of coronavirus. As agencies have pulled together to protect them, it is argued that this should point the way to ending homelessness for good.  [Article](https://www.insidehousing.co.uk/comment/why-the-coronavirus-crisis-should-spark-the-beginning-of-the-end-for-homelessness--66038) |
| **Cramped Living Conditions may be Accelerating UK Spread of Coronavirus**  The Victorians paid the price for housing people in fundamentally unsatisfactory, unhealthy places when cholera and typhoid came calling. How much we have regressed towards that past with fear growing that coronavirus could be ripping through some of the poorest and most overcrowded parts of Britain’s cities as new research suggests cramped living conditions might be accelerating the spread of the virus.  [Article](https://www.theguardian.com/world/2020/apr/12/virus-hitting-hardest-modern-equivalent-victorian-slums) |
| **Covid-19 Resource Hub**  The NHS Electronic Staff Record (ESR) team has developed the Covid-19 Resource Hub to help and support organisations with their use of ESRs during the pandemic. Working with national organisations in relation to workforce challenges during this time, they have responded by delivering system solutions to support organisations in their plans to manage the impact of Covid-19.  [Resource Hub](https://kingsfundmail.org.uk/21A8-6TXEC-FLWQCU-40ZW90-1/c.aspx) |
| **Coronavirus: Ethnic Minorities 'Are a Third' of Patients**  There is emerging evidence that suggests coronavirus is having a disproportionate impact on people who are black, Asian and minority ethnic with more than a third of patients who are critically ill in hospital with the virus are from these backgrounds. Ethnic minority communities were over-represented among families living in poverty and over-crowded housing. This cannot be disconnected from the fact that they are also more likely to be in low-paid jobs or key workers - crucial transport and delivery staff, health care assistants, hospital cleaners, adult social care workers as well as in the NHS.  [Article](https://www.bbc.co.uk/news/uk-52255863) |
| **Almshouses for the 21st Century: Transformation in Progress**  Almshouses are the oldest form of community-led housing, pre-dating other social housing, care and support for centuries. This briefing explores partnerships, governance and management initiatives with case studies of new Almshouse developments and partnerships with local authorities, private developers and a community land trust. It provides local authorities, commissioners and other professionals with ideas and examples for working with Almshouse charities, to meet housing need and complement local strategies for housing, care and support.  [Report](https://www.housinglin.org.uk/_assets/Resources/Housing/Support_materials/Viewpoints/HLINViewpoint_100_21stCenturyAlmshouses.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11460730_NEWSL_HMP%202020-04-14&dm_i=21A8,6TN5M,FLWQCU,RCGQ1,1) |
| **Parenting in a Time of COVID-19**  This article suggests that Coronavirus disease 2019 (COVID-19) is changing family life. There are estimates of 1·38 billion children are out of school or child care, without access to group activities, team sports, or playgrounds. Parents and caregivers are attempting to work remotely or unable to work, while caring for children, with no clarity on how long the situation will last. For many people, just keeping children busy and safe at home is a daunting prospect. The article also suggests that for those living in low-income and crowded households, these challenges are exacerbated.  [Article](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930736-4) |
| **Out of Sight, Out of Mind: Why Less-Well Off, Middle-Aged Men Don’t Get the Support they Need**  In the UK men are three to four times more likely to die by suicide than women. Research also tells us that men who are less well-off and living in the most deprived areas are up to 10 times more likely to die by suicide than more well-off men from affluent areas. Middle-aged men in the UK also experience higher suicide rates than other groups, a fact that has persisted for decades.  This ongoing research project seeks to build on what is already known about the reasons for the high rates of suicide among less well-off, middle-aged men, by exploring what can be done to drive change. This report brings together the findings of the first stage of this research, which included a review of the evidence relating to existing wellbeing support and suicide prevention services, and primary ethnographic research with this at-risk group. The evidence shows that the evidence-base for the effectiveness of suicide prevention support targeted at less well-off middle-aged men is limited, and there is a significant lack of reported findings on which initiatives are most effective. Suicide prevention support that target less well-off, middle-aged men must be better evaluated (and better funded to do so) in order to robustly assess their impact.  However, the men with lived experience who took part in our research were clear about what could be done to engage and support them more effectively, and what had worked for them in the past. All services should apply this lived insight throughout the development and delivery of their services.    [Research](https://media.samaritans.org/documents/Lived_experience_report_FINAL.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11474004_NEWSL_HMP%202020-04-17&dm_i=21A8,6TXEC,FLWQCU,RDXLN,1) |
| **Coronavirus Food Alert: Call for Government Action on Food for Vulnerable People**  Many will struggle to follow the advice to self-isolate either because they already cannot afford enough food to cover this period; because their income is likely to drop substantially, placing pressure on their finances; or because they do not have support to access food and other basic necessities.  This article is calling on the Government urgently to release funds to eradicate household food insecurity, and to ease certain costs and welfare constraints, as a priority response to the COVID-19 Coronavirus outbreak. This unprecedented situation requires an urgent and unprecedented level of response.  [Article](https://www.sustainweb.org/blogs/mar20_coronavirus_call_to_action/) |
| **Location Data Says it all: Staying at Home During Coronavirus is a Luxury**  This article explains that many lower-income workers continue to move around, while those who make more money are staying home and limiting their exposure to the coronavirus. Although people in all income groups are moving less than they did before the crisis, wealthier people are staying home the most, especially during the working week. Not only that, but wealthier people began doing so days before the poor, giving them a head start on social distancing as the virus spread.  The article offers evidence of a divide laid bare by the coronavirus pandemic, one in which wealthier people not only have more job security and benefits, but also may be better able to avoid becoming sick.  [Article](https://www.nytimes.com/interactive/2020/04/03/us/coronavirus-stay-home-rich-poor.html) |
| **Frontline Staff Need Real Protection**  NHS workers, care staff and other key workers are falling ill. Too many have already died – including nurses, doctors, care workers, healthcare assistants and porters. Staff fear for their own health, that of their families and those they care for and look after.  The article also warns that the elderly and the vulnerable face a death sentence because staff lack personal protective equipment and calls on the government to clamp down on profiteering to stop some firms inflating prices for life-saving kit – and to immediately suspend VAT duties payable by care homes for imported safety equipment during the pandemic.  [Article](https://www.unison.org.uk/news/2020/04/ppe-covid19/?utm_medium=email&utm_campaign=activist%20150420&utm_source=Communications&utm_content=PPE%20round-up%20link) |
| **“Critical Lack” of PPE and Testing has Allowed Coronavirus to Sweep Through the Care Sector**  Social care providers and unions have warned that a “critical lack” of protective equipment and testing has allowed coronavirus to “sweep through” social care. People who rely on social care are often more vulnerable to catching and dying from Covid-19. Yet a month into this crisis, many care workers are still working without suitable PPE, despite their heightened risk of exposure to the virus and to spreading it.  The article suggests that the spread of coronavirus in care sector likely to have been “underestimated and emphasises that actions are more important than words.  [Article](https://www.tuc.org.uk/news/critical-lack-ppe-and-testing-has-allowed-coronavirus-sweep-through-care-sector-adass-and) |
| **Impact of Tobacco Tax Increases and Industry Pricing on Smoking Behaviours and Inequalities: A Mixed-Methods Study**  Smoking causes more deaths in the UK than all other preventable causes. A very effective way to reduce smoking is to increase tobacco taxes. However, many factors affect how smokers respond to these, including how big the tax increases are and whether or not they apply to roll-your-own tobacco as well as factory-made cigarettes, and how the tobacco industry responds. We need to understand the tobacco industry pricing strategies in response to tax changes and the impact of tax on smokers’ behaviour, including tax evasion and avoidance, as well as the effect on smoking inequalities is essential if we are to achieve informed policy making.  Sudden, large tax rises could stop the industry increasing prices slowly, and seeing a large price jump might encourage more smokers to quit. Preventing the industry from introducing new brands, having plain, standardised packaging and sizes, and providing support for smokers trying to quit would be likely to reduce smoking. The research also found that the more disadvantaged, and dependent, smokers need more help with quitting. In addition, above-inflation tax rises decrease affordability and increase quitting behaviours; however, availability of cheaper tobacco products encourages switching to cheaper factory-made products or roll-your-own rather than quitting.  [Report](https://njl-admin.nihr.ac.uk/document/download/2032280) |
| **Racism and Discrimination in COVID-19 Responses**  Outbreaks such as the COVID-19 pandemic create fear, and fear is a key ingredient for racism and xenophobia to thrive. The pandemic has uncovered social and political fractures within communities, with racialised and discriminatory responses to fear, disproportionately affecting marginalised groups. This article explains that in the absence of these factors, inequalities are magnified and scapegoating persists, with discrimination remaining long after. Division and fear of others will lead to worse outcomes for all.  [Article](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30792-3/fulltext?dgcid=raven_jbs_etoc_email) |
| **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) |
| **Three Reasons why Jacinda Ardern’s Coronavirus Response has been a Masterclass in Crisis Leadership**  This article attempt to assess New Zealand’s public health response to the COVID-18 pandemic. The article suggests that New Zealand had the “most decisive and strongest lockdown in the world at the the time of the lockdown and the acceptance that if you get things wrong, or delay deciding, people die.  The article includes a comparative examination of the approaches of New Zealand and other western economies. I find it very informative and encourage readers to review the podcasts included in the article!  [Article](https://theconversation.com/three-reasons-why-jacinda-arderns-coronavirus-response-has-been-a-masterclass-in-crisis-leadership-135541) |
| **COVID-19 Exacerbating Inequalities in the US**  COVID-19 does not affect everyone equally. In the US, it is exposing inequities in the health system. Confirming existing disparities, within New York City and other urban centres, African American and other communities of colour have been especially affected by the COVID-10 pandemic. Across the country, deaths due to COVID-19 are disproportionately high among African Americans compared with the population overall. Part of the disproportionate impact of the COVID-19 pandemic on communities of colour has been structural factors that prevent those communities from practicing social distancing. Minority populations in the US disproportionally make up “essential workers” such as retail grocery workers, public transit employees, and health-care workers and custodial staff.  [Article](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930893-X) |
| **What can we do to Help those Already Facing Disadvantage, in the COVID-19 Outbreak?**  We are all affected by the coronavirus (COVID-19) pandemic, whether by the virus itself, government restrictions, or the economic uncertainty it is causing. Many of us are doing what we can to support others in our communities, by helping those who are unwell or cannot get out and about.  Sadly, we also know that there are many groups in society who will be hit harder by the outbreak: not only older people and those with underlying health conditions, but those who are vulnerable simply because they do not have the same opportunities to stay well.  These groups are at the sharp end of health inequalities – unjust and avoidable differences in people’s health - resulting from a lack of the things many of us take for granted: stable, well paid work, secure housing or a support network of friends and family to rely on.  This link asks a number of Collaboration for Wellbeing and Health to share their thoughts and advice on what we can do now to support those in need in these uncertain times.  [Advice link](https://www.health.org.uk/newsletter-feature/what-can-we-do-to-help-those-already-facing-disadvantage-in-the-covid-19) |
| **Price-gouging: how to spot it, report it and get your money back**  Price gouging occurs when a seller increases the prices of goods, services or commodities to a level much higher than is considered reasonable or fair. Price gouging may be considered exploitative and unethical. We need to know how to spot it, report it and more importantly how to get your money back. This guide is, along with very some practical advice, calling for the government to step in with strong action that would stamp out price gouging and keep the prices of essential products reasonable during the coronavirus crisis, however long it lasts.  Make sure you don’t get caught out.  [Guide](https://www.which.co.uk/consumer-rights/advice/price-gouging?utm_source=whichcouk&utm_medium=email&utm_campaign=pricegouging150420) |
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