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| **Minding the Gap - News Brief: No. 145** |
| **No Returns: A New Direction to Tackle Insecurity in Retail Following COVID-19.**  The retail sector is the largest source of private sector employment in the UK, with 2.8 million workers employed as of 2020. But as a result of long-term trends driving changes in demand and consumption behaviours, as well as the seismic shifts now taking place as a result of the COVID-19 crisis, hundreds of thousands of employees in the sector face an increasingly insecure working life, characterised by low pay, temporary contracts, irregular hours and limited opportunities for career progression. Furthermore, although the retail sector plays a key role in the national economy and provides a crucial source of employment in many local places across the country, it is highly likely that the sector will employ fewer people in the future than it does today, in jobs that look quite different to those that have traditionally been associated with retail businesses.  This paper presents new analysis outlining the ways in which job insecurity has increased in recent years within the retail sector and the ways in which the COVID-19 crisis has accentuated this. It identifies the kinds of workers most at risk of job insecurity in the sector in the future, and sets out a series of recommendations for Government and the sector to put in place the necessary support measures for retail workers facing acute insecurity today, and the longer term interventions required to help retail workers transition into new roles in the future, whether within retail or in different sectors altogether.  [Paper](https://www.lancaster.ac.uk/work-foundation/publications/reports/no-returns/) |
| **Exploring Health Inequalities in Disadvantaged Communities**  Areas with different levels of wealth and opportunity are typically subject to large inequalities in health outcomes. A combination of social and economic circumstances, such as high unemployment rates and high levels of chronic illness and disability in poor neighbourhoods, can contribute to poor access to healthcare services, which can negatively impact health outcomes. Indeed, residents of the poorest neighbourhoods have a shortened average life expectancy of eight years less compared to those living in the wealthiest parts of the country.  This report highlights several inequalities in accessing health care services, and is one of the first longitudinal public health surveys across England to specifically focus on people living in some of the most disadvantaged neighbourhoods. The findings of the research help to identify key areas of needs to tackle to reduce health inequalities and provides guidance for how to address one of the five essential conditions for healthy lives for everyone: “good quality and accessible health services”  [Report](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-020-09346-5) |
| **Local Authorities and the Public’s Mental Health**  Promoting positive mental wellbeing and preventing mental health problems helps us stay healthy, live meaningful lives and avoid serious (and sometimes lifelong) distress. Preventing mental health problems requires an understanding that mental health is interwoven with other agendas – including housing, employment, social inclusion, economic development, and safety. Local authorities are uniquely placed to connect all parts of the system. They have the ability to knit together their own strategies to work towards fewer health inequalities and better mental health for all.  The report examines the initiatives of local councils that are rising to the challenge of promoting good mental health and preventing poor mental health in their communities. These councils seek to improve population mental health, reduce inequalities and prevent mental ill health in their communities through a combination of strategic and practical approaches. The report presents learning from these areas, prior to the pandemic and in the midst of the challenges brought by Covid-19, alongside an overview of the evidence for prevention and the national policy context.  [Report](https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMH_OurPlace.pdf) |
| **The Good Childhood Report 2020**  ‘Well-being’ is used to refer to a range of things in everyday life, such as being happy, not being ill, feeling fulfilled and being financially secure. This report focuses primarily on children’s own views of their lives – the subjective well-being of children. The report draws together a variety of national and international sources that examine children’s self-reported well-being. The report includes an overview of the latest statistics and trends. It analyses the latest international data sources on children’s subjective well-being, including measures of the well-being of children in different countries in the UK and it closely examines of patterns in children’s happiness with their friends.  [Report](https://www.childrenssociety.org.uk/sites/default/files/good-childhood-report-2020.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11782487_NEWSL_HMP%202020-09-01&dm_i=21A8,70JFB,FLWQCU,SAB1W,1) |
| **The Whole Society Approach: Making a Giant Leap on Childhood Health**  This paper sets out the social, economic, and moral case, presented by the opportunities for improving child health. It covers the long-term costs of chronic disease for the NHS and wider society; how we can alleviate some of the pressures that drive regional inequality; create a healthier environment for children means the creation of a healthier environment for society to flourish. Most importantly, it argues the time for action – to seize the benefits possible through bold childhood health intervention – is now.  [Report](https://www.ippr.org/files/2020-08/a-whole-society-approach-aug-2020.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11789422_NEWSL_HMP%202020-09-04&dm_i=21A8,70ORY,FLWQCU,SBE9E,1) |
| **Children’s Mental Health and Wellbeing in Isolated Areas**  Living in rural and remote areas can create distinct challenges for children’s mental health. Poor transport infrastructure, fewer local choices, alienation and isolation, poor digital connectivity, and a lack of opportunities to socialise with peers outside of school can all have an impact on children and their wellbeing.  Children in sparsely populated areas also face significant barriers to accessing support, and years of cuts to public services have made it even harder for local services to offer children the help they need. This report investigated the impact of geographic isolation on the mental health and wellbeing of children aged 8-13.  [Report](https://www.centreformentalhealth.org.uk/sites/default/files/publication/download/CentreforMH_TheSpaceBetweenUs_Rurality.pdf) |
| **No Child Left Behind: A Public Health Informed Approach to Improving Outcomes for Vulnerable Children**  A public health informed approach looks at the factors for individual children, their families and the communities in which they live that make it more or less likely that vulnerability and adversity in childhood has a lasting impact on their lives. This holistic, multi-agency approach addresses inequality and the broader causes of vulnerability that might otherwise be overlooked.  [Report](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/913764/Public_health_approach_to_vulnerability_in_childhood.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11789422_NEWSL_HMP%202020-09-04&dm_i=21A8,70ORY,FLWQCU,SBE7C,1) |
| **Gap Between Rich and Poor Pupils in England 'Grows by 46% in a Year'**  This article calls for urgent support targeted towards disadvantaged pupils and schools in areas of high deprivation. Research has revealed the gap in England between some pupils and their wealthier peers has widened this year. As the school year begins for most pupils in England and Wales, the authoritative study revealed that disadvantaged and black and minority ethnic (BAME) children had gone backwards compared with their better-off peers since March.  [Article](https://www.theguardian.com/education/2020/sep/01/disadvantaged-and-bame-pupils-lost-more-learning-study-finds) |
| **The Challenges Facing Schools And Pupils In September 2020**  This research investigates the impact of Covid-19 on mainstream primary and secondary schools in England. It follows an earlier NFER survey of schools’ responses to Covid-19 in May and focuses on the challenges schools will face from September. It considers the extent to which pupils are behind in their curriculum learning in relation to teachers’ normal expectations for the end of the school year; the impact of Covid-19 on the ‘disadvantage gap’; the need for catch-up support from September; and the logistical issues and resource implications of opening schools fully while taking measures to reduce the risk of infection. It also considers schools’ experiences of offering remote learning from March, and blended learning (remotely and in-school) from June, in order to inform decisions about the support and resources that schools will need in the event of future lockdowns.  [Report](https://www.nfer.ac.uk/media/4119/schools_responses_to_covid_19_the_challenges_facing_schools_and_pupils_in_september_2020.pdf) |
| **Supporting Children’s Wellbeing and Social Skills as they Return to the Classroom**  Social & emotional learning (SEL) is an essential part of every child’s education and it is widely recognised that a focus on emotional wellbeing and relationships will be critical to children’s ability to re-engage and learn when they go back to school following the Covid-19 lockdown. Children’s social and emotional needs are at the forefront of teachers’ minds as they prepare to welcome children back. The accompanying guides have been produced to support schools to provide the nurturing environment that pupils need and the set of resources which focus on the vital role that effective, evidence-based social & emotional learning can play.  [Guides and resources](https://www.eif.org.uk/resource/supporting-childrens-social-and-emotional-wellbeing-as-they-return-to-school) |
| **Fixing Social Care: Better Quality Services and Jobs**  The Covid-19 pandemic has been the ultimate stress test for adult social care. The structural problems in the sector that trade commissioners and policymakers have been concerned about for decades have been thrown into sharp, heart-breaking focus for all to see. Bystanders may accuse politicians of playing political football with the sector for decades. Meanwhile, the numbers of people needing essential care are increasing, care workers are stuck with low pay and insecure contracts, and the commissioning model prioritises profit over quality care.  This report sets out why the UK does not have a high-quality social care system, and how to improve it for those who use it, and those who work in it. That means long-term, sustainable funding of services that provides value for money to the public purse while meeting the needs of individuals and communities. Whilst it is important to show our appreciation of care workers through decent pay and working conditions, tokenistic applause or badges are not the answer.  [Report](https://www.tuc.org.uk/research-analysis/reports/fixing-social-care) |
| **Fixing Social Care: The Fundamental Choices**  The social care sector has been battered during the coronavirus crisis. Current evidence illustrates that more than one in 20 care home residents have died as a result of COVID-18 and the crisis has highlighted how badly reform of the sector is needed. Improving the quality of care, as well as how to pay for it, is an absolute necessity. The issue of social care for the elderly has been central to the political debate for some years.  This report shows, underfunding and a dysfunctional structure have left the sector with many issues, including an ageing stock of care homes, staff who are often paid too little and above all an inability to fully meet the demands for care from an ageing population.  [Report](https://www.cps.org.uk/files/reports/original/200829220359-CPSFIXINGSOCIALCARE.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11782487_NEWSL_HMP%202020-09-01&dm_i=21A8,70JFB,FLWQCU,SARVP,1) |
| **The Psychology of Loneliness: Why it Matters and what we can do**  People describe thoughts and feelings of loneliness with words like anxiety, fear, shame and helplessness. These powerful emotions can influence how we act. They can create a downward spiral where loneliness causes someone to withdraw further from family and friends and so become lonelier. This report looks at how psychological approaches can help tackle loneliness. It is focused on older people but has lessons for all adults. It gathers the current research and evidence available to us about what we can learn from psychology, as well as making policy recommendations for how this learning can be applied and help the millions of lonely people across the UK.  [Report](https://www.campaigntoendloneliness.org/wp-content/uploads/Psychology_of_Loneliness_FINAL_REPORT.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11697175_NEWSL_HMP%202020-07-24&dm_i=21A8,6YPLJ,FLWQCU,S1OFL,1) |
| **UK Test and Trace System has Failed Because of Privatisation Ideology, Public Health Experts Warn**  The government is facing sustained criticism over the design of its national test and trace system, which is based in call centres. This article suggests that in many outbreak areas, the centralised system is failing to reach clinical targets of tracing 80 per cent of named contacts, which epidemiologists say is necessary for it to be effective. By contrast, public local authority-administered systems are tracing about 95 per cent of contacts.  [Article](https://www.independent.co.uk/news/uk/politics/coronavirus-test-and-trace-private-public-health-a9705671.html) |
| **Who Would Want to be 20 in 2020?**  he coronavirus pandemic has dealt multiple and varied blows to people across the UK in terms of their health and wellbeing as well as their livelihoods. Young people have sacrificed much through the pandemic and face continued uncertainty. This needs to be repaid through the investment in schooling, youth services, training and housing required to give them the foundations for a healthy life. Young people’s future health and wellbeing matters to us all as they are the key workers, civic leaders and parents of the future. Unless their future is secured all our lives will be diminished.  [Article](https://www.health.org.uk/news-and-comment/blogs/who-would-want-to-be-20-in-2020) |
| **How do we 'Build Back Better' after Coronavirus? Close the Income Gap**  The coronavirus pandemic has exposed health and economic inequalities. The current public debate is turning to the possibilities of “building back better” rather than simply returning to the status quo. However, this article suggests that the key is that class and status, prejudice and discrimination are strengthened by larger income differences. The rich are made to seem more superior and the poor more inferior, inequalities in health and in young people’s life chances increase, while social mobility slows. In answer to the question, the article suggests that the picture could hardly be simpler: almost all of the problems that we know are related to social status within our society get worse when status differences are increased. If we want a less dysfunctional society and a healthier population, building back better means addressing the scourge of income inequality.  [Article](https://www.theguardian.com/commentisfree/2020/aug/26/build-back-better-coronavirus-income-gap-pandemic?CMP=Share_iOSApp_Other) |
| **Herd Immunity is Not a Strategy: What the Term Actually Means, and what it Doesn’t**  This article suggests that a ‘herd-immunity strategy’ is a contradiction in terms, in that herd immunity is the absence of a strategy. Herd immunity is an important public-health concept, developed and used to guide vaccination policy. It involves a calculation of the percentage of people in a population who would need to achieve immunity in order to prevent an outbreak. The same concept offers little such guidance during an ongoing pandemic without a vaccine. If it were a military strategy, it would mean letting the enemy tear through you until they stop because there’s no one left to attack. This article looks at heard immunity as a concept and discusses the value of hear immunity with regard to Covid 19.  [Article](https://www.theatlantic.com/health/archive/2020/09/herd-immunity-is-not-a-strategy/615967/) |
| **A Safer Bet**  This report explores the harm that people with mental health problems can experience when gambling online. The webinar brings together a panel of experts, including Anna Hemmings, Chief Executive Officer of the charity GamCare, and Shahriar Coupal, Director of Advertising Policy and Practice at the Advertising Standards Authority (ASA), the UK’s advertising regulator. You can watch back the webinar, and find three key takeaways from the event.  [Webinar](https://www.moneyandmentalhealth.org/online-gambling-webinar/?mc_cid=8fb367595d&mc_eid=0792faa98f) |
| **Professor Kevin Fenton on the Lessons that Must be Learnt from Covid-19**  Back in July, Anna Charles sat down with Professor Kevin Fenton to learn more about the findings of Public Health England's review of disparities in risks and outcomes of Covid-19, his career journey and hopes for health and wellbeing in London.  [Podcast](https://www.kingsfund.org.uk/audio-video/podcast/professor-kevin-fenton-lessons-covid-19?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11789198_Copy%20of%20NEWSL_The%20Weekly%20Update%202020-08-28&utm_content=podcast_button&dm_i=21A8,70OLQ,FLWQCU,SARK4,1) |
| **Big Tobacco, The New Politics, and the Threat to Public Health**  BMJ [Article](https://www.bmj.com/content/365/bmj.l2164) |
| **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) |
| **Credit - Exclusive Online Preview**  **Date: 16th September 2020**  **Times: 2pm & 7pm**  **Rehearsed Reading & Live Q&A**  There will be two streamed rehearsed readings of the play 'Credit' which was scheduled to be performed live earlier this year. Award-winning writer Laura Lindow and Cap-a-Pie Theatre Company are previewing the play online on Sept 16th. The play is about the experiences of people claiming and living on Universal Credit, told through the story of Lisa. The work is based on academic research and collaborations between the creative team and Universal Credit claimants. Since March this year, there have been 3.2 million new claims for Universal Credit, it is therefore even more important to discuss and debate whether this welfare system is fit for purpose for the millions of people who are caught up in it.    I hope that you can see one of the performances on the day, and take part in the Q&A. You can do so by clicking on the links below. Please share with your friends, colleagues and networks.  [More Information](https://www.cap-a-pie.co.uk/credit/) |
| **Marmot ‘Ten Years On!’ (Conference Postponed until the Spring)**  **Venue: Leeds City Hilton Hotel, Neville Street, Leeds, LS1 4BX,**  **Date: Monday, 21st September 2020** |
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