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Accident and Emergency

Operational productivity and performance in English NHS ambulance trusts: unwarranted variations (27/09/18)

Lord Carter has produced a [report](#) into ambulance productivity in England with nine recommendations to improve patient care, efficiency and support for frontline staff who have responded to a significant rise in demand for ambulance services in recent years.

The report found that if more patients were treated at the scene by paramedics or were better assessed over the phone when dialling 999 — avoiding the need for an ambulance when it is safe to do so — the NHS could treat patients closer to home and reduce unnecessary pressure on emergency departments (EDs) and hospital beds. Offering safe and quicker care could save the NHS £300m a year by 2021, with a further £200m of savings through improvements in ambulance trusts infrastructure and staff productivity.

The report also calls for effective fleet management. It finds it unacceptable that trusts purchase different ambulances and stock them with different equipment and medicines. This demonstrably increases costs and there is an unarguable case to develop a common specification across England and move rapidly to centralised procurement for the ambulance fleet.

[NHS Improvement](#)
[NHE National Health Executive journal commentary](#)

The Ambulance Response Programme Review (27/09/18)

This document, published by NHS England, is an independent [review](#) that shows how the Ambulance Response Programme (ARP) has been implemented across England.

see also [Commissioning Framework and the National Urgent and Emergency Ambulance Services Specification](#).

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Arts and Health

Libraries Week activities planned across Kent (27/09/18)

Libraries across the county will be focusing on the topic of wellbeing as they participate in this year's national Libraries Week from Monday to Saturday, 8 to 13 October. Kent County Council's Libraries, Registration and Archives service wants to use this week to inspire people to enjoy time in the library, meet others and share their positive experiences. Residents are encouraged to join the library, sign up to receive the library newsletter and like their [local Facebook page](#).

They will showcase how they bring communities together, combat loneliness and social isolation, provide a space for reading and creativity, and support people with their mental health under the national slogan: My time. My space. My library.

The availability of library stock focusing on health and wellbeing, creativity and hobbies, mood boosting books and the latest [Reading Well Books on Prescription](#) adult mental health will be highlighted by special displays.

[KCC media release](#)

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Cancer/Stroke/Cardiovascular

Compendium: Mortality (27/09/18)

The [Compendium mortality set](#), from NHS Digital, covers a large number of indicators. This week they have published the following:

[Compendium – Mortality from all cancers](#)

[Compendium – Mortality from bladder cancer](#)

[Compendium – Mortality from breast cancer](#)

[Compendium – Mortality from cervical cancer](#)

[Compendium - Mortality from all circulatory diseases](#)

[Compendium – Mortality from acute myocardial infarction or ischaemic heart disease other than acute myocardial infarction](#)

[Compendium - Mortality from accidents](#)

[Compendium - Mortality from accidental falls](#)

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Children/Young People/Families

ONS: Young people's career aspirations versus reality (27/09/18)

This is [Office of National Statistics](#) version of: What did you want to be when you grew up? It is the third of a four part series about young people in the UK, focussing on young people's career expectations, and how these compare to young people's actual jobs.

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Communities and Local Government

LGA: Early Years Provision: survey results June 2018 (26/09/18)

Councils have a wide range of duties around childcare and early education. The Local Government Association (LGA) was keen to understand how, if at all, recent changes by central government to both funding and policy in the early years sector have affected councils and children. To develop its work in this area – and help improve provision and outcomes for all children in their earliest years – the LGA invited all Heads of Early Years (or equivalent) to take part in a survey focusing on the five issues outlined below. A total of 88 out of 152 councils responded (58 per cent response rate).

The five issues included in the [survey](#) were: the cap on central spend, maintain nursery schools, early years entitlements, provision for disadvantaged children, and quality of provision.

Support to Local authorities to innovate against childhood obesity (26/09/18)

The government has [announced](#) a new programme to develop local solutions to childhood obesity that can be shared across the country.

Local authorities are being asked to apply to its Trailblazer programme, in partnership with the Local Government Association (LGA).

The [3-year programme](#) is part of the second chapter of the government's childhood obesity plan, launched in Summer 2018, which included the aim to halve childhood obesity by 2030. One in 3 children leaves primary school overweight or obese.

£7.5 million fund for councils' digital innovation (21/09/18)

The Government has [announced](#) that councils seeking to transform their public services through digital innovation can apply to a new £7.5 million fund from Monday 24 September.

See

[Local Digital Fund](#)

[Local Digital Fund Prospectus](#)

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Disabilities

Disabled parents often seen as risk to their children rather than given support, research warns (21/09/18)

Recent research, funded by [Disability Research on Independent Living and Learning \(Drill\)](#), found adult social services too often ignored the needs of disabled people who became parents. Disabled parents told the report's authors that health and adult social care professionals assessing their needs often ignore the parenting implications of their impairment and fail to communicate with their counterparts in children's services.

The research, by the [Tilda Goldberg centre for social work and social care, University of Bedfordshire](#), found children's social services too often saw the parent's impairment as a potential risk to their children and prioritise monitoring over meaningful parenting support that would keep families together and avoid crisis interventions. Disabled people are therefore too anxious to seek support for fear they will be seen as failing.

[University of Bedfordshire: news release](#)

[BBC News: A Mother's story](#)

[Children and Young People Now](#)

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Drugs/Alcohol

Adolescent alcohol-related behaviours: trends and inequalities in the WHO European Region, 2002–2014 (26/09/18)

The Health Behaviour in School-aged Children (HBSC) survey is a WHO collaborative cross-national study that monitors the health behaviours, health outcomes and social environments of boys and girls aged 11, 13 and 15 years every four years. HBSC has collected international data on adolescent health, including alcohol consumption and drinking behaviours, for over 30 years, allowing prevalence to be compared across countries and over time.

This [report](#) presents the latest trends in alcohol consumption and drinking behaviours among 15-year-olds across the WHO European Region, taken from the HBSC study. It highlights gender and socioeconomic inequalities across the Region.

[Who Europe news release](#)

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Education

Education provision statistics: children under 5 years of age, January 2018 (26/09/18)

ONS has [updated its data](#) on early years provision for children under 5 years in the local authority maintained, private, voluntary and independent sectors in England.

Updated underlying data with additional file covering data at local authority district level.

Education curriculum and the new education inspection framework (18/9/18, updated 21/09/18)

Ofsted's Chief Inspector, Amanda Spielman, has [discussed findings from recent curriculum research](#), curriculum design and the new education inspection framework.

The research included input from Bennett Memorial Diocesan School and Hadlow Rural Community School in Kent.

See also [Communities and Local Government](#)

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Health and Wellbeing Innovation Commission Inquiry - Built Environment (27/09/18)

This report, one of several publications from ILC-UK's Health and Wellbeing Innovation Commission Inquiry, explores the current and future potential for innovation in the [built environment](#). Embracing and fostering innovation in health and wellbeing is imperative; the promotion of good health and wellbeing is not just clinical but should also be embedded holistically within communities as part of everyday life. Having a home that is accessible if one has physical impairments, a local environment that can encourage physical activity and a transport system that allows access to services and maintain social connections are all important to a person's health and wellbeing.

Homelessness: Move On Fund (21/09/18)

The Government is making available £50million across England (outside London) up to 2020/21 through the Move On Fund. The fund is part of a package of measures that have been announced through the Government's new Rough Sleeping Strategy. [Announcement](#) that the Fund is now open for bidding on IMS.

Home Building Fund (26/09/18)

Updated ['Introduction to the Home Building Fund'](#) and what we will need to consider your application for funding.

Department of Transport: guidance on no deal (24/09/18)

The Department of Transport has issued [guidance](#) on how UK haulage companies, drivers and freight services would be affected if the UK leaves the EU with no deal.

Hauliers will need to consider how many permits they may require to operate internationally so they are ready to apply later in the year. Importantly, hauliers and businesses should consider what contingency plans they need to have in place for the movement of goods if they do not receive the number of permits they applied for. This may include planning for alternative routes to move goods or using different vehicles or modes of transport (such as containerised transport or operating 'unaccompanied trailer' business models). Hauliers, and businesses who use hauliers, should consider the implications of possible impacts on supply chains including reduced capacity at ports, reduced reliability and potential higher rates.

Guidance as it is published is added to a collection [How to prepare if the UK leaves the EU with no deal](#) collated by the Department for Exiting the European Union.

Kent County Council [Brexit Preparedness position paper](#) July 2018

[Port of Dover: driving trade and prosperity](#)

Dover District Council [Taskforce](#)

Air pollution linked to dementia risk (19/09/18)

A study of almost 1400,000 adults living in London, 1.7% who got dementia, questioned if air pollution increased risk of dementia.

If air pollution does contribute even a small amount to dementia risk, it could have serious implications for public health.

[Research](#) by researchers from St George's, University of London, King's College London and Imperial College London was published in BMJ Open.

See also [Older People](#)

Health Care

Extra support pledged for GPs this winter (26/09/18)

NHS England has [announced](#) it will provide £10 million to GPs to support delivery of additional extended hours, out of hours and unscheduled care sessions over winter.

The Winter Indemnity Scheme will be used to cover the costs of professional indemnity for the extra services provided by GPs, giving them the freedom to work extra sessions securely and without extra costs.

This is just one of a programme of activities being undertaken by NHS England to support general practice meet demand over the winter months.

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Health Protection/Emergencies

Kent Fire and Rescue Service issues update on Margate fire (26/09/18)

Kent Fire and Rescue Service (KFRS), has issued an [update](#) on the ongoing fire at Westwood industrial estate in Margate. The blaze, which started on September 15, is expected to require firefighters to have a presence on site until late October.

KFRS and Public Health England have issued advice, including two videos, to members of the public who might be worried about the smoke from the fire, and who are interested in an update on the work the fire service and its partners have been doing.

[Kent County Council media release](#)

Monkeypox: Third case confirmed in UK (26/09/18)

As the [third case has been confirmed](#), updated guidance has been [published](#) for environmental cleaning and decontamination on 21 September 2018.

This person was involved in the care of the case in Blackpool Victoria Hospital before monkeypox was diagnosed.

The third case is now isolated to minimise the risk of onward transmission to others. They are being looked after in the specialist unit at Royal Victoria Infirmary, Newcastle.

HAIRS Report 2017 (28/09/18)

The Human Animal Infections and Risk Surveillance (HAIRS) group continued to meet monthly during 2017 in order to discuss emerging issues affecting human and animal health in the UK and internationally.

There was another identification of *Aedes albopictus* mosquito by Public Health England's active mosquito surveillance. This occurred at [Ashford, Kent](#). This demonstrates the risk of invasive mosquitoes becoming established in England, and the importance of an active mosquito surveillance programme for the early detection and management.

The further spread of *Culex modestus* in the Thames Estuary and along the Essex coast resulted in enhanced human and animal surveillance for [West Nile Virus](#) infections in those areas.

New gaps in guidance and policy continue to emerge in the public health threat from *Mycobacterium bovis* in animals.

[HAIRS Report 2017](#)

Sources of UK Flu data (24/09/18)

Information from Public Health England's (PHE's) influenza surveillance section, which co-ordinates and collates flu surveillance for the UK.

[Updated data](#) in tables and new 'Vaccine uptake and coverage' section added.

Influenza vaccine uptake in primary school children reports Winter 2017-2018 (25/09/18)

A [report](#) has been published on the uptake of the seasonal influenza vaccine and predictors of uptake in children of primary school age last winter.

Updated Guidance: Flu vaccinations for people with learning disabilities (25/09/18)

[Support](#) for health and social care professionals who work with people with learning disabilities. It can be used to encourage the uptake of the free flu vaccination, that people with learning disabilities are entitled to.

Cover of vaccination evaluated rapidly (COVER) programme 2018 to 2019: quarterly data (28/09/18)

The cover of vaccination evaluated rapidly programme (COVER) evaluates childhood immunisation in England, collating data for children aged 1, 2 and 5.

Public Health England has published the [provisional data](#) for April to June 2018. Annual data is more complete and should be used to look at longer term trends.

New study shows positive impact of genetic code on TB treatment (26/09/18)

A new study by Public Health England (PHE), the University of Oxford and others reveals how to better predict a patient's response to TB treatments. With rapid DNA sequencing technologies available, it will be possible to give the correct drugs to more patients, improving cure rates and helping to stop the spread of drug-resistant strains.

The paper, [Prediction of susceptibility to first-line tuberculosis drugs by DNA sequencing](#), is published by the New England Journal of Medicine (open access article)

[PHE new release](#)

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Hearing/Sight

Outbreak of preventable eye infection in contact lens wearers (21/09/18)

A new outbreak of a rare but preventable eye infection that can cause blindness, has been identified in contact lens wearers in a new study led by University College London and [Moorfields Eye Hospital](#) researchers.

The research team found a threefold increase in Acanthamoeba keratitis since 2011 in South-East England. Acanthamoeba keratitis is an eye disease that causes the front surface of the eye, the cornea, to become painful and inflamed, due to infection by Acanthamoeba, a cyst-forming microorganism.

Reusable contact lens wearers with the eye infection are more likely to have used an ineffective contact lens solution, have contaminated their lenses with water or reported poor contact lens hygiene, according to the findings published in the [British Journal of Ophthalmology](#), abstract. Full text available with OpenAthens login.

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Information/Evidence/Research/Ethics

National child measurement programme: data sharing and analysis (28/09/18)

Public Health England has published [guidance](#) for local authorities and other organisations who want to undertake additional analysis of the National Child Measurement Programme (NCMP) data. It includes an overview of the NCMP data and analyses provided by Public Health England and NHS Digital, how to access the NCMP dataset, which NCMP data can be shared between organisations and guidance on the appropriate use of data to comply with data protection and disclosure rules.

Impact of the Care Quality Commission on provider performance: room for improvement? (27/09/18)

In 2013 the Care Quality Commission (CQC) introduced a new approach to inspecting and rating NHS acute hospitals. The change was triggered by several high-profile failures of care that raised questions about regulators' ability to identify and act on poor performance. The new approach included in-depth inspections by larger, more expert teams and produced ratings and an inspection report for each provider.

Alliance Manchester Business School and The King's Fund have undertaken the first major evaluation of this approach. Their [report](#) explores the impact of CQC's approach to inspection and rating on providers in four sectors (acute care, mental health care, general practice and adult social care).

[King's Fund press release](#)
[Care Quality Commission](#)

Life Expectancy: National life tables, UK: 2015 to 2017 (25/09/18)

[Statistical trends for 2015 to 2017](#) have been produced for the UK and constituent countries in the average number of years people will live beyond their current age measured by "period life expectancy", analysed by age and sex.

Labour Force Survey Annual Report 2017 (25/09/18)

It has been announced that a [2017 report](#) which provides detailed geographical analysis of the main indicators from the Labour Force Survey (LFS) has been published

Ensuring quality as the basis of evidence synthesis (14/09/18)

The foundations of both Cochrane and the wider evidence synthesis community rest on the involvement of methodologists in the production of high-quality systematic reviews. Epidemiologists, statisticians, and information specialists have had an enormous impact on the evolution of Cochrane and the advancement of systematic review methodology.

Compared with other methodologists, information specialists tend to fly somewhat under the radar despite the fact that they act in a wide variety of roles. Information specialists organize, disseminate, and interpret information; they also preserve knowledge and ensure that it is discoverable in the future.

This [editorial](#) from Cochrane suggests that in the emerging landscape of information overload and automation, information specialist expertise should be leveraged further to ensure quality and improve the efficiency of evidence synthesis.

See also [Cancer/Stroke/Cardiovascular](#)

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Long-term Conditions

NIHR Signal: Text messages improve diabetes self-management and blood sugar control (09/18)

In adults with poorly controlled diabetes, text messages offering advice and support can improve self-management and blood sugar control, reports this [signal](#) from the National Institute for Health Research (NIHR).

This trial included 366 adults with type 1 or type 2 diabetes in New Zealand. An automated system delivered individually tailored text messages to participants over a nine-month period to support self-management of blood sugar. The control group received usual care, comparable to that in the UK.

The text message group had a small reduction in blood sugar levels. Although the levels remained above target levels in both groups, the reduction is still likely to help reduce complications. The text message service was well-received by participants with almost all willing to recommend the intervention to others.

Diabetic eye screening: easy read guide (24/09/18)

An easy to read [leaflet](#) explaining diabetic eye screening (DES) has been updated.

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Maternity/Infants

See [Screening](#)

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Mental Health and Wellbeing

Severe mental illness (SMI): physical health inequalities (27/09/18)

Public Health England has published [analysis](#) which compares the prevalence of physical health conditions in patients with SMI and all patients (England May 2018) using data from the Health Improvement Network's general practice database.

The report found patients with SMI have a higher prevalence of:

- obesity (1.8 times more prevalent than the general population)
- diabetes (1.9 times)
- Chronic Obstructive Pulmonary Disease (2.1 times)

- stroke (1.6 times)
- heart failure (1.5 times)
- Coronary Heart Disease (1.2 times)
- asthma (1.2 times)

Patients with SMI are also around twice as likely to have multiple physical health conditions as the general population.

[News release](#)

Health and Wellbeing Innovation Commission Inquiry - Social Connections and Loneliness (27/09/18)

This report, one of several publications from ILC-UK's Health and Wellbeing Innovation Commission Inquiry, examines [social connections and loneliness](#). Social connections are a fundamental aspect of people's lives, impacting on expressions of identity as well as individual health and wellbeing. The report reflects on the available evidence and sets out examples of effective innovation to help foster, harness, and improve social connections to the benefit for all people in an ageing society.

Personal well-being in the UK: April 2017 to March 2018 (26/09/18)

[ONS estimates](#) have been produced of life satisfaction, whether people feel the things they do in life are worthwhile, happiness, and anxiety at the UK, country, regional and local authority level.

Eating a Mediterranean diet 'may lower your risk of depression' (26/09/18)

Headlines were prompted by a new review* of previously conducted studies into the impact of diet on depression. A main finding of the review was that there seemed to be a strong association between eating a Mediterranean-style diet and a reduced risk of developing symptoms of depression or being diagnosed with clinical depression.

This was a systematic review and meta-analysis that pooled the findings of observational studies that had looked at links between diet and depression. Systematic reviews are a good way of assessing the evidence on a topic. However, while observational studies can show links between factors, they cannot show that one (such as diet) directly causes another (such as depression).

Having a healthy lifestyle, which includes not smoking, plenty of physical activity and drinking alcohol only in moderation, is linked to a reduction in depression. But that does not mean people get depressed because they have a less healthy lifestyle.

*[Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies](#), Molecular Psychiatry.

[NHS Choices Behind the Headlines](#)

Social media, young people and mental health (19/09/18)

This [briefing paper](#), from the Centre for Mental Health, offers a scan of the latest evidence on the impact of social media on young people's wellbeing, both negative and positive. It seeks to understand what constitutes 'problematic' social media use, including addiction, jealousy and 'fear of missing out', as well as looking at how social media can positively impact on wellbeing.

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Nutrition/Physical Activity/Obesity

Eatwell (25/09/18)

Updated version of the 'Eatwell Guide' booklet and 'Quick guide to the government's 'healthy eating recommendations' have been published.

See also

[Information/Evidence/Research/Ethics](#)

[Mental Health and Wellbeing](#)

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Older People

Retirement Communities and Care Homes (27/09/18)

This report, one of several publications from ILC-UK's Health and Wellbeing Innovation Commission Inquiry, explores [retirement communities and care homes](#). As housing is a fundamental component in people's lives, the suitability of accommodation for people as they age has a significant impact on their experiences, particularly with respect to health and wellbeing. Notwithstanding the significant importance many older people place on staying in their family homes, the focus in this inquiry has been on the alternative destinations to private family homes: primarily, specialist housing with ageing in mind as well as residential care settings.

Housing for older people: government response to the Select Committee report (27/09/18)

This is the government [response](#) to the [second report](#) of session 2017-19 of the Housing, Communities and Local Government Select Committee inquiry into housing for older people, which was published in February 2018.

Dangers of older adults mixing prescription drugs and herbal remedies (25/09/19)

A small snapshot study of adults over 65 in South East England has been [published](#) in the British Journal of General Practice. The study gives an indication of how common supplement use is, and in some cases raises concerns concerning patterns. However, a larger study would be required to establish if the same applies more widely. The researchers noted that if their study was representative of the population as a whole, then potentially 1.3 million older adults in the UK might be at risk of at least 1 herb-drug or supplement-drug interaction. They suggest GPs should routinely question the use of herbals and supplements among older adults.

Planning and preparing for later life (20/09/18)

This [review](#), published by the Centre for Ageing Better, focuses on planning for later life (age 60 and over) from mid-life (age 40 to 60) onwards.

It concludes that a good later life is more likely if people plan ahead, for example by saving for retirement, taking actions to maintain and improve health and working out whether they might need to adapt their homes in the future.

See also

[Environment/Transport/Housing](#)

[Mental Health and Wellbeing](#)

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Pharmacy/Prescribing

CAR: EpiPen and EpiPen Junior - Supply disruption (28/09/18)

The Department for Health and Social Care has issued a [supply disruption alert](#), together with instructions for healthcare professionals who prescribe, dispense and administer adrenaline auto-injectors, or who advise patients and their carers.

EpiPen and EpiPen Junior (adrenaline auto-injector devices) will be subject to limited availability for the remainder of 2018. Mylan are now out of stock of EpiPen Junior and interruptions in the supply are anticipated to continue for the coming months.

Double check patients with 'penicillin allergy' to avoid increased MRSA risk (24/09/18)

The National Institute for Health and Care Excellence (NICE) warns that people who incorrectly believe they are allergic to penicillin are unnecessarily put at an increased risk of developing MRSA or C difficile.

Healthcare staff should be aware of this and ensure that only people with a true allergy to penicillin are documented as such.

The warning comes in a new [medicines evidence commentary \(MEC\)](#) on research conducted in the UK.

[NICE news article](#)

Cannabis-based products for medicinal use (21/09/18)

The Government has [announced](#) the [definition](#) (product categories) of cannabis-based products for medicinal use will be available for specialist doctors to prescribe legally.

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Public Health/Health Promotion

Cutting through the App: How can mobile health apps meet their true potential? (19/09/18)

This [report](#), published by the International Longevity Centre-UK (ILC-UK), examines the evidence for the potential of apps to promote positive health behavioural change in the UK population. The report is based on an evidence review, the sourcing of case studies and original analysis of the Understanding Society dataset.

There are a number of app-based innovations that could benefit individuals – and health systems. However, there are considerable barriers that are preventing health apps reaching their full potential. The proliferation of digital technology means that the best-practice, effective health apps are often being drowned out by poor-quality, ineffective apps. Accreditation is needed to distinguish effective from ineffective apps.

See also [NHS Apps Library](#)

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Safeguarding

UK agrees principles for tackling modern slavery in supply chains (25/09/18)

The UK has developed, alongside the US, Canada, New Zealand and Australia, [principles](#) for nations to adopt to tackle modern slavery in global supply chains. In the UK it is estimated that modern slavery costs up to £4.3 billion a year. The UK introduced the [Modern Slavery Act](#) in 2015, the first of its kind in the world.

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Screening

Newborn blood spot screening: failsafe solution user guide (26/09/18)

[Updated user guide](#) on how use the newborn blood spot screening failsafe solution (NBSFS) - the national IT system - to minimise risk to babies. Failsafe processes between Wales and England, automated notes, feedback form and record query form to reflect changes introduced following an upgrade to the system.

Fetal anomaly screening guidance: care pathways (25/09/18)

Guidance documents, which describe the [fetal anomaly screening programme](#) (FASP) pathway, have been updated in respect of the [ultrasound pathway](#).

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Sexual Health

Sexual and Reproductive Health Services, England - 2017/18 (27/09/18)

This [publication](#), from NHS Digital, primarily covers activity taking place at dedicated Sexual and Reproductive Health (SRH) services in England, as recorded in the Sexual and Reproductive Health Activity Dataset (SRHAD), a mandated collection for all providers of NHS SRH services.

SRH services include family planning services, community contraception clinics, integrated Genitourinary Medicine (GUM) and SRH services, and young people's services e.g. Brook advisory centres. The primary focus of the SRHAD collection is contraception. Though a summary of other types of activity is collected, only contraception information is covered in detail.

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Smoking/Tobacco Control

Health matters: Stopping smoking - what works? (25/09/18)

This edition of [Health Matters](#) from Public Health England focuses on the range of smoking quitting routes that are available and the evidence for their effectiveness. Two thirds of smokers say they want to quit, however most try to do so unaided, which is the least effective method. Smokers who get the right support are up to 4 times as likely to quit successfully.

See also [Essex Stop Smoking case study](#)

Stoptober is back! Quitting the smoking habit in Kent (25/09/18)

[Kent County Council \(KCC\)](#) is backing the national Stoptober campaign starting next month, supporting smokers to sign up and stub out.

With data showing that 16.3% of Kent residents are smokers, KCC is promoting the Public Health England campaign by reminding residents of the support services available in Kent for those who want to quit.

KCC supports Stoptober as part of its Smokefree Kent campaign which features former smokers who live and work in the county, promoting the different support options available to those who want to give up cigarettes. Adverts on social media highlight real life stories and local services such as pharmacies and NHS quit clubs and “do it yourself” quit kits and digital tools (such as mobile apps) to support people who want to quit independently. You can find out more about KCC’s Smokefree campaign and sign up to Stoptober at www.kent.gov.uk/stoptober

More information on the Kent support services and quit kits can also be found by ringing 0300 123 1220 (option 1), at www.kenthealthandwellbeing.nhs.uk or text ‘QUIT’ to 87023.

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Workplace

The state of the adult social care sector and workforce in England 2018 (24/09/18)

This [report](#), from Skills for Care, provides information about the adult social care sector including its size and shape, employment information, recruitment and retention issues, workforce demographics, pay, qualification rates and future workforce forecasts. It builds on the [‘Size and Structure’](#) report published in August 2018.

Key findings for adult social care:

- A quarter of the workforce (25%) were on a zero-hours contract (335,000 jobs).
- Prior to the National Living Wage, care worker hourly rates increased by around 13p (1.9%) per year. The launch of the NLW saw the average hourly rate increase by 20p (2.7%) then by 39p (5.2%) in the following year.
- The staff turnover rate was 30.7%, equivalent to around 390,000 leavers in the previous 12 months.
- Many of these leavers move to other roles within the sector as 67% of recruitment is from within adult social care.
- Adult social care has an experienced 'core' of workers. Workers had, on average, 8.2 years of experience in the sector.
- The vacancy rate was 8.0%, equivalent to around 110,000 vacancies at any given time. The majority of these vacancies (76,000) were care workers.
- A fifth of all workers (320,000 jobs) were aged over 55 years old.
- The majority (83%) of the adult social care workforce were British, 8% (104,000 jobs) had an EU nationality and 10% (130,000 jobs) a non-EU nationality.
- According to the Government’s “EU Settlement Scheme: statement of intent” the rights of EU citizens living in the UK will not change until after 31st December 2020.
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[Nuffield Trust](#)

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