

**This bulletin brings together the latest public health and social care news, publications and information with direct links to full content. For more documents and previous issues of the Bulletin, go to**

<https://www.kpho.org.uk/library-services/keeping-up-to-date#tab1>

- [Arts and Health](#)
- [Cancer/Stroke/Cardiovascular](#)
- [Children/YoungPeople/Families](#)
- [Commissioning and Economics](#)
- [Communities & Local Govt](#)
- [Education](#)
- [Environment/Transport/Housing](#)
- [Health Care](#)
- [Health Protection/Emergencies](#)
- [Inequalities/Minorities](#)
- [Integrated Health and Social Care](#)
- [Legislation/Crime/Prisons](#)
- [Long-term Conditions](#)
- [Maternity/Infants](#)
- [Mental Health and Wellbeing](#)
- [Nutrition/Physical Activity/Obesity](#)
- [Pharmacy/Prescribing](#)
- [Public Health/Health Promotion](#)
- [Safeguarding](#)
- [Sexual Health](#)
- [Smoking/Tobacco Control](#)
- [Social Care/Welfare](#)
- [Workplace](#)

## Arts and Health

### Libraries helping to combat rise in mental health crisis (11/10/18)

People living with mental health conditions are benefiting from library services which have been launched by councils, including ['Reading Well' on prescription schemes](#), drawing and painting sessions for people with anxiety and addictions and reminiscence activities for those with dementia.

In the UK, one in four people will have experience a mental health condition each year, and one in six report a condition such as anxiety and depression each week.

With increasing numbers of people living with mental health conditions, the [Local Government Association](#) is urging residents to visit their local library service where they can find out more about the variety of resources and books on offer to support mental health and wellbeing.

Get to know Kent Libraries on [facebook](#) and twitter [#KentLibraries](#), and the wider world of libraries at [#LibrariesWeek](#)

### Green Health Awards 2018 (02/10/18)

The Green Health Awards celebrate the efforts made by churches and Christian organisations to use gardens and churchyards creatively for well-being. With green space in towns and cities at a premium, church land is well placed to meet the need of communities for outdoor spaces which promote mental and physical health.

Gardeners have always understood the power of gardens and gardening to heal the mind, body and spirit. Studies have suggested that gardening can help lower stress, combat loneliness and may even reduce the risk of dementia.

St Paul's, Camden Square, which comes under the Old St Pancras Team Ministry, was declared the [overall winner](#) of the first ever Church Times Green Health Awards for its Woodland Garden project. The garden serves as both a wildlife refuge and a space for growing fruit and vegetables in the heart of London.

Many who attend weekly sessions at the garden come from St Pancras Hospital nearby, which cares for mostly elderly and psychiatric patients; some have spent years in the hospital wards, and rarely if ever go outside. Besides offering the therapeutic benefits — for physical and mental health — of gardening, the project also connects isolated and lonely people in the community with volunteers from the congregation.

[Background and shortlist](#)

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[Back to top](#)

## Cancer/Stroke/Cardiovascular

### Emergency presentations of cancer: quarterly data (11/10/18)

The quarterly [emergency presentations of cancer data](#) has been updated by Public Health England's National Cancer Registration and Analysis Service (NCRAS). This represents the estimated proportion of all malignant cancers where patients first presented as an emergency.

Data estimates are for all malignant cancers (excluding non-melanoma skin cancer) and are at CCG level, with England as a whole for comparison.

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[Back to top](#)

## Children/Young People/Families

### Born into care: Newborns in care proceedings in England (10/10/18)

Between 2007/8 and 2016/17, 16,849 babies under one week old were subjects of local authority care proceedings in England, according to a new [study](#) from the Centre for Child and Family Justice Research at Lancaster University and the Nuffield Family Justice Observatory.

This is the first ever national study of newborn babies (under one week old) in the family justice system in England. In 2007/8, care proceedings were issued with respect to a total of 1,039 newborns (32% of all cases involving infant age under 1 year). By 2016/17, this number had more than doubled at 2,447 newborns (42% of all infant cases).

This new study also shows a regional divide with marked differences in the rates of newborn babies coming into care across regions in England. Based on an overall rate (2008-2016), Yorkshire and Humber and the North West recorded the highest rates, with overall rates above 30 cases of care proceedings concerning newborns, per 10,000 live births in the general population. In contrast, London and the South East recorded the lowest overall rates at 18 per 10,000 and 20 per 10,000, respectively.

[Children and Young People Now](#)

See also [Education, Mental Health and Wellbeing](#) and [Safeguarding](#)

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[Back to top](#)

## Commissioning and Economics

See [Smoking/Tobacco Control](#)

---

[Back to top](#)

## Communities and Local Government

### Local leadership and accountability: for children and young people's mental health and wellbeing services (10/10/18)

At least one in 10 children and young people are affected by mental health problems, and the unreported figures are likely to be even higher. By the age of 14, more than half of adults with mental health problems start to experience symptoms, rising to three quarters by 24. This can have a damaging impact on future life chances if not tackled quickly and effectively.

The Local Government Association has published this [report](#) for leaders, councillors and partners in order to create an accountable system through understanding current services and using data and intelligence from professionals and communities.

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[Back to top](#)

## Education

### Chief Inspector sets out vision for new Education Inspection Framework (11/10/18)

Her Majesty's Chief Inspector, Amanda Spielman has [announced](#) details of planned changes to the way Ofsted inspects schools, colleges, further education institutions and early years settings from September 2019. These changes will move Ofsted's focus away from headline data to look instead at how schools are achieving these results, and whether they are offering a curriculum that is broad, rich and deep, or simply teaching to the test.

Speaking to school leaders at the annual SCHOOLS Northeast summit in Newcastle, Ms Spielman said that these changes will be designed to allow teachers and leaders to focus more of their time on the real substance of education.

[Amanda Spielman's speech](#)

### Mental health and wellbeing provision in schools (11/10/18)

This [report](#), published by the Department for Education (DfE), summarises a research project on the information schools provide to support their pupils' wellbeing and mental health.

The report uses a sample to evaluate activities and approaches in different schools, including:

- what policies schools currently publish
- how policies can help schools promote pupil wellbeing.

The DfE will use the findings from this report to understand how it can help schools meet their statutory duties in the future.

### Mental wellbeing, reading and writing (26/09/18)

This report explores the relationship between children's mental wellbeing and their attitudes and behaviours towards reading and writing. It is based on findings from the National Literacy Trust's eighth Annual Literacy Survey of 49,047 children and young people aged 8 to 18 in the UK.

The [report](#) is available to download from the National Literacy Trust website.

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[Back to top](#)

## Environment/Transport/Housing

### IPCC: Global Warming of 1.5 °C (08/10/18)

The Intergovernmental Panel on Climate Change (IPCC) has published a [special report](#) on the impacts of global warming of 1.5 °C above pre-industrial levels and related global greenhouse gas emission pathways, in the context of strengthening the global response to the threat of climate change, sustainable development, and efforts to eradicate poverty.

As well as making encouraging action at intergovernmental level, the report call on individuals to consider changing behaviours including what we eat, what energy we use, how we travel, and where we live.

[Press release](#)

[BBC News Science and Environment](#)

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[Back to top](#)

## Health Care

### Providing care closer to home: Evelina London specialist clinic at Darent Valley Hospital (12/10/18)

NHS England [reports](#) on a new partnership between two hospital trusts has reduced the need for children, with epilepsy and other neurological diagnoses, to miss school for medical appointments, minimised days off work for parents caring for their children and led to better, more convenient care for families.

Previously, families from Kent were taking their children out of school for appointments and travelling around 20 miles to Evelina London, based at St Thomas' Hospital and part of Guy's and St Thomas' NHS Foundation Trust.

But since Guy's and St Thomas' and Dartford and Gravesham NHS Trust formed a collaboration in 2016 to improve patient care, a new clinic – run jointly by Evelina London clinicians and a new local consultant – can see double the number of patients.

The children can now go to Darent Valley Hospital in Dartford instead of Evelina London Children's Hospital for a specialist clinic.

### NICE: Urinary incontinence (update) and pelvic organ prolapse in women: management (09/10/18)

The National Institute for Health and Care Excellence (NICE) is developing guidance on this subject. The [draft](#) is available for consultation up to 19 November 2018.

NICE says a full range of non-surgical options should be offered to women for stress urinary incontinence or pelvic organ prolapse before any surgery is considered. The non-surgical options for urinary incontinence include: Lifestyle interventions; Physical therapies; Behavioural therapies; Medicines. Non-surgical options for pelvic organ prolapse include: Lifestyle modification; Topical oestrogen; Pelvic floor muscle training; Pessary management'

## **Reducing emergency hospital admissions: an enhanced model of primary care and compassionate communities (08/10/18)**

Faced with increasing demands and reducing budgets for health and social care, a number of clinical commissioning groups and local authorities are developing preventative strategies based on proven community-based initiatives. The physical and mental health improvements are demonstrated in pioneering "compassionate communities" such as Frome in Somerset.

The authors of this article in the [British Journal of General Practice](#) set out to evaluate the benefits of patient-centred goal setting and care planning combined with a compassionate community social approach to population health. The intervention was associated with highly significant reductions in unplanned admissions to hospital, and a decrease in healthcare costs..

Please note full text is available with OpenAthens login.

Where surgery is offered, if a woman's chosen intervention is not available from the consulting surgeon, she should be referred to an alternative surgeon, the draft guideline recommends.

Surgical interventions using surgical mesh/tape should only be considered when other non-surgical options have failed or are not possible.

[News article](#)

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[Back to top](#)

## **Health Protection/Emergencies**

### **Food alert: Salmonella linked to liquid egg white (09/10/18)**

[Public Health England](#) is investigating an outbreak of Salmonella affecting people who consumed a nationally distributed liquid egg white product. 'Dr Zak's Barn Farmed Liquid Egg White' has been recalled by the [Food Standards Agency](#).

Microbiological testing on a number of batches of the product has indicated contamination with Salmonella bacteria of the same strain as the bacteria causing infection in those affected.

Since mid-August 2018, 3 cases of salmonella have been confirmed in those who consumed the product and a further 5 cases remain under investigation.

### **Tuberculosis by country: rates per 100,000 people (09/10/18)**

This [spreadsheet](#), published by Public Health England, gives estimated rate of tuberculosis (TB) per 100,000 people, compiled from World Health Organisation (WHO) data for each country.

The purpose of this document is to help NHS nurses to:

- check which countries have a high incidence of tuberculosis (TB)
  - decide whether to give a BCG vaccination to children who have arrived in the UK from those countries.
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[Back to top](#)

## Inequalities/Minorities

### Dying Homeless: Counting the deaths of homeless people across the UK (08/10/18)

[Dying Homeless](#) is a long-term project by the Bureau of Investigative Journalism to count those that die homeless in the UK. [449 people](#) died homeless since October 2017, including [13](#) who died in Kent.

The number of people who are living homeless has increased in the UK. While tragic stories about people who have died while sleeping rough appear in the media, there are many other people who die in hostels or temporary accommodation and no one counts all these deaths.

The Bureau has made the first attempt to record the deaths by collaborating with [local reporters](#), charities and grassroots groups all over the country to compile this first-of-its-kind dataset..

No official statistics exist that count the number of deceased homeless people, but the [Office of National Statistics](#) said it has begun work on an official database.

[BBC News](#)

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[Back to top](#)

## Integrated Health and Social Care

### CQC: The state of health care and adult social care in England 2017/18 (11/10/18)

Most people in England receive a good quality of care. But quality is not consistent, and [access](#) to good care increasingly depends on where in the country you live and the type of support you need.

This annual report from the Care Quality Commission (CQC) finds that the challenge for all local health and social care organisations is to understand the needs of local people and to work together to find sustainable solutions that put people first.

[Full report](#)

[News release](#)

[Local Government Association](#)

[Association of Directors of Adult Social Services \(ADASS\)](#)

[Nuffield Trust](#)

[Social Care Institute for Excellence \(SCIE\)](#)

---

[Back to top](#)

## Legislation/Crime/Prisons

### New action to tackle modern slavery and support victims (10/10/18)

The government has [announced](#) a package of support to assist child victims of modern slavery and fund innovative ways to improve the response to this crime.

During a [speech](#) to the [McCain Institute](#) in London, where she was presented with an award in recognition of her work fighting modern slavery, Prime Minister Theresa May announced a £5 million fund to test new approaches to tackling this crime.

The fund will open for applications next week and is the second round of an £11 million Modern Slavery Innovation Fund designed to build the evidence base around new approaches to tackle modern slavery around the world.

See also [Safeguarding](#)

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[Back to top](#)

## Long-term Conditions

### **NICE: Renal replacement therapy and conservative management, NG107 (10/18)**

This [guideline](#), from the National Institute for Health and Care Excellence (NICE), covers renal replacement therapy (dialysis and transplantation) and conservative management for people with chronic kidney disease stages 4 and 5. It aims to improve quality of life by making recommendations on planning, starting and switching treatments, and coordinating care.

Approximately 5,500 adults and children are currently on the national renal transplant waiting list according to NHS Blood and Transplant, with about 3,000 kidney transplants performed each year. The median time to transplantation for those on the list is around 1,000 days for adults and 300 days for children.

[News article](#)

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[Back to top](#)

## Maternity/Infants

### **The first 1,000 days of life (10/10/18)**

In September 2018 the Nuffield Trust submitted evidence to the Health and Social Care Committee of the House of Commons on the [first 1,000 days of life](#). The [briefing](#) is published on the Trust's website this week.

Developing the evidence base for policy on child health and improving the standing of child health policy is a key strategic priority for the Nuffield Trust. The Trust is concerned that in important areas, children's health has not received the attention it deserves and that inequalities are worsening. Over the past two years, its research and policy analysis has sought to shed light on key areas where health services can improve from emergency admissions to international comparisons of child health.

### **National Neonatal Audit Programme – 2018 Annual Report on 2017 data (28/09/18)**

Around 750,000 babies are born each year in England, Scotland and Wales, and of these nearly 105,000 or around 1 in 7, will require specialist neonatal care.

The National Neonatal Audit 2018 Annual Report on 2017 data published by the Royal College of Paediatrics and Child Health (RCPCH) shows key achievements made in neonatal care for preterm babies in England, Scotland and Wales. The report contains key findings and selected recommendations for quality improvement of neonatal care going forward.

The [report](#) is available to download from the Healthcare Quality Improvement Partnership (HQIP).

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[Back to top](#)

## Mental Health and Wellbeing

### **DfE: Community learning mental health research project (10/10/18)**

This [report](#), published by the Department for Education, evaluates phase 2 of the community learning mental health research project, which started in 2016.

The report looks at 52 adult learning providers. It examines the potential for this learning to support individuals with mild to moderate mental health problems and includes:

- surveys with learners before, during and after their course
- depth interviews with learners 6 to 9 months after their course.

See also an explanatory [infographic and video animation](#) on the Ipsos MORI website.

### **PM pledges action on suicide to mark World Mental Health Day (09/10/18)**

Prime Minister Theresa May has [announced](#) new funding for [Samaritans' helpline](#) and appoints first UK Minister for Suicide Prevention.

The Samaritans' helpline will remain free for the next four years with support from the government. Theresa May made the announcement as she marked World Mental Health Day. New government funding – up to £1.8 million – will help ensure the charity can continue to provide immediate and lifesaving support to everyone who needs it, 24 hours a day.

The Prime Minister also announced that health minister [Jackie Doyle-Price](#) will become the UK's first Minister for Suicide Prevention. Around 4,500 people take their own lives each year in England and suicide remains the leading cause of death for men under 45.

See also Secretary of State for Health and Social Care Matt Hancock's [speech](#) at the Global Ministerial Mental Health Summit in London.

### **NAO: Improving children and young people's mental health services (09/10/18)**

The government has acknowledged that, in the past, mental health services were seen as of secondary importance to physical health services. It has committed to providing 'parity of esteem' for mental and physical health services.

The most up-to-date estimates (from 2004) indicate that 10% of five-to 16-year olds have a mental health condition, although as little as 25% of children and young people with a diagnosable condition actually access services. In 2014 and 2015, the government announced £1.4 billion of transformation funding for children and young people's mental health services. In March 2015, it set out its vision for children and young people's mental health services in [Future in Mind](#).

This [report](#) from the National Audit Office (NAO) examines whether the government is on track to meet its ambitions for children and young people's services, taking *Future in Mind* as the starting point.

[Children and Young People Now](#)

### **National Confidential Inquiry into Suicide and Safety – Annual Report 2018 (09/10/18)**

The 2018 annual report from the National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) provides findings relating to people who died by suicide or were convicted of homicide in 2006-2016 across all UK countries. Additional findings are presented on sudden unexplained deaths under mental health care in England and Wales.



The NCISH database is a national case series of suicide, homicide and sudden unexpected death (SUD) by mental health patients over 20 years. The current suicide database stands at almost 127,000 suicides in the general population, including over 33,500 patients. This large and internationally unique database allows NCISH to examine the circumstances leading up to and surrounding these incidents and make recommendations for clinical practice and policy that will improve safety in mental health care.

The [report](#) is available to download from the Healthcare Quality Improvement Partnership (HQIP).

## Assessment of clinical risk in mental health service – An NCISH report (09/10/18)

The overall aim of the assessment of the clinical risk in mental health service study facilitated by the National Confidential Inquiry into Suicide and Safety in Mental (NCISH) was to examine different perspectives on the use of clinical risk assessment tools and to identify any areas for improvement.

The [report](#) is available to download from the Healthcare Quality Improvement Partnership (HQIP).

See also [Arts and Health and Education](#)

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[Back to top](#)

## Nutrition/Physical Activity/Obesity

### Increasing physical activity in every level of society (10/10/18)

Michael Brennan blogs on PHE's [Public Health Matters](#) about physical activity using as a starting point the forthcoming [7th International Society for Physical Activity and Health Congress \(ISPAH\)](#) which comes to England on 15-17 October 2018.

The UK Chief Medical Officers' guidance highlights the potential for active individuals to have lower risks of over 20 common health conditions, including cardiovascular disease, depression and type 2 diabetes.

Inactivity also costs the UK around £7.4bn each year, including up to £9.4m to each NHS CCG in England for five preventable diseases - ischaemic heart disease, cerebrovascular disease, breast cancer, colon cancer and Type 2 diabetes.

He looks at the four domains of [Everybody Active Every Day](#): Creating active societies, creating active environments, creating active people, creating active systems and points to achievements to date.

### Everyday Active event launched in Kent (10/10/18)

A special event bringing together organisations from across Kent and Medway to encourage more people to become regularly active and benefit their long-term health took place at Detling Showground.

Led by Kent Sport and supported by Kent County Council's Public Health team, the [conference](#) was attended by 150 people from 75 different organisations from across the county including leisure providers and leisure trusts, countryside and some sports organisations, health and social care partners including service providers, charities and commissioned organisations.

Speakers from Public Health, Sport and Physical Activity and Community Engagement addressed the conference while case studies such as [Primal Roots](#) and [Ageless Thanet](#) highlighted where organisations have helped to get more people active in their communities.

For details about Kent Sport and getting active go to [www.kentsport.org/campaigns/everydayactive](http://www.kentsport.org/campaigns/everydayactive)

For more information on support services in your area, ideas to get moving, plus apps and advice on eating well and healthy lifestyles, go to [www.kent.gov.uk/one-you-kent](http://www.kent.gov.uk/one-you-kent)

## National Child Measurement Programme, England - 2017/18 School Year (11/10/18)

This [report](#), published by NHS Digital, presents findings from the Government's National Child Measurement Programme (NCMP) for England, 2017-18 school year.

It covers children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) in mainstream state-maintained schools in England. The report contains analyses of Body Mass Index (BMI) classification rates by age, sex and ethnicity as well as geographic analyses.

Key facts:

- In Reception obesity prevalence remained similar at 9.5% in 2017/18
- In Year 6 it increased from 20.0% in 2016/17 to 20.1% in 2017/18
- Obesity prevalence was higher for boys than girls in both age groups
- Obesity prevalence for children living in the most deprived areas was more than double that of those living in the least deprived areas for both reception and year 6.

The data highlights the importance of the government's steps to tackle childhood obesity. The most important aspects of these are overseen by Public Health England (PHE), including its challenge to the food industry to reduce 20% of sugar and calories in everyday foods consumed regularly by children.

[PHE news release](#)

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[Back to top](#)

## Pharmacy/Prescribing

### Medicinal cannabis to be legalised (11/10/18)

Patients can be [prescribed](#) medicinal cannabis by specialist doctors from 1 November 2018. The [Legalisation of Cannabis \(Medicinal Purposes\) Bill](#) was introduced and had its first reading in the House of Commons this week.

Sajid Javid, the Home Secretary, during the summer set up a review of cannabis-based medicinal products and accepted recommendations that followed from the Advisory Council on the Misuse of Drugs (ACMD) and the UK's Chief Medical Adviser.

The decision to prescribe these unlicensed medicines must be made by a specialist doctor – not a GP. These doctors focus on one field of medicine such as neurology or paediatrics and are listed on the General Medical Council's specialist register. They must make decisions on prescribing cannabis-based products for medicinal use on a case-by-case basis, and only when the patient has an unmet special clinical need that cannot be met by licensed products.

The Home Secretary has made it clear that this does not pave the way towards legalising cannabis for recreational use. The penalties for unauthorised supply and possession will remain unchanged.

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[Back to top](#)

## Public Health/Health Promotion

## Every Mind Matters campaign (10/10/18)

Each year, around one in four people in England experience a mental health problem, and the proportion of diagnosable common mental health conditions has increased by 20% in 20 years.

A new [campaign](#), launched by Public Health England in the Midlands, encourages adults to look after their mental health as they do their physical health.

The [Every Mind Matters guide](#), a free NHS-approved **online resource**, provides expert advice, practical tips, and experiences from real people to help manage such issues as stress, anxiety, low mood, and difficulty sleeping. The guide also offers support for social anxiety, trauma, obsessions and compulsions or panic attacks and provides information for people wishing to help friends, family and colleagues experiencing mental health problems.

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[Back to top](#)

## Safeguarding

### Modern slavery training resource (09/10/18)

The Home Office has updated information on [training and awareness raising resources](#) available to public sector organisations to help their staff understand modern slavery and learn to spot the signs.

### Multi-agency statutory guidance on female genital mutilation (08/10/18)

This multi-agency [guidance](#) on female genital mutilation (FGM) should be read and followed by all persons and bodies in England and Wales who are under statutory duties to safeguard and promote the welfare of children and vulnerable adults. It replaces female genital mutilation: guidelines to protect children and women (2014).

The information in this guidance may also be relevant to bodies working with women and girls at risk of FGM or dealing with its consequences.

The guidance is published by the Department for Education, Department of Health and Social Care, and Home Office.

### Campaign raising awareness of the dangers of female genital mutilation (FGM) (05/10/18)

A campaign has been launched by the government. The Home Office's awareness campaign, called Let's Protect Our Girls, will target parents and community elders in practising communities mainly from Sudan, Somalia, Ethiopia, Eritrea, Egypt, Iraq, Gambia and Nigeria.

[Campaign materials](#) include a video where victims and professionals talk candidly to camera, and a poster.

[LGA response](#)

### How can social workers assess the risk of FGM to a girl? (04/10/18)

Catherine Mannu, knowledge hub and digital officer, and Sonita Pobi, national lead and professional development at the National FGM Centre discuss in [Community Care](#) the [guidance document](#) and [online assessment tool](#) published by the National FGM Centre.

### Mental Capacity Act 2005, Deprivation of Liberty Safeguards England, 2017-18 (02/10/18)

This official [statistics report](#), published by NHS Digital, provides the findings from the Mental Capacity Act 2005, Deprivation of Liberty Safeguards (DoLS) data collection for the period 1 April 2017 to 31 March 2018. DoLS are a legal

framework that exist to ensure that individuals who lack the mental capacity to consent to the arrangements for their care, where such care may amount to a "deprivation of liberty", have the arrangements independently assessed to ensure they are in the best interests of the individual concerned.

The report looks at aspects of DoLS activity, including the profile of people for whom a DoLS application was received, applications completed and their outcome, and applications not completed.

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[Back to top](#)

## Sexual Health

See [Safeguarding](#)

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[Back to top](#)

## Smoking/Tobacco Control

### Smoking cessation in secondary care: mental health settings (09/10/18)

These [documents](#), published by Public Health England, are for healthcare commissioners and providers to help support people to stop smoking or reduce harm from smoking while receiving care in a mental health setting. This includes secure mental health services and child and adolescent mental health services.

The documents provide guidance with:

- understanding why smoking and mental health is a public health concern
- the benefits of smoking cessation and what works
- preparing and implementing a smokefree policy in mental health settings
- expert interviews and case studies.

The mental health deep dive self-assessment tool, the new addition to this resource, helps local NHS trusts take a more in-depth look at important areas of their smokefree implementation.

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[Back to top](#)

## Social Care/Welfare

### Influenza-like illness (ILI): managing outbreaks in care homes (11/10/18)

Public Health England has published [updated guidance](#) for managing seasonal influenza, identifying pathogens and transmission routes for acute respiratory disease in care homes.

A [poster](#) for care homes providing information on recognising an outbreak and infection and control measures is also available.

### NICE: Decision-making and mental capacity, NG108 (10/18)

This [guideline](#), from the National Institute for Health and Care Excellence (NICE), covers decision-making in people 16 years and over who may lack capacity now or in the future. It aims to help health and social care practitioners support

people to make their own decisions where they have the capacity to do so. It also helps practitioners to keep people who lack capacity at the centre of the decision-making process.

This guideline should be read in conjunction with the [Mental Capacity Act 2005](#). It is not a substitute for the law or relevant Codes of Practice.

It does not cover Deprivation of Liberty Safeguards processes.

## **Personal Social Services Adult Social Care Survey, England - 2017-18 (02/10/18)**

This [report](#), from NHS Digital, contains findings from the Adult Social Care Survey 2017-18 (ASCS). This national survey takes place every year and is conducted by Councils with Adult Social Services Responsibilities (CASSRs).

The survey seeks the opinions of service users aged 18 and over in receipt of long-term support services funded or managed by social services and is designed to help the adult social care sector understand more about how services are affecting lives to enable choice and for informing service development.

See also [Safeguarding](#)

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[Back to top](#)

## **Workplace**

### **PM launches series of measures to tackle barriers facing ethnic minorities in the workplace (11/10/18)**

A series of measures to tackle ethnic disparities in the workplace have been announced by Prime Minister Theresa May. Developed jointly by the government and [Business in the Community \(BITC\)](#), the new [Race at Work Charter](#) will commit businesses to a bold set of principles and actions designed to drive forward a step-change in the recruitment and progression of ethnic minority employees.

The government is also taking action to ensure the leaders of UK's key public services are representative of the communities they serve. The NHS, Armed Forces, schools and police forces will set out plans to increase the proportion of public sector leaders from ethnic minority backgrounds.

[Race Disparity Audit](#)  
[Ethnicity facts and figures](#)

### **Immigration Rules: Next phase of EU Settlement Scheme confirmed (11/10/18)**

The next phase of the roll-out of the EU Settlement Scheme, which allows resident EU citizens and their family members to obtain their UK immigration status, has been confirmed in the Immigration Rules.

This follows the successful first private pilot, involving 12 NHS Trusts and 3 universities in the North West of England.

The [second phase](#) will run from 1 November to 21 December 2018 and will test the full online application process. The number of participating organisations will increase significantly, with staff in the higher education, health and social care sectors across the UK included in this phase.

[News release](#)  
[Settled and pre-settled status for EU citizens and their families](#)

### **Effectiveness of the Stand More AT (SMarT) Work intervention (10/10/18)**

This trial set out to evaluate the impact of a multicomponent intervention (Stand More AT (SMaRT) Work) designed to reduce sitting time on short (three months), medium (six months), and longer term (12 months) changes in occupational, daily, and prolonged sitting, standing, and physical activity, and physical, psychological, and work-related health.

The primary outcome was occupational sitting time. Secondary outcomes were objectively measured daily sitting, prolonged sitting, and standing time, physical activity, musculoskeletal problems, self-reported work-related health (job performance, job satisfaction, work engagement, occupational fatigue, sickness presenteeism, and sickness absenteeism), cognitive function, and self-reported psychological measures (mood and affective states, quality of life) assessed at 3, 6, and 12 months.

The researchers concluded that SMaRT Work successfully reduced sitting time over the short, medium, and longer term, and positive changes were observed in work related and psychological health. The results have been published in the [British Medical Journal](#) (open access article).

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[Back to top](#)

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