

More information

FREE accredited training opportunity "Introduction to Affordable Warmth"

Local fuel poverty charity, **Energy Projects Plus**, is offering their one-day course, "Introduction to Affordable Warmth", to anybody interested in learning a little more about how to reduce energy bills at home and identify people who might be at risk of fuel poverty.

Places are available on Fridays the 3rd March and 24th March 2017, in Birkenhead.

Training covers the following topics:

- The causes and effects of fuel poverty
- Switching energy tariffs
- Maximising income
- Energy efficient behaviour
- Energy efficient products and appliances
- Signposting people for additional support

Training days begin at 9.30am and run no later than 4.30pm. All training materials are provided as well as lunch! If you have any questions, or to book your place, please call Dominic Griffiths on 0151 637 3680 or email dominic.griffiths@epplus.org

5th Armed Forces Covenant Annual Report

The [fifth Armed Forces Covenant Annual Report](#) reflects on achievements and lays out plans for the next year

- The Armed Forces Covenant Annual Report acts as the definitive guide of the Covenant: outlining the key principles and achievements, explaining what actions have been undertaken over the past 12 months to uphold the principles, and setting out targets for the upcoming year.
- Following feedback from Service personnel, their families and Service charities, this year the Covenant has focussed its efforts on: ensuring commercial fairness for the Armed Forces, improving communications about what the Covenant does and who it supports, and improving regional consistency in the implementation of the Covenant, particularly in the fundamental areas of healthcare, accommodation and education

Read report [here](#)

Poor sleep could damage brain health in later life

The [new report](#) into sleep in later life was conducted by the Global Council on Brain Health, in an initiative jointly convened by Age UK and the AARP. According to the new research, sleeping well becomes harder as we age. The report includes a number of tips for people from middle age onwards to employ throughout the day to improve the quality of their sleep. Access report [here](#)

Personal well-being in the UK Oct 2015 to Sept 2016

This [Office for National Statistics report](#) suggests that average ratings of anxiety increased slightly between the years ending September 2015 and 2016. Average life satisfaction, worthwhile and happiness ratings were unchanged between the years ending September 2015 and 2016. Wales was the only country to have higher anxiety ratings than the UK average. Access report [here](#)

How the behaviour and health of people aged between 40 and 60 has changed over the past 20 years

Changes in the behaviour and health of 40 to 60 year olds between 1991 to 1993 and 2011 to 2013 are described in this [report](#) that analyses how and why this has changed in those two decades. [Read more](#)

How to prevent and address the effects of violence against women and girls.

[Guidance for commissioners and services](#) in England on how to prevent and address the effects of violence against women and girls. Access guidance [here](#)

Domestic Homicide: identifying common themes and trends

This [document](#) identifies common themes and trends in domestic homicide and recommends how local areas can use this information to prevent domestic abuse. Access information [here](#)

Quick guides: transforming urgent and emergency care services in England

NHS England and partners have published a series of quick guides to support local health and care systems. The guides provide practical tips, case studies and links to useful documents, which can be used to implement solutions to commonly experienced issues. Use the information to manage upcoming winter pressures and plan for 2016 and beyond. Access [‘Improving Hospital Discharge’](#) and [Patient information sharing](#)

Most parents of overweight and obese children think their weight is about right

This believe is leading to the fear that obesity is becoming normalised, [according to the latest Health Survey for England 2015, published by NHS Digital](#). Nine in ten mothers and eight in ten fathers of an overweight child said they were about the right weight, while for obese children, 48% of mothers and 43% of fathers said they were about the right weight. The survey, undertaken by the National Centre for Social Research involved interviews with 8,034 adults and 5,714 children. Amongst other figures from the survey: 5% are regularly using e-cigarettes (but only 1% of those who had never smoked had used one); 31% of men and 16% of women drank over 14 units in a usual week; 18% of adults had provided unpaid care to someone in the last month because of long term ill health, a disability or old age; and the proportion of children smoking and drinking is the lowest on record. Access information [here](#)

Health Select Committee report on public health post-2013

The Government's response to the Health Select Committee report on public health post-2013 has been published by Department of Health. Access content [here](#)

Happier people tend to live longer

This is according to [research by the English Longitudinal Study of Ageing at UCL published in the BMJ](#). The study asked participants four questions on three separate occasions between 2002 and 2006. It involved 9,365 participants, 1,310 of whom died in the follow up period. There was a 24% reduction in mortality for those who experienced three high levels of enjoyment over the four year period compared to those who said they experienced no levels of high enjoyment. Access report [here](#)

Every breath we take: the lifelong impact of air pollution

This [report from the Royal College of Physicians and the Royal College of Paediatrics and Child Health \(RCPCH\)](#) examines the impact of exposure to air pollution across the course of a lifetime. Access report [here](#)

Dementia and sensory loss

Having sight or hearing loss makes things more difficult for the person with dementia who is already working hard to make sense of the world around them, [according to a report from Social Care Institute for Excellence](#). Regular hearing and sight tests, technological aids, environmental improvements, and accessible information and communications can all make a big difference for people with dementia and sensory loss. Access report [here](#)

Operation Banger 2016

In the lead up to Mischief Night, Halloween and Bonfire Night, a multi-agency led approach towards positive youth engagement highlighted a number of ways of reducing reported anti-social behaviour (ASB), criminal damage and secondary fires. [Read more](#)