# More information…

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## Talking about dying: How to begin honest conversations about what lies ahead

The Talking about dying report seeks to offer advice and support for any doctor on holding conversations with patients much earlier after the diagnosis of a progressive or terminal condition, including frailty.

## Understanding carers: a guide for local authorities

Here the Nuffield Trust sources a range of information to help local authorities understand the needs of carers in their area. Includes number and characteristics of carers, services for carers, carers experiences, Carers: outcome measures.

## The state of health care and adult social care in England 2017/18

This annual CQC assessment of health and social care in England report looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve.

## E-cigarettes and heated tobacco products: evidence review

Annual update of Public Health England's e-cigarette evidence review by leading independent tobacco experts

## Early impact of Universal Credit: Wirral Council Business Overview & Scrutiny Committee (published July 2018)

Universal Credit Full Service went live on 15th November 2017 for the majority of Wirral's residents and an introductory report was presented to the Business O&S Committee on 29th November 2017 detailing how this would be implemented locally. Following a meeting of the Chairs of Wirral Council's four Overview & Scrutiny committees, it was agreed to hold two scrutiny workshops for all Overview & Scrutiny Members to look at the early impact and any emerging issues of Universal Credit on residents in Wirral and the impact on operational services. The workshops were held on 20th and 27th February 2018. Wirral Council senior officers and representatives from a number of organisations which had responsibility for providing services to residents affected by Universal Credit were in attendance.

## Health matters: stopping smoking - what works?

This edition of Health Matters 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 four times as likely to quit successfully

## Digital patients: myth and reality

Nuffield Trust look at five common claims about the use of digital services in the NHS and conclude that those likely to continue to have low digital access are people over 75, carers, those over 55 in lower social grades, and people with dementia, stroke and learning disabilities.

## Number of very old needing round-the-clock care set to double

The number of adults aged 85 years and older needing round-the-clock care will almost double to 446,000 in England over the next 20 years, a new study has revealed.

## Thinking differently about the health and wellbeing of children and young people

If we want children to have the best start in life we need to think differently about how we approach health and wellbeing for children and young people. In North West London, GP child health hubs are bringing together primary care, mental health acute and community services to look at all aspects of a child's health and wellbeing. A new video looks at how these hubs are resulting in more personalised, integrated care which is not only better for children and their families but is also more rewarding for staff. https://www.youtube.com/watch?v=GE6jStGLvJM&feature=youtu.be

## Evaluation of the first year of the national rollout of 30 hours free childcare

The Free Early Education Entitlement offers 15 hours of early education for 38 weeks each year to all three and four year old children and the most disadvantaged two year olds in England. This universal offer for three and four year olds was extended to 30 hours for children of working parents1 in September 2017. While the universal entitlement is focused on supporting child development, the aim of this extension is that: "Additional free childcare will help families by reducing the cost of childcare and will support parents into work or work more hours should they wish to do so". This report presents the findings from an independent evaluation of the first year of the national rollout undertaken by Frontier Economics, researchers from the University of East London and NatCen Social Research. The evaluation had two key aims. First, to understand the implementation of the policy and to consider whether the policy is working as intended. Second, to understand the impact of the policy and to consider whether it is achieving its objectives of supporting working families and helping parents to work/ work more hours if they wish to do so

## Improving children and young people's mental health services

This report examines whether the government is likely to meet its ambitions for children and young people's mental health services. 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. Parity of esteem means that mental health is valued as much as physical health: an expert group, convened at the request of the Department of Health & Social Care (the Department), defined this as including equal access to care and an allocation of resources in proportion to need.

## Decision-making and mental capacity [NG108]

These NICE guidelines cover 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. Independent primary medical care provided online will be rated as of April 2019, but the report notes improvements since the inspection in March 2018 (p103).

## Multimorbidity

The Richmond Group of Charities has published a report on multimorbidity to better understand the challenge of people living with multiple conditions.

## Access to children and young people's mental health services – 2018 (Education Policy Institute (EPI))

A new report by the Education Policy Institute assesses the state of children's mental health services in England. The research examines access to specialist services, waiting times for treatment, and provision for those children that are not able to receive treatment. The report uses Freedom of Information (FOI) requests to providers of child and adolescent mental health services (CAMHS) and local authorities in England.

## Regional child obesity slide sets

PHE has published improved regional child obesity slide sets, one for each of the nine regions. The chart presentation has been improved (please note there is no new data). These regional child obesity slides sets show customised data on the patterns and trends in child obesity for each region from the National Child Measurement Programme (NCMP), in clear, easy-to-understand charts and graphics. They can be downloaded and used freely with acknowledgement to PHE. The PowerPoint slides are a useful tool for practitioners and policy makers working on child obesity at local and regional level. They can be used in presentations to health and wellbeing boards, other committees and to elected members as well as in conference and workshop presentations.

## NHS Digital Compendium: Mortality 2018

A new compendium bringing together mortality datasets (national and regional)

## From Chelsea Feel Good Garden to social prescribing

Case studies of a range of "nature based" social prescribing interventions (gardening/outdoors) shown to improve mental health and wellbeing. Case studies from Rotherham, South West Yorkshire, Scarborough, and Devon. Includes an infographic of the personalised care operating model. Case studies on Social Prescribing – see NHS Networks here.

## Mental health data and analysis: a guide for health professionals

Explains how commissioners and health professionals can use data and analysis for decisions about mental health services and interventions. Includes profiling, crisis care, perinatal mental health and substance abuse.

## Barriers and facilitators to implementing evidence-based interventions among third sector organisations: A systematic review.

This systematic review (31 studies, mostly from USA) found that little attention has been paid to how evidence based interventions are best transported, contextualised, and implemented by third sector providers. The organisations faced considerable challenges in implementing evidence based interventions, which were primarily a lack of support and expertise, and unclear/insufficient guidelines on how to adapt the interventions to different populations.

## Quality Matters (NICE)

This new digital resource encouraging local areas to work collaboratively across health and adult social care sets out steps commissioners and providers can take to plan and deliver seamless, person-centred care collaboratively across health and adult social care. The national partner organisations include NICE, NHS England, LGA, ADASS, SCIE and Skills for Care have involved in developing this resource have a range of offers and resources to support local systems with collaborative work to improve quality. Includes 7 case studies.

## NHS Key Statistics: England, October 2018  House of Commons Library

Summary of NHS demand, performance and capacity of services in England. Covers A&E statistics, waiting lists, ambulance data, delayed discharges, staffing levels including doctors and nurses, and more.

## The Older People's Mental Health Data Catalogue PHE September 2018

A signposting guide for indicators, datasets and resources relevant to depression in older people at both a national and local level. It is organised into three main focus areas: Prevention, Identification and Treatment and covers a range of topics from loneliness and social isolation to IAPT. Part of the Mental Health, Dementia and Neurology Fingertips series from PHE.

## An overview of reviews: the effectiveness of interventions to address loneliness at all stages of the life-course

This review by What Works Wellbeing examines the evidence from 14 studies around ways to tackle the effects of loneliness. Interventions identified were leisure activities, social and community interventions, therapies, befriending, educational approaches, and system wide approaches but there are large gaps in the evidence base.

## Personal well-being in the UK: April 2017 to March 2018

This report presents estimates of life satisfaction, whether you feel the things you do in life are worthwhile, happiness, and anxiety at the UK, country, regional and local authority level.

## Wirral Council and Selective Licensing for Privately Rented properties (September 2018) Phase 2

Wirral introduced its first Selective Licensing Scheme on 1st July 2015 in 4 small areas, and in October 2018, Councillors agreed to extend Selective Licensing into another four areas. This business case and consultation report make the case for extending into four new areas which are experiencing the worst symptoms of low demand and poor property condition in the borough, and the new scheme will be live from 1st April 2019.

## Preventing suicide in community and custodial settings [NG105] NICE

This guideline covers ways to reduce suicide and help people bereaved or affected by suicides. It aims to: help local services work more effectively together to prevent suicide, identify and help people at risk and prevent suicide in places where it is currently more likely.

## Prosperity and Justice: a plan for the new economy

The Institute for Public Policy Research (IPPR)'s Commission on Economic Justice has been working for nearly two years on proposals for fundamental reform of the British economy. It has published its final report

## First 1,000 days of a child's life

Surrey Heartlands Health and Care Partnership have identified that the first 1,000 days of a child's life will affect their health outcomes for the rest of their life. If a child enters school with a health inequality, this gap is likely to never close. That is why Surrey Heartlands Health and Care Partnership are making child health a key priority to maximise their life chances. Trudy Mills explains more in her latest blog.

## Frailty – reducing the risks: Locally led improvements in care across an STP using NICE guidance and resources

This report outlines the use of NICE resources to support local innovation and service transformation, and a case study from Hertfordshire Care Providers Association falls prevention campaign.

## The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: a preliminary systematic review

This [BMC Public Health review of published evidence](#) relates to 13 exercise on referral schemes in the UK and found that they were effective in increasing physical activity levels, with longer programmes resulting in more sustained adherence.

## Summer baby school postcode lottery

A [BBC investigation](#) has found that parents who want to delay their child's first year of school have varying success rates depending on where they live. While some councils have approved 100% of requests, others have turned down more than half. Figures supplied under the Freedom of Information Act show 2,243 requests were made to 110 local authorities in England to defer starts to the 2018 school year - 18% higher than the previous 12 months.

## Severe mental illness (SMI): physical health inequalities PHE

This [analysis](#) 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.

## Eating disorders, [QS175] NICE

This [quality standard](#) covers assessment, treatment, monitoring and care for children, young people and adults with an eating disorder.

## Just one thing after another: living with multiple conditions

'Just one thing after another: living with multiple conditions', is [a new report commissioned by the Taskforce on Multiple Conditions](#), which explores how it feels to live with multiple long-term health conditions. The report shares learnings from ten in-depth interviews with people living with multiple long-term conditions and showcases their everyday experiences and own perceptions of their quality of life as well as the changes they'd like to see. [Find out more](#).

## New Return on Investment tool shows best approaches to tackling cardiovascular disease

Public Health England (PHE) has launched a new return on investment (RoI) tool to help local commissioners decide the best approach to preventing cardiovascular disease (CVD) within their populations. CVD costs the NHS £7.4bn each year and is one of the leading causes of death and disability in England, with deprived communities at greatest risk. The majority of CVD is preventable through identifying and managing risk earlier. The RoI tool shows the health and cost impacts of using different interventions to treat people at high risk of CVD, helping commissioners decide how their budget is best spent to improve local health outcomes.

## Health and safety statistics 2018

[Published online the latest statistics](#) on work-related health and safety in Great Britain, including the following key annual figures (2017/18)

## Global Burden of Disease Study 2016

Changes in health in the countries of the UK and 150 English Local Authority areas 1990–2016: [a systematic analysis for the Global Burden of Disease Study 2016](#)

## Local authority area data profiles

CQC have drawn together a range of national data to build [a profile of the care pathway for people aged 65 or over in every local health and care system](#). The individual reports provide insight into the journey through health and social care for older people who use services - and could identify where there are gaps which mean that people experience fragmented or poor care, allowing comparison with similar local authority areas and against national performance.

## End of life care: strengthening choice

The All-Party Parliamentary Group for Children Who Need Palliative Care have produced this report that examines the extent to which the government is meeting its end of life care choice commitment to babies, children and young-people with life-limiting conditions and their families.

## Preventing falls and fall-related injuries in older people

The Cochrane Reviews in this Special Collection focus on the prevention of falls and fall-related injuries in older people, and they provide evidence of effective interventions. The collection includes reviews on the prevention of falls caused by visual impairment, prevention of falls in the community and falls in care settings, and the prevention of falls following major illness

## Non-urgent attendances to emergency departments are more common among younger adults

Analysis of data from emergency departments within one large region of England (2011-2014) found that adults aged 16-44 are three times more likely to present for non-urgent reasons than those over 65 years.

## Britain's Brexit hopes, fears and expectations

This Joseph Rowntree Foundation (JRF) report analyses the results of questions on attitudes to Brexit from the 2017 British Social Attitudes survey. It focuses on the long-term consequences of Brexit, and pays special attention to the views of people on a low income.

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Thanks,
John