

Health Select Committee Update November 2018

Just two items this time. The newsletter and an introduction to the world Health Organisation Global Burden of Disease database

1. Public health newsletter

Public Health News

November 2018



Public Health monthly challenge!

Do you know someone who's eligible for the free NHS flu vaccination & can you help them to avoid getting ill this winter?

The flu is a common infectious illness that for most healthy individuals is usually an unpleasant but self-limiting disease. However, for older people or those with underlying health conditions there is an increased risk that the flu will lead to serious complications. In order to help protect this population, the NHS recommends that the following groups of people obtain a flu vaccine each winter:

- adults 65 and over
- people with [certain medical conditions](#) (including children in at-risk groups from 6 months of age)
- unpaid carers
- pregnant women
- children aged 2 and 3
- residents living in long-stay residential care homes
- Social care and hospice staff (directly involved in the care of vulnerable patients/clients)
- Healthcare staff employed by NHS service providers – through their employer

If you know of anyone who falls into any of these eligible groups, please let them know about it and encourage them to have it at their GP surgery or participating pharmacy.

The flu vaccination programme for children in reception class and school years 1, 2, 3, 4 and 5 will be delivered through schools, not GP or pharmacy.

More information is available at: <https://www.nhs.uk/staywell>

Organisations and community settings can order NHS England and Public Health England Community Resource Packs to promote the flu vaccination and other 'Stay Well This Winter' messages. Please order via the campaign resource centre: <https://campaignresources.phe.gov.uk>

The Riverside Clinic

The new permanent phone number for the service is 01225 826855. There have also been some changes to clinic times which are fully updated on the clinic's website www.ruh.nhs.uk/sexualhealth/



Loneliness

The problem of loneliness has been in the news a lot lately following the recent publication of '[A connected society: a strategy for tackling loneliness - laying the foundations for change](#)'. This acts as government's first major contribution to the national conversation on loneliness and the importance of social connections.

A number of organisations provide information and support to those working to prevent loneliness.

The [Campaign to End Loneliness](#) website provides information and links to a range of resources that aim raise awareness of the problems of isolation and feeling alone and resources to help those who experience these. [MIND](#) also provide tips for everyday living and coping with loneliness

Alcohol Awareness
Week
19th-25th November

Alcohol Awareness Week

Too often drinking is an expectation, not a choice. Millions of people choose to drink more healthily or stop drinking each year, and their lives and the lives of those around them change as a result. Across B&NES, people are suffering as a result of the impact alcohol can have on them and those around them. The week will feature a range of messages on the impact alcohol can have on our health, our parenting, our workplaces and the benefits of taking some quick steps to change our relationship with alcohol. This November, let's come together to make changes in our own lives, share the tools and support needed to make that happen, call for the change that's needed and celebrate the change that's happening. <https://www.alcoholconcern.org.uk/alcohol-awareness-week>



Get Set to Go

Wesport are supporting Bath Mind in delivery of their Get Set to Go project which provides sport and physical activity sessions to people experiencing mental health problems. As part of this, they are funding Mental Health Awareness training for local sports coaches and physical activity instructors. The course is a three-hour workshop, developed with support from sports coach UK, and is designed for coaches, sport administrators, volunteers and front of house staff.

- 12th November 2018 9:30am to 12:30pm at Twerton Village Hall, Bath BA2 1DX
- 13th February 2019 10am to 1pm Southdown Methodist Church, Bath BA2 1NG

This training is funded by Sport England and the National Lottery with support from UK Coaching.

The course is registered with CIMSPA for CPD points. No prior knowledge is necessary.

For more information and booking see here: <http://www.wesport.org.uk/events/mental-health-awareness-course-run-by-bath-mind/>



Free Mental Health training: Connect 5 Places still available

Connect 5 training is available to anyone working in B&NES but will be of particular value to anyone who wants to be able to talk with others about their mental wellbeing. It is a modular course with up to 3 sessions available. How many sessions you cover will depend on your role? Places are available as follows:

- **Session 1 - introduction**

5 th December 2018	9.30	–	Community Space
	13.30		Keynsham
9 th January 2019	13.00	–	Community Space
	16.30		Keynsham
6 th February 2019	9.30	-	The Aix en Provence Room
	13.30		Guildhall Bath
13 th March 2019	9.30	–	The Aix en Provence Room
	13.00		Guildhall Bath

- **Session 2 – Understanding stress and distress and skills to support others**

18 th January 2019	9.30	–	Curo, Lower Bristol Road,
	16.30		Bath
19 th February 2019	9.30	–	Community Space
	16.30		Keynsham

- **Session 3 - Further developing skills to support others over time**

20 th November 2018	9.30	–	Curo, Lower Bristol Road,
	16.30		Bath
12 th December 2018	9.30	–	Bath College Somer Valley
	16.30		Campus, Radstock
17 th January 2019	9.30	–	The Aix en Provence
	16.30		Room Guildhall Bath
8 th February 2019	9.30	–	The Kaposvar Room,
	16.30		Guildhall Bath

The course is accredited by the Royal Society of Public Health and courses are delivered by a range of locally accredited trainers. For further information and links to apply [click here](#)



FREE Making Every Contact Count (MECC) training – Places are still available on November, January and February courses

This course is about supporting people to make the most of every opportunity they have to start up a conversation about health with the people they meet through their work and broader lives. Telling people to change unhealthy behaviour is unlikely to be successful; instead MECC provides the skills to work in a different way, encouraging brief interventions that can lead to longer term change. MECC training is delivered over two half day sessions. For further details and to apply:-

- 6th November and 13th November 2018, 9.15 (registration), 9.30 – 13.00 John Reynolds Room, Bath City Football Club, Twerton Park, Twerton, Bath BA2 1DB
<https://www.eventbrite.co.uk/e/make-every-contact-count-mecc-6th-13th-november-2018-tickets-49645745762>
- 22nd January and 29th January 2019, 9.15 (registration), 9.30 – 13.00 Southdown Methodist Church, 206 The Hollow, Bath, BA2 1NG <https://mecc-training-22nd-29th-january-19.eventbrite.co.uk>
- 7th February and 14th February 2019, 9.45 (registration), 10.00 – 13.30 Aix En Provence Room, Guildhall, High Street, Bath, BA1 5AW <https://mecc-training-7th-14th-february-19.eventbrite.co.uk>



Support for adults bereaved by suicide:

Any adult affected by the death of someone by suicide will be made welcome at a Bath group set up by the Bath & District CRUSE Bereavement Care charity and run by volunteers who themselves have been affected by suicide. The group meets regularly every third Wednesday in the Month from 18.30 to 20.00 pm at the Open House Centre, Manvers Street Baptist Church, Manvers Street, Bath, BA1 1JW. For further information [click here](#)



Looking after our mental health at Christmas

With less than 8 weeks to go until Christmas some of us will be getting excited and others starting to dread what can often be a difficult time of year. A number of well-known UK Mental Health charities provide advice to help everyone manage the stress that Christmas can bring and offer support to those for whom it brings extra challenges. See

Mental Health Foundation [https://www.mentalhealth.org.uk/a-to-](https://www.mentalhealth.org.uk/a-to-z/c/christmas-and-mental-health)

[z/c/christmas-and-mental-health](https://www.mentalhealth.org.uk/a-to-z/c/christmas-and-mental-health)

MIND

[https://www.mind.org.uk/get-involved/about-minds-](https://www.mind.org.uk/get-involved/about-minds-membership/membership-pages/christmas-and-mental-health/)

[membership/membership-pages/christmas-and-mental-health/](https://www.mind.org.uk/get-involved/about-minds-membership/membership-pages/christmas-and-mental-health/)

Samaritans

[https://www.samaritans.org/support-us/if-christmas-starts-](https://www.samaritans.org/support-us/if-christmas-starts-hurt-we'll-be-here)

[hurt-we'll-be-here](https://www.samaritans.org/support-us/if-christmas-starts-hurt-we'll-be-here)



Smoke Free NHS countdown

From Tuesday 1 January 2019 all NHS sites and services across Bath & North East Somerset, Swindon and Wiltshire will become completely tobacco and smoke free.

In just under two months' time, patients, staff and visitors (including contractors and suppliers) will no longer be able to smoke anywhere on NHS sites, including the grounds and gardens or in vehicles and car parks. There will no longer be dedicated smoking areas on sites. The use of e-cigarettes will be allowed in outside areas.

Avon and Wiltshire Partnership (AWP) Mental Health Trust is leading the way having gone completely smoke free across all their sites in November 2017. They have already seen benefits including staff quitting nicotine completely or switching to e-cigarettes and inpatients needing less medication directly as a result of their abstinence whilst in hospital.

The Royal United Hospital (RUH) and Virgin Care and Health have already started to provide nicotine replacement therapy and support to staff and patients to help them manage their nicotine dependency while at work or during their stay. The RUH has recently demonstrated great leadership by signing up to the NHS Smokefree Pledge and increasing its stop smoking support to patients by putting trained 'healthy choices' advisors on wards.

Staff at the RUH, AWP and Virgin Care need our help in ensuring compliance with the policy so please support them by raising awareness amongst your clients who smoke. If they have a hospital appointment in the New Year or are going to visit someone at hospital then they can help by stubbing out the tobacco before they go on site or alternatively get some support to quit for good or switch to vaping by calling our healthy lifestyle team on 01225 831852 or email: healthylifestyle@virgin.co.uk

2. The World Health Organisation Global Burden of Disease database.

The most fascinating information on health measures and trends that runs from the truly global down to the level of BaNES is available through the World Health Organisation led Global Burden of Disease database which includes massive amounts of data on illnesses, causes of death and their risk factors, across different age groups, sexes and through time - and all brilliantly accessible and presented in many different ways.

I have taken out just two diagrams that compare (at BaNES level) the illnesses and conditions that cause lost years of life on the one hand and the rather different illnesses that cause ill health and disability during life.

Diagram 1. Causes of Deaths: (IHD= Ischaemic heart disease). All ages + sexes in BaNES

Main causes of death are circulatory diseases (heart disease and strokes) cancers, alzheimers (an increasing cause of death), lower respiratory tract infection (pneumonia etc –often an end-stage cause of death in the old) and chronic bronchitis and emphysema (now diminishing as smoking declines). Note self harm is small in all-age category but is biggest cause of death in 15-49 overall and very much the biggest in men of that age group.

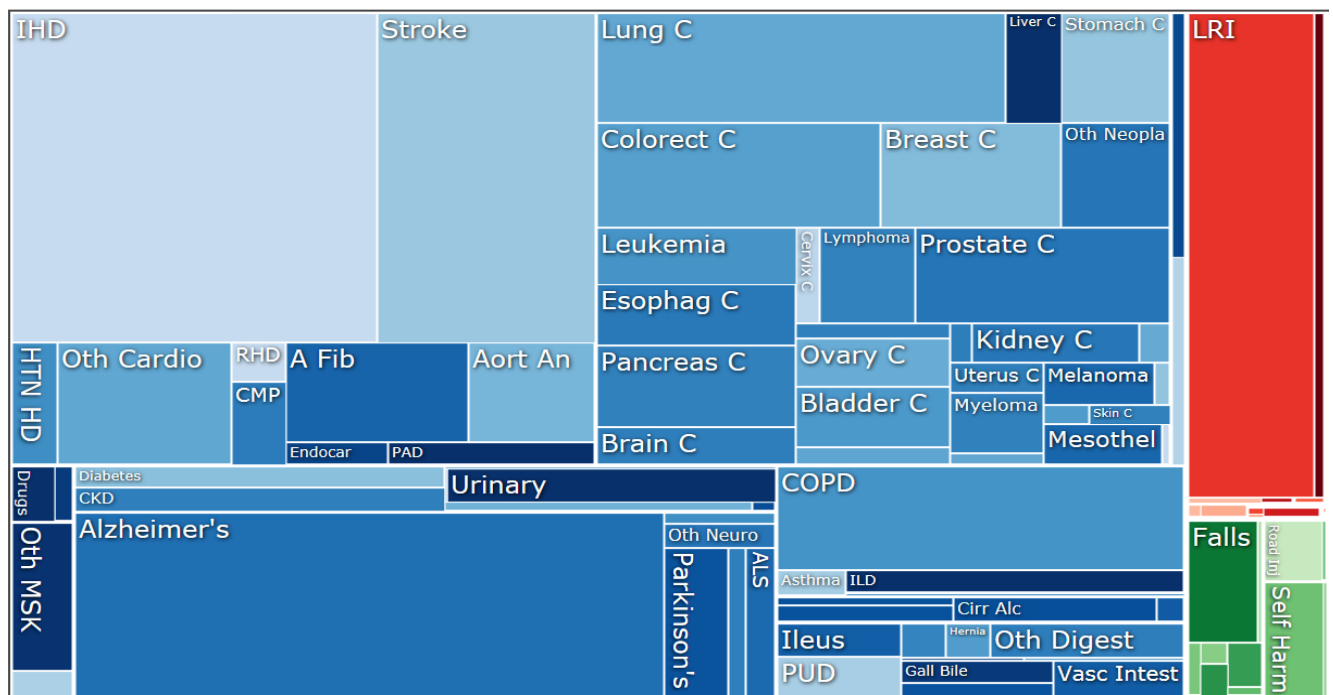


Diagram 2. Years lost to disability (ie what makes people ill while alive). A different set of conditions predominate including: Back and neck pain and other joint conditions most of all, visual and hearing loss (sense in the diagram) and skin conditions, mental illness and substance misuse, migraine, oral conditions, falls, asthma.

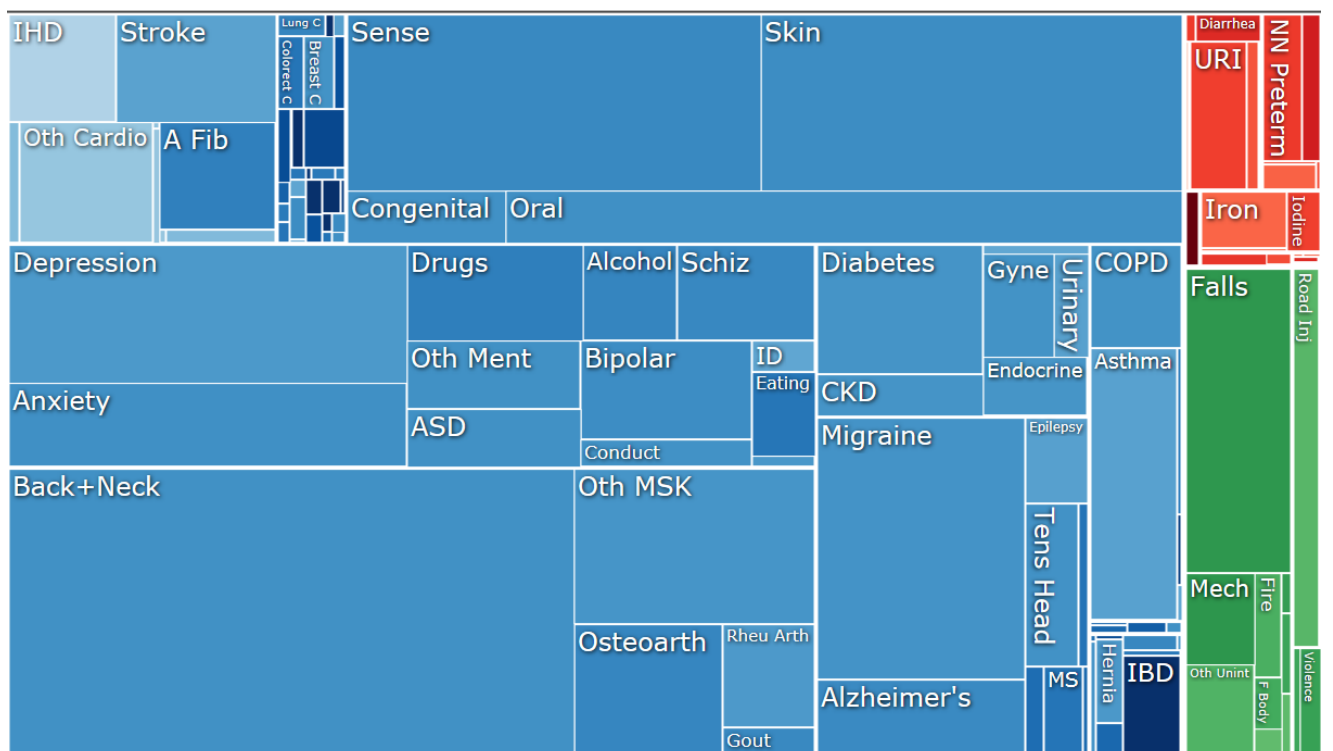
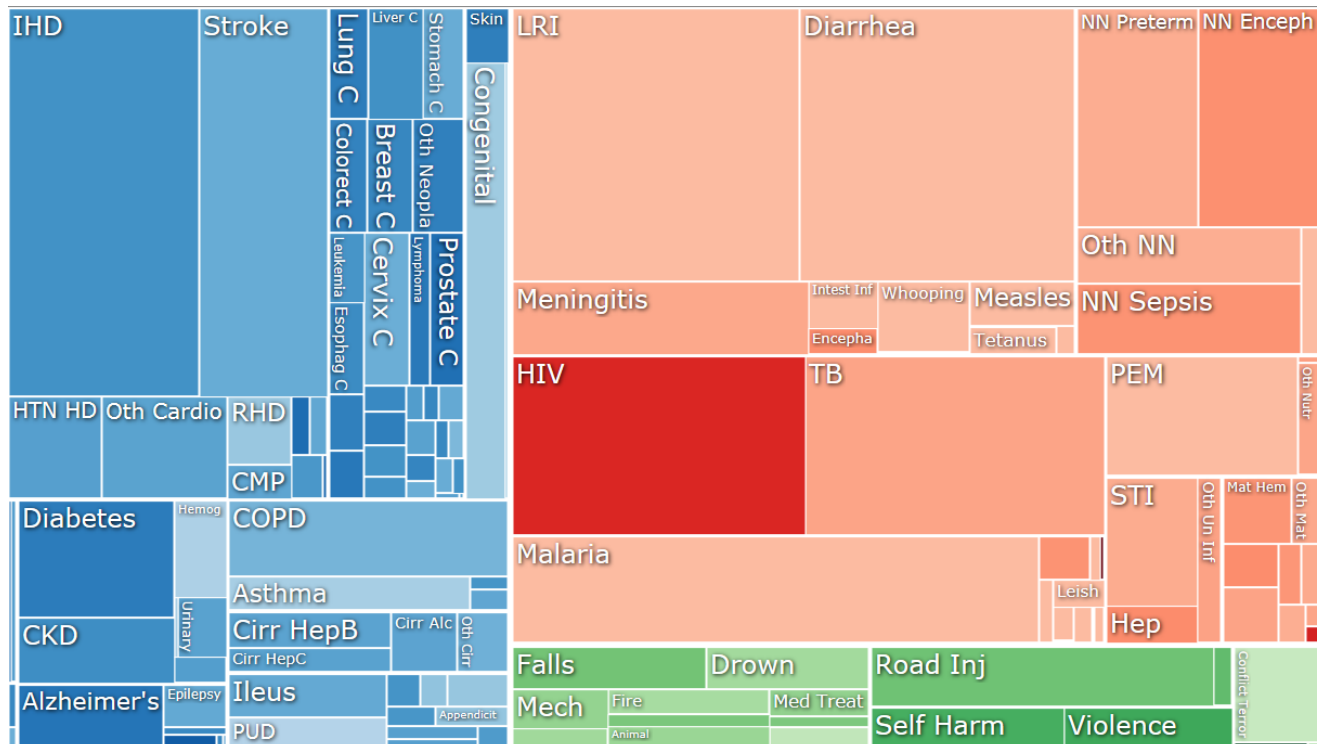


Diagram 3. By way of global comparison this is the map of causes of death in Low income countries (the lowest of five categories so in effect the lowest quintile of countries of the world.. LRI = lower respiratory infection (pneumonia etc), PEM = protein energy malnutrition NN= neonatal.



To look at this gold-mine of health information follow this link
<https://gbd2016.healthdata.org/gbd-compare/>

Bruce Laurence