

# Health E-News Bulletin

*Issue 26 - July 2008*

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*Health Improvement - Keeping you informed*

Welcome to the monthly issue of the Health E-News Bulletin. We aim to keep you updated with national, regional and local news, events and other relevant information which relates to the six key areas of the Department of Health's White Paper "Choosing Health: Making Healthier Choices Easier". We will also include more broader public health information. This is being produced collaboratively by the Halton & St Helens Health Improvement Library Service, the Primary Care Library, and St Helens Health Partnership.

## **ALCOHOL**

### **Alcohol and obesity threaten public health work, regulators say**

Alcohol abuse and obesity must be tackled more systematically or they could "derail" overall health improvements, health and spending watchdogs have warned. A joint report by the Healthcare Commission and the Audit Commission assessing the impact of government policy on improving people's health has concluded that public health objectives must be clearer, more ambitious and more easily measurable.

[http://www.healthcarecommission.org.uk/newsandevents/pressreleases.cfm?cit\\_id=6494&widCall1=customWidgets.content.view\\_1&usecache=false](http://www.healthcarecommission.org.uk/newsandevents/pressreleases.cfm?cit_id=6494&widCall1=customWidgets.content.view_1&usecache=false)

### **CMO calls for focus on teen health**

**See Section: CHILDREN/YOUNG PEOPLE**

## **CANCER**

### **Study finds little benefit from breast self-exams, but being 'breast-aware' is vital**

The practice of regularly self-examining to check for breast lumps or other possible signs of breast cancer may not actually reduce the number of deaths from the disease, researchers in Denmark have said. The latest review, which is published in the Cochrane Library, supports the findings of previous research. However, Cancer Research UK emphasised the importance of being breast-aware, and that women should ensure that they are familiar with how their breasts look and feel normally at different times of the month.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2008/july/18686856>

### **Online cancer chat with a safety net**

**See Section: NEW RESOURCES**

## CHILDREN/YOUNG PEOPLE

### CMO calls for focus on teen health

Chief medical officer Sir Liam Donaldson has called for a focus on teenage health, including a national summit to take stock of health programmes and services for teenagers, more involvement of teenagers in designing health services, and establishing a young person's panel to advise on a national campaign on risk taking in teenage years. In his annual report, Sir Liam also says the legal blood alcohol limit for drivers between 17 and 20 will be reduced to zero; draws attention to the rise in oesophageal cancer; highlights work under way to create vaccines for diseases including C difficile, MRSA and flu; and calls for moves to improve racial equality in medicine.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/AnnualReports/DH\\_086176](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/AnnualReports/DH_086176)

### Youth Crime Action Plan

The youth crime action plan is a comprehensive, cross-government analysis of what the government is going to do to tackle youth crime. It sets out a 'triple track' approach of enforcement and punishment where behaviour is unacceptable, non-negotiable support and challenge where it is most needed, and better and earlier prevention. It makes clear that the government will not tolerate behaviour that causes misery and suffering for innocent victims.

<http://www.homeoffice.gov.uk/documents/youth-crime-action-plan/>

### Safeguarding children from sexual exploitation- consultation

This draft guidance aims to provide practitioners across all relevant agencies and the voluntary and community sector with information about different forms of sexual exploitation to help them identify and safeguard children and young people who are at risk of sexual exploitation, or who are being sexually exploited. It will replace the current guidance, Children involved in Prostitution, issued in 2000 and will be supplementary guidance to Working Together to Safeguard Children (HMG 2006).

<http://www.dcsf.gov.uk/consultations/conDetails.cfm?consultationId=1566>

### New Forum resource to give young people a say in SRE

See Section: **NEW RESOURCES**

### Many schools offer on-site sex clinics, survey shows

See Section: **SEXUAL HEALTH/HIV/AIDS**

### British Medical Association Recommends Starting Sex Education In Primary Schools

See Section: **SEXUAL HEALTH/HIV/AIDS**

## DRUGS

### DrugScope responds to publication of Welfare Reform Green Paper

DrugScope, the UK's leading drug information charity, has responded to proposals outlined in the Welfare Reform Green Paper today for benefit claimants who are problem drug users. The proposals include requiring heroin or crack cocaine users to declare their drug use, information sharing between Jobcentre Plus and police, prisons and probation and requiring drug users to take up drug treatment or specialist employment support or face benefit sanctions.

<http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/welfare-reform-green-paper.htm>

### Drug Use, Smoking and Drinking among young people in England 2007

This report contains results from an annual survey of secondary school pupils aged in years 7 to 11 (mostly aged 11 to 15). Overall, 7,831 pupils in 273 schools in England completed questionnaires in the autumn term of 2007. The National Centre for Social Research

(NatCen) and the National Foundation for Educational Research (NFER) carried out the survey on behalf of The NHS Information Centre for health and social care and the Home Office; the Department for Children, Schools and Families (DCSF) also have an interest in the statistics. This is the most recent survey in a series that began in 1982. Each survey since 1998 has included a core set of questions on smoking, drinking and drug use and, since 2000, the remainder of the questionnaire has focused in alternate years on smoking and drinking or on drug misuse. The emphasis of the 2007 survey is on drug misuse.  
<http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/smoking-drinking-and-drug-use-among-young-people-in-england/drug-use-smoking-and-drinking-among-young-people-in-england-2007>

### **Blueprint drug education research programme update - July 2008**

Work on drafting of the Blueprint programme final impact report will be ongoing over the summer with the intention of releasing a final report by the end of October 2008. The draft of the Blueprint programme final impact report is being prepared with the intention of the final report being released by the end of October 2008. Blueprint is the largest research programme of its kind ever run in England. It is designed to test the delivery of an evidence-based drug education programme for young people, supported by work with parents, wider communities, local media and health professionals.

<http://drugs.homeoffice.gov.uk/news-events/latest-news/blueprintupdate>

### **Specific guidance needed for treating teenage pregnant substance misusers**

Specific guidance for the assessment and treatment of teenage pregnant substance misusers is needed, according to a new study. UK teenage pregnancy and substance misuse rates are the highest in Western Europe, and result in increasing numbers of maternal and foetal deaths and illnesses. This study set out to examine the health and social characteristics, and treatment, of a population of teenage pregnant substance misusers to assess whether the available national guidelines and specific treatment needs are being met.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2008/bank2008/amcrome.aspx>

### **Specific guidance needed for treating older heroin addicts**

Specific guidance is needed for the treatment of older heroin addicts over the age of 45, a new study has found. They should be given greater priority in terms of screening, assessment, treatment and mental health service delivery, since the evidence indicates that when they engage in treatment they do as well as, if not better than, younger addicts. There is growing awareness of substance misuse in older people. However, since their symptoms may be subtle and easily missed by health professionals, the prevalence and complications of addiction in this group are underestimated.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2008/bank2008/prcrome2.aspx>

## **HEALTH INEQUALITIES/SOCIAL INCLUSION**

### **New tool to assess patient involvement**

The Social Care Institute for Excellence has developed an audit tool to help service providers assess how they involve people in the way they run services. The free tool assesses how actively service users are involved in recruiting new staff, providing training and making decisions about policy.

[http://www.scie-peoplemanagement.org.uk/audits/start\\_audit.asp?survey\\_id=104](http://www.scie-peoplemanagement.org.uk/audits/start_audit.asp?survey_id=104)

### **Age discrimination guidance issued**

Two literature reviews and two research studies on the costs and benefits of eliminating age discrimination in the provision of health and social care are now available. The reports were commissioned by the Department of Health as it considers whether to pursue legislation to outlaw discrimination in the provision of health and social services.

### **Councils not prepared for ageing population - Audit Commission**

Councils are not prepared to meet the needs of their ageing population, a report from the Audit Commission says today. The commission used a "mystery shopper" exercise to test how well councils dealt with the demands of over-50s for services such as leisure and transport. It found that those facing the biggest rises in the proportion of elderly residents were least able to offer suitable services.

<http://www.audit-commission.gov.uk/latelife/>

### **Minimum living standards: public consultation shows what people find acceptable**

According to members of the public, a single person in Britain today needs to earn at least £13,400 a year before tax to afford a basic but acceptable standard of living. This "minimum income standard", based on the extensive deliberations of ordinary people supported by experts, shows the cost of covering basic goods and services for different household types. [A minimum income standard for Britain: What people think](#), by the Joseph Rowntree Foundation, captures the consensus reached among ordinary people (on a range of incomes) about what they feel is needed to achieve an acceptable standard of living today. Thirty-nine groups from different kinds of household (such as families with children, pensioners and single people) had detailed discussions about the necessary elements of a household budget for each family type. Experts looked at these budgets to ensure that they provided an adequate diet and met basic needs like keeping a home warm.

<http://www.jrf.org.uk/pressroom/releases/010708.asp>

## **MENTAL HEALTH**

### **Mental health stigma prevents everyday activities - Rethink**

Two-thirds of people with mental health problems say stigma prevents them from doing everyday things such as going to the shops or making new friends, according to a survey by mental health charity Rethink. A third of survey respondents also said they face the most discrimination from friends and family.

[http://www.rethink.org/how\\_we\\_can\\_help/campaigning\\_for\\_change/moving\\_people/stigma\\_shout.html](http://www.rethink.org/how_we_can_help/campaigning_for_change/moving_people/stigma_shout.html)

### **Young people invited to join mental health discussion group**

A mental health charity is calling on five to 25 year olds to join its virtual discussion group. YoungMinds is encouraging young people to sign up to Healthy Heads to give their views on what makes them happy and unhappy and how the charity can help.

<http://www.youngminds.org.uk/young-people/voice-your-opinion/sign-up>

### **Call for action on older people's mental health**

Organisations including the Royal College of GPs, the Royal College of Psychiatrists, Age Concern and the Royal College of Nursing are calling on the government to take action on a range of mental health problems that affect older people.

<http://www.snpearstesting.org/consensusfinal.pdf>

### **DH consults on dementia strategy**

The Department of Health today launched proposals for England's first-ever dementia strategy. The strategy aims to raise awareness of dementia, ensure early diagnosis and improve the quality of care.

[http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH\\_085570](http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_085570)

### **Campaign to tackle mental health inequalities**

The Royal College of Psychiatrists had launched a three-year campaign to tackle inequalities in mental health. A report published by the college highlights funding shortages, poor inpatient services and widespread discrimination.

<http://www.rcpsych.ac.uk/campaigns/fairdeal.aspx>

### **A generation under stress?**

A report by Girlguiding UK and the Mental Health Foundation. This report reveals a generation of girls and young women who are managing a complex spectrum of feelings and emotions everyday. It shows the importance of creating space, among supportive friends, for difficult issues to be explored and girls to be reassured that their feelings are 'normal' – and others feel as they do.

<http://www.mentalhealth.org.uk/publications/?EntryId5=62067>

## **NUTRITION/OBESITY**

### **Increasing numbers do not realise they are overweight, research finds**

More and more people are failing to recognise they are overweight, despite an actual rise in the number of people who are clinically overweight or obese, according to research from the Health Behaviour Research Centre at University College London. The study found the proportion of respondents whose weight placed them in the clinically obese category had nearly doubled in eight years. Yet those whose weight put them in the overweight category were less likely to think they were overweight in 2007 than in 1999.

[http://www.bmj.com/cgi/content/full/337/jul10\\_1/a494?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=%22Health+Behaviour+Research+Centre%22&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT](http://www.bmj.com/cgi/content/full/337/jul10_1/a494?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=%22Health+Behaviour+Research+Centre%22&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT)

### **Alcohol and obesity threaten public health work, regulators say**

See section: **ALCOHOL**

### **Food firms still marketing unhealthy products to children**

A new report from consumer watchdog Which? has revealed that many food companies are still not curbing their marketing of unhealthy foods to children despite repeated calls for them to do so. Chief policy adviser Sue Davies said that some companies are still acting irresponsibly and described their stated commitments to stop marketing to children as "hollow". Although 88 per cent of consumers want the food industry to act more responsibly, Which? analysts found that some companies are using social networking sites such as Facebook and You Tube, text message competitions, and viral promotions to tempt children, while others are still using traditional methods such as celebrity endorsements and cartoon characters.

<http://www.which.co.uk/news/2008/07/kids-still-targeted-by-junk-food-marketing-152224.jsp>

## **SEXUAL HEALTH/HIV/AIDS**

### **Many schools offer on-site sex clinics, survey shows**

A national survey of on-site sexual health services in secondary schools and pupil referral units has found that a significant number are providing these services for young people. Based on information from 70 per cent of English local authorities, the Sex Education Forum found that of the 2,185 schools surveyed, 29 per cent had an on-site sexual health service.

[http://www.ncb.org.uk/Page.asp?originx\\_784wa\\_21042403840053g59p\\_200610203221g#survey%20report](http://www.ncb.org.uk/Page.asp?originx_784wa_21042403840053g59p_200610203221g#survey%20report)

### **British Medical Association Recommends Starting Sex Education In Primary Schools**

At a conference in Edinburgh, Scotland, 54.6% of British Medical Association members on Wednesday voted in favor of providing sex education in primary schools in the United Kingdom, Scotland's Herald reports. According to the Herald, the move is an attempt to reduce pregnancy and sexually transmitted infection rates among teens.

<http://www.medicalnewstoday.com/articles/114812.php>

### **Methods For The Prevention Of STIs Reviewed**

New research commissioned by the National Institute for Health Research Health Technology Assessment (NIHR HTA) programme is looking at behavioural approaches for preventing sexually transmitted infections (STIs) in young people. Rates of STIs have doubled in the UK during the last decade, with over 1 million young people being diagnosed a year.

<http://www.medicalnewstoday.com/articles/115097.php>

### **Sexually transmitted infections up 6 per cent - HPA**

Rates of sexually transmitted infections have risen by 6 per cent, according to figures released by the Health Protection Agency. Almost 400,000 new STIs were diagnosed in UK genitourinary clinics in 2007. The HPA's report said people aged 16-24 continue to be disproportionately affected by STIs, with the group accounting for almost half of all newly diagnosed STIs in the UK, although the age group represents just one in eight of the UK population.

[http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb\\_C/1216022460726?p=1158945066450](http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1216022460726?p=1158945066450)

### **Sexually transmitted infection rates soar in over 45s**

Rates of sexually transmitted infections (except HIV) have doubled among people over 45 in less than a decade, research published in the journal Sexually Transmitted Infections has found. The most commonly diagnosed infection among over 45s was genital warts. The research authors said older age groups and their levels of sexual activity tended to be ignored in sexual health campaigns.

<http://press.psprings.co.uk/sti/june/st27847.pdf>

### **PCTs have far to go on teen pregnancy, says DH**

Many primary care trusts need to significantly improve their performance against the target to halve the conception rate among under 18s, the Department of Health has said. The comments follow new statistics showing a rising number of abortions in women under 20.

[http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/Sexualhealth/DH\\_085686](http://www.dh.gov.uk/en/PublicHealth/Healthimprovement/Sexualhealth/DH_085686)

### **More young girls having abortions, statistics show**

The number of girls under 16 having abortions went up last year, new figures show. Statistics published by the Department of Health reveal the under-16 abortion rate in England and Wales increased from 3.9 per 1,000 in 2006 to 4.4 in 2007.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsStatistics/DH\\_085508](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsStatistics/DH_085508)

## **TOBACCO**

### **Health profiles reveal drop in smoking-related deaths**

Health profiles for each local authority and region in England were published today by the Department of Health and the Association of Public Health Observatories. The profiles show that deaths from smoking-related diseases fell across England and that while life expectancy from birth has improved, there is still wide variation across the country.

[http://www.apho.org.uk/default.aspx?QN=P\\_HEALTH\\_PROFILES](http://www.apho.org.uk/default.aspx?QN=P_HEALTH_PROFILES)

### **Smoking ban spurred 400,000 to kick habit, study claims**

At least 400,000 people quit smoking as a result of the smoking ban in England, according to research presented today. The Smoking Toolkit Study interviewed more than 32,000 people in England over the nine months before and nine months after the ban took effect on 1 July last year.

<http://www.smokinginengland.info/>

### **Plans to reduce young people's exposure to smoking**

A new report calls on the UK governments to introduce a range of tough measures aimed at reducing young people's exposure to positive images of smoking. The proposals in Forever Cool include introducing laws requiring all films and TV programmes that portray positive images of smoking to be preceded by an anti-smoking advert.

<http://www.bma.org.uk/ap.nsf/content/forevercool>

### **Sex, death and rock & roll - teen movie makers help create cutting edge anti-smoking films**

Three hard hitting films - designed by teenagers for teenagers - were launched today after a national competition helped uncover the next generation of British film makers. Cancer Research UK and Channel 4's [4Talent](#) launched a joint initiative - funded by the [Department of Health](#) - called BREATHE to produce a selection of short online films to encourage young smokers to quit and deter others from starting. The three winning films show a young girl coughing up a lung after a night of partying, a girl who turns into a wrinkled, unattractive old woman during a wild house party and a young man who pays to die in a slaughter house.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2008/july/447455>

## **OTHER PUBLIC HEALTH NEWS**

### **Framework for promoting healthy lifestyles**

The Department of Health has published a framework for action on social marketing and public health which sets out how people will be encouraged to lead healthier lifestyles. The evidence-based framework covers how the skills and knowledge of public health professionals will be increased, what motivates people to change their behaviour, putting social marketing into action and building partnership working.

[http://www.dh.gov.uk/en/Publichealth/Choosinghealth/DH\\_066342](http://www.dh.gov.uk/en/Publichealth/Choosinghealth/DH_066342)

### **Alan Johnson reveals end of life strategy**

Health secretary Alan Johnson has launched the government's end of life care strategy. The report, backed with £286m of funding, will see primary care trusts work with local authorities to ensure that rapid response community nursing services are available in all areas.

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_086277](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_086277)

## **NEW RESOURCES**

### **New Forum resource to give young people a say in SRE**

The new SRE audit toolkit resource from the Sex Education Forum will help schools find out what young people think about their existing sex and relationships education, and how they think it could be improved. The toolkit provides a selection of activities to help secondary schools involve young people when reviewing and auditing SRE. It will be useful for all those involved in the delivery and review of SRE policy and curriculum as well as local teenage pregnancy and healthy schools coordinators. It will be printed later this year, but is available to download now:

[Are you getting it right? A toolkit for consulting young people on sex and relationships education](#) [PDF: 274KB]

### **A PROFILE OF THE NATION'S HEALTH - Wake-up call on health inequalities**

Health Profiles for every local authority and region across England were published today by the Department of Health and the Association of Public Health Observatories. The Profiles use key health indicators to capture a picture of the nation's health down to local level, providing areas across England with valuable information to improve their population's health. This year's data also includes new information on child health inequalities.

[http://www.apho.org.uk/default.aspx?QN=P\\_HEALTH\\_PROFILES](http://www.apho.org.uk/default.aspx?QN=P_HEALTH_PROFILES)

### **New guidance on hand hygiene**

A film that shows NHS workers how to clean their hands properly has been sent out to all trusts. The DVD was produced as part of the National Patient Safety Agency's clean your hands campaign.

<http://www.npsa.nhs.uk/cleanyourhands/the-campaign/training-video/>

### **NICE principles published**

The National Institute for Health and Clinical Excellence has published the principles it should follow in developing guidance.

<http://www.nice.org.uk/media/36E/39/SVJ2FINALFORPUBLICATIONJULY2008.pdf>

### **Charity launches diabetes awareness campaign**

More than half a million people in the UK are unaware they have type 2 diabetes, according to the charity Diabetes UK. It has launched an outdoor advertising campaign to help raise awareness of the disease.

[http://www.diabetes.org.uk/About\\_us/News\\_Landing\\_Page/Half-a-million-people-in-the-UK-with-undiagnosed-diabetes-/](http://www.diabetes.org.uk/About_us/News_Landing_Page/Half-a-million-people-in-the-UK-with-undiagnosed-diabetes/)

### **Online cancer chat with a safety net**

Cancer Research UK today launches an online chat forum for cancer patients to swap stories and share experiences on how to cope with such a devastating disease.

But [Cancer Chat](#) is a forum with a difference: it has an information safety net.

This means that a Cancer Research UK team will keep a watching brief to ensure that patients are not subjected to rogue "cancer cures" or scientifically unsound information.

Anyone can have access to the messages posted on Cancer Chat but if people wish to post a message they will need to register.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2008/july/446665>

## **LOCAL & NATIONAL EVENTS/COURSES**

### **GO Campaign in St Helens**

A free Health MOT available for men over 40 in this area. The MOTs are a good chance to meet one-to-one with our friendly staff to discuss any health worries that may concern you. To book your free session phone 01744 697433.

### **Challenge St. Helens 5k and 1k Charity Run**

Challenge St. Helens is an exciting new family event for the people of St. Helens, scheduled to take place on the 14th September 2008 in and around St. Helens Town Centre.

2000 runners of mixed ability will take part in either the 5 Kilometre Race or the 1 Kilometre Family Fun Run. There will be an assortment of health related attractions around Victoria Square in front of the Town Hall where both races will Start and Finish. The build up begins from 10am with the 5k Race starting at 1pm followed immediately by the under 12's and their parents running in the 1k Fun Run. The event aims to raise money to support three

deserving charities, namely Macmillan Cancer Support, Willowbrook Hospice and Friends of Mulanje Orphans. Participants can choose the charity they wish to run for and any sponsorship money they raise will go directly to their chosen charity.

<http://www.challengesthelens.org.uk/>

### **Diabetes UK – St Helens & Knowsley Group**

Meeting: Wednesday 3<sup>rd</sup> September 2008

Subject: Reducing your Risk of Diabetes Complications

Speaker: Dr Niall Furlong, Consultant Diabetologist, St Helens & Knowsley Hosp. Trust

Venue & Time: St Helens Town Hall at 7.30 p.m. Further details: 0151 480 0821

### **St Helens Walk in the Park 2008**

Sherdley Park, Sunday 14<sup>th</sup> September 2008 at 1.00 p.m. For further details and an application form contact Sally Hendry on 01928 714 255 or email her at [sallybel@tesco.net](mailto:sallybel@tesco.net) (please write "Walk in the Park" in the subject area)

### **NATIONAL/INTERNATIONAL HEALTH EVENTS 2008 – August**

**For a full list of Health Events and links please visit:**

<http://www.equip.nhs.uk/staffwm/healthevents.html>

### **OTHER LOCAL E-BULLETINS.**

#### **ChaMPS Public Health Network Bulletin**

ChaMPS is your public health network for Cheshire and Merseyside PCTs, NHS Acute Trusts, local authorities and wider health organisations. If you would like to know more about joining ChaMPS and receiving this bulletin contact Viv Martindale, ChaMPS Network Administrator on 0151 643 5369 or email [vivienne.martindale@bwwpct.nhs.uk](mailto:vivienne.martindale@bwwpct.nhs.uk)

#### **Cheshire & Merseyside New Documents Bulletin**

A weekly review of new documents produced collaboratively by primary care librarians across Cheshire & Merseyside. Contact the Primary Care Library on 0151 676 5650 or email [library.pct@sthk.nhs.uk](mailto:library.pct@sthk.nhs.uk) if you would like to receive this bulletin.

#### **Your Comments**

The content of this bulletin highlights recent articles and/or documents appearing on a selection of websites, which we feel may be of interest to the wider health improvement area. All links are correct at the time of publishing. If you have any comments or suggestions about the Bulletin or would like to forward an item or news of an event, we would love to hear from you. Please forward this bulletin on to people who might otherwise not receive it. Contact [lynda.moss@hsthpcct.nhs.uk](mailto:lynda.moss@hsthpcct.nhs.uk).

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#### **Health Improvement Network**

If you would like to become a member of the Health Improvement Network or find out more information about the Network, please contact Linda Gittens on 01744 697433 or email [lindagittens@sthelens.gov.uk](mailto:lindagittens@sthelens.gov.uk).