



Health E-News Bulletin

ISSUE 10 - OCTOBER 2009

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 and the Health Improvement Network.

ALCOHOL

Alcohol Concern welcomes proposed power for Councils to ban 24 hour drinking

Speaking at the Labour Party Conference, Prime Minister Gordon Brown announced new powers for local authorities to ban 24-hour licences, admitting that 24-hour drinking is "not working in some places." The new proposals would allow local authorities to ban 24-hour licences in designated areas for example streets, town centres or across the whole authority area in order to reduce crime and disorder.

<http://www.alcoholconcern.org.uk/servlets/doc/1511>

Alcohol inquiry hears from supermarkets and Premier League

The Health Committee inquiry into alcohol continues with evidence from supermarkets ASDA, Sainsbury's and Waitrose. The Committee will then question representatives from the Premier League and the Football League.

<http://news.parliament.uk/2009/10/alcohol-inquiry-hears-from-supermarkets-and-premier-league/>

CANCER

Ten minute talk boosts breast cancer awareness six fold

A ten minute talk between a woman and a health professional increases the chances she will be 'breast cancer aware' by six fold, according to research published online in the British Journal of Cancer (BJC) and presented at the NCRI Cancer Conference in Birmingham. The results of the Cancer Research UK trial showed that even one year after the talk women were six times more likely to have the knowledge they need to recognise the early signs of breast cancer.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/october/talk-boosts-breast-awareness>

Charities join Prime Minister to send united message on breast cancer

Cancer charities will join Gordon Brown to highlight the lifesaving importance of breast cancer screening. The NHS breast cancer screening programme currently diagnoses over 14,000 cases of breast cancer each year and saves around 1,400 lives every year. However in 2008 27% of women failed to take up their right to breast screening. Figures show that if all women took up their right to screening an extra 600 lives could be saved.

http://www.dh.gov.uk/en/News/Recentstories/DH_106679

Targeted breast cancer messages for ethnic minority women urgently needed

Black and Asian women are significantly more likely than white women to be diagnosed with breast cancer that has spread, reveals research presented at the NCRI Cancer Conference in Birmingham. In a study of breast cancer incidence and survival in more than 35,000 women in South East England, 17 per cent of Pakistani women and 15 per cent of Black African women were diagnosed with breast cancer that had spread. This compared with 7 per cent of white women, who were the group most likely to be diagnosed with the disease overall.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/october/targeted-breast-messages>

Football scheme to promote awareness of 'male' cancer symptoms

The Department of Health has launched a new pilot scheme using football to promote awareness of cancer symptoms in men. Many men are not aware of the common symptoms of lung, bowel and prostate cancer and ignore problems with their health rather than seeking advice. Health secretary Andy Burnham revealed that football clubs across England will be supporting a new one-year pilot scheme to improve awareness amongst men over the age of 55, who are most at risk of dying from lung, bowel and prostate cancers.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/september/19382125>

See also: http://www.dh.gov.uk/en/News/Recentstories/DH_106070

Over 124,000 cancers caused by excess body weight in Europe last year

At least 124,000 new cases of cancer in Europe last year may have been caused by excess body weight, experts have claimed. Scientists from the UK, The Netherlands and Switzerland created a statistical model that enabled them to estimate the proportion of cancers that might have been due to excess body weight. They used their model to calculate estimates for 30 European countries, using data from the World Health Organisation, the International Agency for Research on Cancer and other sources.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/september/19377570>

CHILDREN/YOUNG PEOPLE

More than a third of children could face an unfit future

More than a third of children could face significant health problems in adulthood unless more is done to encourage families to be more active. That's just one of a number of key findings in a new report, '[Fit for the Future - How healthy and active are our children?](#)', published on 23 September by the Chartered Society of Physiotherapy (CSP).

<http://www.bda.uk.com/news/news.php>

See also:

<http://www.bda.uk.com/news/090923Move4Health.pdf>

More support for children with Special Educational Needs

Ed Balls announced measures to provide better support for pupils with special educational needs (SEN) and disabled children. The proposals aim to make life easier for parents and help their children maximise their potential.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0170

Family Nurse Partnership improving outcomes for vulnerable families

Young first time mothers are being helped to improve the life chances of their babies and fathers are more involved in the early years of their children's lives thanks to the Family Nurse Partnership (FNP) programme, independent research has found. Family Nurse Partnership is a £36 million programme providing intensive support for vulnerable first time young mothers and their families. Specially trained nurses work with them from early pregnancy until the child is two years old, building close relationships and guiding them towards adopting healthy lifestyles for themselves and their babies.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0168

Improved safeguarding arrangements go live

Children and vulnerable adults are to be better protected with the start of the new Vetting and Barring Scheme (VBS). The new scheme will be delivered by the Criminal Records Bureau (CRB) and the Independent Safeguarding Authority (ISA). Its tighter regulations are at the heart of the Government's strategy for increasing the protection of vulnerable members of our society.

http://www.dh.gov.uk/en/News/Recentstories/DH_106899

HPV vaccine update

Following tragic news of the death of a girl in Coventry yesterday, the Department of Health is working closely with the NHS, regulatory bodies, to thoroughly investigate the details of the case.

http://www.dh.gov.uk/en/News/Recentstories/DH_106180

Schools scheme gets health kick for its tenth birthday

The government's flagship scheme to make healthy living an integral part of a child's school life is to be expanded following a decade of success, Public Health Minister Gillian Merron announced. The move comes as the Healthy Schools programme celebrates its tenth anniversary, and has exceeded its target to get 75 per cent of schools to achieve Healthy School status by December 2009.

http://www.dh.gov.uk/en/News/Recentstories/DH_105273

International lessons in Child Home Safety at pioneering event

Strategies for tackling the suffering caused to children by accidents in the home will be discussed at a unique RoSPA/European Child Safety Alliance conference next month. The European Child Home Safety Conference in Stratford-upon-Avon is the first event of its kind to look into injuries suffered by children in the home in Europe. One million children under the age of 16 attend A & E departments in the UK every year as a result of accidents in the home, and the situation is even more challenging across Europe.

http://www.rospa.co.uk/news/releases/2009/pr722_12_10_09_home.htm

Review of NHS children's services

Sir Ian Kennedy today set out the areas he will consider in his review of NHS services for children, looking at how to build on recent progress and ensure lasting improvements in quality and outcomes for children. The Chief Executive of the NHS, David Nicholson, has commissioned Sir Ian to explore the cultural obstacles that can stand in the way of sustained improvement in the provision of care for children and to consider what can be done to develop the NHS' contribution to safeguarding children.

http://www.dh.gov.uk/en/News/Recentstories/DH_107054

New NICE public health guidance on promoting young people's social and emotional wellbeing

The National Institute for Health and Clinical Excellence (NICE) has issued guidance on promoting the social and emotional wellbeing of young people in secondary education. Between the ages of 11 and 19 years, young people undergo numerous physical and emotional changes which will help shape their adult life. Recent reports suggest that one in ten

young people are unhappy at school and over a third are worried about being bullied. The new guidance on social and emotional wellbeing in secondary education outlines how secondary education providers and service commissioners can help protect and nurture young people by providing a friendly, supportive environment that meets their social and emotional needs.

http://www.nice.org.uk/newsroom/pressreleases/press_releases.jsp?domedia=1&mid=E140B3AC-19B9-E0B5-D425980F177A0E43

NICE Guidance: Social and emotional wellbeing in secondary education

<http://www.nice.org.uk/PH020>

Footballers kick off healthy eating for schools

See Section: **NUTRITION/OBESITY**

Over half of pupils doing at least three hours' sport a week

See Section: **PHYSICAL ACTIVITY**

Welcome to Safe At Home - The National Home Safety Equipment Scheme

See Section: **NEW RESOURCES**

DRUGS

DrugScope responds to NTA figures on drug treatment

New figures published by the National Treatment Agency for Substance Misuse (NTA) show that in 2008/09, a record number of people entered drug treatment in England. The NTA highlights a reduction in the number of 18-24 year olds presenting with heroin or crack cocaine addiction but an increase in the number of young people with cocaine powder problems.

http://www.drugscope.org.uk/ourwork/pressoffice/pressreleases/NTA_0809_figures.htm

MEAM coalition urges politicians to act for the most vulnerable

Politicians at the Labour Party Conference were urged to commit to a new manifesto for tackling multiple needs by the Making Every Adult Matter (MEAM) coalition. The MEAM coalition, made up of Clinks, DrugScope, Homeless Link and Mind, launched Making Every Adult Matter: a four point manifesto for tackling multiple needs and exclusions as it looks to prevent the most vulnerable in society from falling between the gaps in care services. The manifesto calls for a Green Paper on multiple needs which often include a combination of issues including substance misuse, mental health problems, homelessness and criminal behaviour.

http://www.drugscope.org.uk/newsandevents/currentnewspages/MEAM_manifesto_launch.htm

'Legal highs' risks exposed

A new information campaign highlighting the risks of so-called 'legal highs' has been launched by the Home Secretary. The [FRANK campaign \(new window\)](#) highlights the potential danger of these substances, particularly when mixed with alcohol. The theme is that these are dangerous substances, and you never know what you are taking, or what effect they might have on your body. The campaign, aimed at 18 to 24 year old clubbers, uses the character of 'the crazy chemist' who wants to recruit human lab rats to try his latest batch of noxious concoctions.

<http://drugs.homeoffice.gov.uk/news-events/latest-news/legal-highs-campaign>

MENTAL HEALTH

New wave of talking therapy sites for World Mental Health Day

More than 100,000 people will benefit from a new wave of talking therapy services going live across the country from today, World Mental Health Day, Care Services Minister Phil Hope has announced. The 52 new sites will help people with depression and anxiety disorders access

NICE approved treatments including cognitive behavioural therapies, counselling and guided self-help.

http://www.dh.gov.uk/en/News/Recentstories/DH_106823

Sports stars help level the playing field for people with mental illness

Frank Bruno, Tony Adams and Marcus Trescothick back the publication of Levelling the Playing Field, a new report from Time to Change that applauds five sportspeople who have bravely spoken out about their experiences of mental illness.

http://www.mind.org.uk/news/2192_sports_stars_help_level_the_playing_field_for_people_with_mental_illness#

New report shows half of adults in debt may have a mental health problem

New research published today (8.10.09) states that one in two British adults in debt may also have a mental health problem. The literature review which has been endorsed by Stephen Fry and Alastair Campbell has been published by The Royal College of Psychiatrists and Rethink, funded by the Money Advice Trust and the Finance & Leasing Association.

<http://www.rcpsych.ac.uk/pressparliament/pressreleases2009/debtreview.aspx>

Popular antidepressant associated with a dramatic increase in suicidal thoughts amongst men

Nortriptyline has been found to cause a ten-fold increase in suicidal thoughts in men when compared to its competitor escitalopram. These findings are published in the open access journal BMC Medicine. The research was carried out by Dr. Nader Perroud from the Institute of Psychiatry, Kings College London, who headed up GENDEP, an international team. Dr Perroud said "Suicidal thoughts and behaviours during antidepressant treatment have prompted warnings by regulatory bodies". He continued "the aim of our study was to investigate the emergence and worsening of suicidal thoughts during treatment with two different types of antidepressant."

<http://www.mentalhealth.org.uk/information/news/?EntryId17=75777>

New NICE public health guidance on promoting young people's social and emotional wellbeing

See Section: **CHILDREN/YOUNG PEOPLE**

NUTRITION/OBESITY

Food safety advice for childminders

The Food Standards Agency has launched a 'Safer food, better business' (SFBB) pack especially for childminders. The pack gives simple, straightforward advice on food safety. Many childminders are now covered by food safety regulations and the pack has been designed to help them comply with these regulations with as little paperwork as possible. It is based on the same principles as the other SFBB packs, but it is shorter, and has advice tailored to childminders, including information on feeding babies and children, cooking, cleaning, chilling and looking after a child with a food allergy.

<http://www.food.gov.uk/news/newsarchive/2009/oct/foodsafetychildminders>

New phase of Agency's salt campaign

The Agency has launched a new phase of its salt campaign, urging consumers to check the salt content of everyday foods and choose the option lower in salt. Since the first phase of the campaign in 2004, the Agency has been working to reduce the average salt intake of UK adults to no more than 6g a day.

<http://www.food.gov.uk/news/newsarchive/2009/oct/saltnewphase>

Footballers kick off healthy eating for schools

Manchester United goalkeeper Edwin Van der Sar has officially launched a project, in partnership with the Food Standards Agency (FSA), to encourage schoolchildren to eat healthily and live a more balanced lifestyle. Local schoolchildren, teachers, FSA representatives and some famous faces from the world of football attended the launch at the Old Trafford stadium. The project, called Something to Chew On, uses Manchester United players to teach primary school children about being healthy.

<http://www.food.gov.uk/news/newsarchive/2009/sep/football>

OLDER PEOPLE

One month to go before Big Care Debate closes

National Care Service will take the fear out of getting older pledges Health Secretary. A new National Care Service will help take the fear out of getting older Health Secretary Andy Burnham pledged as new figures came out showing that ageing is a real worry for most people.

In a Department of Health survey, 86 per cent of people said they are worried about getting older.

http://www.dh.gov.uk/en/News/Recentstories/DH_106952

JRHT works with national initiative to improve life in care homes

A national initiative, designed to promote best practice and improve quality of life for people living and working in care homes, has been launched with the Joseph Rowntree Housing Trust. [My Home Life](#), a charitable venture supported by the recently merged Age Concern and Help the Aged, City University London and Joseph Rowntree Foundation, aims to celebrate existing best practice and develop and promote care homes as a positive option for older people.

<http://www.jrf.org.uk/media-centre/JRHT-improving-care-home-life>

PHYSICAL ACTIVITY

Over half of pupils doing at least three hours' sport a week

A new benchmark for youth sport has been set today with the publication of the [PE and Sport Survey 2008/09](#). The survey – commissioned by the DCSF and conducted by TNS-BMRB – is the sixth carried out by the Government and the first one since the target for 5- to 16-year-olds to do at least two hours of sport each week was smashed last year.

http://www.dcsf.gov.uk/news/content.cfm?landing=iain_wright_over_half_of_pupils_doing_at_least_three_hours_sport_a_week&type=1

Let's Get Moving - introducing a new physical activity care pathway

The new Let's Get Moving (LGM) physical activity care pathway is based on the principles of the NICE public health guidance 2006: Four Commonly Used Methods to Promote Physical Activity, which endorses the delivery of brief interventions for physical activity in primary care as both clinically and cost effective in the long term. The launch of LGM provides a unique opportunity to embed the promotion of physical activity at the very core of the NHS, offering a major opportunity for health professionals to make a significant difference to the health of our nation.

http://www.dh.gov.uk/en/Publichealth/Healthimprovement/PhysicalActivity/DH_099438

The value of a green prescription

The Walking for Health programme makes sense on economic as well as health grounds. Walking programmes are cheap to run: they don't need elaborate equipment, offices or expensive sports centres. They are set up through local authorities, primary care trusts or, in some cases, a small group of local volunteers. Each scheme researches suitable routes in the locality and recruits volunteers to lead the walks.

<http://www.whi.org.uk/details.asp?back=true&key=AX909|0|12186714065|R|18|319914141020094325229&parentkey=AX909|0|12186714065|p|18|0>

Dance stars launch campaign to get nation on the floor Campaign aims to get 100,000 more active through dance.

The Department of Health's 'Dance Champions Group' will embark on a nationwide tour to get the country dancing, Public Health Minister Gillian Merron will announce. Dance stars including Arlene Phillips, former Come Dancing presenter Angela Rippon, Capital Radio's Lisa Snowden and Strictly Come Dancing pro Darren Bennett will today join Health Minister Gillian Merron and Dance Champions Chair Rod Aldridge, to launch their campaign to get 100,000 people more active through dance in the run up to the 2012 Olympic Games.

http://www.dh.gov.uk/en/News/Recentstories/DH_107081

More than a third of children could face an unfit future See Section: CHILDREN/YOUNG PEOPLE

SEXUAL HEALTH/HIV/AIDS

HIV vaccine cuts infection

An experimental HIV vaccine cuts infections by a third, newspapers reported. The Guardian called it a "breakthrough", and the first evidence of a possible vaccine against AIDS. It said a trial in more than 16,000 men in Thailand found vaccinated men had a 31% lower risk of infection. The news reports are based on an announcement by the US Military HIV Research Program and the Thai Ministry of Public Health. The full reports of the science behind this announcement have not been published yet, so it is not possible to report on specific details.

<http://www.nhs.uk/news/2009/09September/Pages/HIV-vaccine-cuts-infection.aspx>

See also:

<http://www.hivvaccineenterprise.org/conference/2009/index.html?q=conference/2009/index.aspx>

SHout loud about sexual health

See Section: NEW RESOURCES

SOCIAL INCLUSION/HEALTH INEQUALITIES

Communities inspired to take control of their health

A new report showing how communities have been inspired and helped to improve the health of all their residents is published today (15/10/09). The Communities for Health programme is helping some of the most disadvantaged communities in the country. More than 360 local activities have enabled people to take control of their own health and wellbeing, tackling obesity, smoking, drugs and alcohol.

http://www.dh.gov.uk/en/News/Recentstories/DH_107095

Race equality awards to be promoted across the country

Ed Balls today praised a race equality initiative in Leeds and announced plans to promote the Stephen Lawrence Education Awards to all local authorities across the country. The awards, which are supported by Stephen Lawrence's mother Doreen, help schools to promote race equality by formally recognising and 'kitemarking' good practice in schools.

http://www.dcsf.gov.uk/pns/DisplayPN.cgi?pn_id=2009_0179

TOBACCO

Statistics on NHS Stop Smoking Services: England, April 2009 to June 2009 (Q1 - Quarterly report)

This quarterly report presents provisional results from the monitoring of the NHS Stop Smoking Services (NHS SSS) in England during the period 1 April to 30 June 2009. This report includes information on the number of people setting a quit date and the number who successfully quit at the 4 week follow-up.

<http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles/nhs-stop-smoking-services/statistics-on-nhs-stop-smoking-services:-england-april-2009-to-june-2009-q1--quarterly-report>

Irish tobacco display ban provides encouraging results for the UK

Putting tobacco out of sight in shops has boosted support for a display ban in the Republic of Ireland - reveals new research. Ireland put cigarettes out of sight in July this year. Data from Ireland are being presented to MPs as similar measures will be put to the vote in the [House of Commons](#) on Monday (October 12).

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/october/Irish-tobacco-plan>

Tobacco research reveals the packet racket

The tobacco industry has side stepped laws banning advertising and promotion by skilfully marketing cigarettes to reel in smokers according to a new Cancer Research UK study. Between 2003 and 2005 the Tobacco Advertising and Promotions Act (TAPA) outlawed all tobacco advertising. Since then the tobacco industry has invested heavily in their packaging, with cleverly marketed new brand names, colours, sizes, shapes and materials to attract new smokers and help keep existing smokers from switching brands.

<http://info.cancerresearchuk.org/news/archive/pressreleases/2009/october/tobacco-packet-racket>

NHS Stop Smoking Services save 70,000 lives in ten years

New figures reveal that NHS Stop Smoking Services have saved at least 70,000 lives in the ten years that they have been in existence. Research shows that smokers are more likely to successfully quit if they seek help. NHS Stop Smoking Services provide a combination of behavioural support and access to medicines that can be beneficial. According to the Department of Health, the number of people whose lives have been saved since the free service was set up in 1999 could fill Old Trafford football stadium or 875 double-decker buses.

<http://info.cancerresearchuk.org/news/archive/newsarchive/2009/september/19377121>

John Barnes, Ian Wright and the Premier League call for Football Fans to Kick it Together by joining Smokefree United

Football legends John Barnes, Ian Wright, Gianfranco Zola and teams from the Premier League have teamed up with the NHS to launch Smokefree United, a virtual club of quitters that provides coaching and support to help football fans and players to stop smoking.

http://www.dh.gov.uk/en/News/Recentstories/DH_106660

Sending vending machines to the scrapheap will save lives

At the last minute, the UK Government has accepted the case for a full ban on cigarette vending machines in England, Wales and Northern Ireland¹. This has now been passed by MPs as part of the Health Bill.

http://www.bhf.org.uk/news-and-campaigning/press-office/latest-news--views/cigarette-vending-machines.aspx?utm_source=Front%2Bpage&utm_medium=PromoMain&utm_campaign=Cigarettevendingbanvictory131009#

NICE Citizens Council to discuss harm reduction in smoking

The Citizens Council of the National Institute for Health and Clinical Excellence (NICE), which provides public input into the Institute's work, will hold its next meeting in London from 15 to 16 October 2009. At this meeting the Citizens Council will be asked to consider the strategy of harm reduction with regard to smoking – an approach not currently used in the UK. The

Citizens Council will hear evidence from speakers covering all aspects of this topic, before taking part in thorough discussions to examine the issues in detail.

<http://www.nice.org.uk/newsroom/pressreleases/2009058CitizensCouncil.jsp>

OTHER PUBLIC HEALTH NEWS

Don't underestimate seasonal flu - remember to get your annual flu jab

This year's annual seasonal flu vaccination campaign was launched today by the Department of Health. The campaign will encourage people who are at risk of seasonal flu to protect themselves by getting their free flu jabs.

http://www.dh.gov.uk/en/News/Recentstories/DH_106755

15 October 2009: weekly swine flu update

<http://www.dh.gov.uk/en/Publichealth/Flu/Swineflu/index.htm>

Weekly pandemic flu media update

http://www.hpa.org.uk/webw/HPAweb&HPAwebStandard/HPAweb_C/1254510504813?p=1231252394302

NEW RESOURCES

Welcome to Safe At Home - The National Home Safety Equipment Scheme

Reducing injuries to children at home. RoSPA launches the new National Home Safety Equipment Scheme web site.

<http://www.safeathome.rospace.com/>

Firework Safety Campaign

Lots of practical advice and information on firework safety.

<http://www.berr.gov.uk/fireworks/>

SHout loud about sexual health

Brook have been working in collaboration with AHPN, fpa, MedFASH, National AIDS Trust and Terrence Higgins Trust to launch SHout Loud (Sexual Health Out Loud), a new website which enables the general public, community groups and campaigners to have their say about sexual health, contraception and HIV services in England.

<http://www.shoutloud.org.uk/#>

LOCAL & NATIONAL EVENTS/COURSES

Get Yourself Lively....Walking! – St Helens

For your latest Health Walks schedule please contact Tel: 01744 697433.

Walking your Way to Health - Halton

For your latest Health Walks schedule please contact Tel: 0303 333 4300 Ext. 4133.

NATIONAL/INTERNATIONAL HEALTH EVENTS 2009 – November

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

<http://www.equip.nhs.uk/Events/EventList.aspx>

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

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 if you would like to receive this bulletin.

National Library for Public Health e-Newsletter

The library has been developed to provide high quality evidence e-based information on all aspects of public health. It is designed for those working in the field of public health by providing a single source of access to web based evidence on public health.

<http://www.library.nhs.uk/publichealth/page.aspx?pagename=NEWSLETTER>

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.

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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

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