



ScotPHN Team Bulletin – 004

Welcome to the fourth 'ScotPHN team' bulletin. Please read, cascade and respond [via reply email](#) as appropriate and as time allows. We also welcome notification of potential content/information for future bulletins.

ScotPHN Team News

In this week's bulletin, we are able to share the link for a pre-publication or draft version of our ScotPHN report on Loneliness and Social Isolation. We are sharing this now in acknowledgment that whilst the original research was undertaken prior to our current national social restrictions, the report provides useful insight to the evidence base about social isolation and loneliness and their negative health impacts.

We would like to express a special thanks to the report author, Julie Arnot, as this was her final report in the role of ScotPHN researcher prior to departure from the team. We're delighted that Julie hasn't gone too far and is now supporting our Child Poverty Programme at Public Health Scotland.

National Leadership Group, Special Interest Group & Project - updates & resources

National Shielding Evaluation – online Survey

- The Scottish Government have asked Public Health Scotland to evaluate the shielding programme. As part of that evaluation, Public Health Scotland is running an online survey to learn more about people's experience of shielding in Scotland. The survey is meant to inform next steps in the shielding programme. The survey takes about 15 minutes to complete. The survey will be open until Sunday, 14 June 2020. Please note that the survey is only open for people who have received a letter from Scotland's Chief Medical Officer advising them to follow shielding guidance.

Cascade the [survey link](#).

Enquiries to – jokedelvaux@nhs.net Public Health Intelligence Adviser, Public Health Scotland.

Loneliness & Social Isolation Pre-Publication Report – ScotPHN

- ScotPHN have published a pre-publication version of a report on loneliness and social isolation given the covid-19 lockdown. The report was authored in late 2019 by Julie Arnot, ScotPHN Researcher. Please note that it is pre-publication and has not been through a final proof reading.

Access the pre-publication version of the report: <https://www.scotphn.net/wp-content/uploads/2020/06/Loneliness-and-Social-Isolation-Report-Formatted-DRAFT-JA-ES-June-v3.pdf>

Alcohol Focus Scotland – Licensing Update May 2020

- Alcohol Focus Scotland (AFS) have been producing regular alcohol licensing updates during the COVID pandemic. The updates include information about the key changes as a result of the Coronavirus (Scotland) Act which made a number of temporary but significant changes to the alcohol licensing regime. The updates also include the current concerns relating to the changes and considerations about longer term changes.

Access the AFS Licensing May 2020 update: <https://www.alcohol-focus-scotland.org.uk/media/440016/licensing-update.pdf>

Data on deaths for people with learning disability – Care Quality Commission England

- Supported by ONS, the Care Quality Commission (CQC) have completed a targeted piece of analysis to better understand the impact of coronavirus (COVID-19) on people with a learning disability. Their analysis looked at all deaths notified to CQC between 10 April and 15 May from providers registered with CQC who provide care to people with a learning disability and/or autism (including providers of adult social care, independent hospitals and in the community), and where the person who died was indicated to have a learning disability on the death notification form.

The data shows that between 10 April and 15 May this year, **386** people with a learning disability, some of whom may also be autistic, died who were receiving care from services which provide support for people with a learning disability and/or autism. This compares to the 165 from the equivalent period in the preceding year.

Read more about the data and analysis from CQC:

<https://www.cqc.org.uk/news/stories/cqc-publishes-data-deaths-people-learning-disability>

Coronavirus Factsheets for people with disabilities – Enable Scotland

- A series of factsheets on coronavirus for people with learning disabilities.

Access the factsheets now: <https://www.enable.org.uk/coronavirus-information/>

Scottish Government – Clear Your Head campaign update

- On 3 June SG launched their third Clear Your Head ad '**Intense Emotions**' which addresses the mixed emotions that we might be facing during the coronavirus pandemic, specifically loneliness and changing emotions. You can view the 30 second ad [here](#) and there is 2 cut down 15 second versions you can view [here](#).

New hints and tips on the things that can be done to help as well as understand changing emotions have been added to their [website](#) to reflect the new campaign messaging.

Newly created social posts have also been developed and shared on the SG social channels.

Enquiries via: shirley.windsor@nhs.net

Scottish Mental Health Arts Festival – week five updates

- Scottish Mental Health Arts Festival (SMHAF) put their new **activity onto their website** every Monday at 12pm, available to view for one week only.

This week they have the winner of their Voices of Experience award at the festival, Elina Chared's documentary **The Voices From Inside**, they also present their **Family Shorts programme** from 2019, aimed at engaging young minds in mental health matters, and **Sleep**, the latest workshop in their series **Eat. Move. Sleep. Repeat**, curated by Emma Jayne Park and Emily Furneaux.

Visit the SMHAF website find out more about their free online programme – accessible to all now: mhfestival.com/2020

The British Dietetic Association – Coronavirus advice for the public

- The British Dietetic Association (BDA) has put together some advice for the public about eating well during the lock-down, including concerns about malnutrition and other diet-related conditions.

Visit the BDA website for updates: <https://www.bda.uk.com/resource/covid-19-coronavirus-advice-for-the-general-public.html>

NEW 12 week weight management programme- NHS Inform

- A new online 12-week weight management programme is now available from NHS Inform.

Access the programme on the [NHS Inform website](#).

CoVID 19 and Alcohol – NHS Tayside animations

- NHS Tayside have produced animations on CoVID 19 and Alcohol.

Please access and share the animations from the following social media platforms:

YouTube - <https://www.youtube.com/watch?v=uktjQQft4ac>

Facebook - <https://www.facebook.com/NHSTayside/posts/3183788988339558>

Enquiries via: Emma Fletcher, Consultant in Public Health Medicine – NHS Tayside:
emmafletcher1@nhs.net

Alcohol and CoVID 19 alcohol specific content (public facing and professional toolkit) from Public Health Scotland and Alcohol Focus Scotland

- At the onset of the COVID-19 pandemic, Scottish Government requested Public Health Scotland explore what wider substance use related messages could be disseminated to the general population during the pandemic.

There was a recognised need to develop one point of reference where the public (and professionals) could access up to date and consistent 'headline' information and advice during the coronavirus pandemic, about the use of alcohol, tobacco and other drugs. Alcohol Focus Scotland have led a multi-agency alcohol group to help Public Health Scotland develop a range of information and resources relating to alcohol and COVID-19.

Access this content via NHS Inform www.nhsinform.scot/covid-19-alcohol-advice

Access content developed by other partner working groups:

www.nhsinform.scot/covid-19-drug-advice

www.nhsinform.scot/covid-19-tobacco-advice

A professional communication toolkit for alcohol has also been developed to incorporate key messages alongside social media assets.

Request a copy of the toolkit by emailing: Rebecca.Sibbett@alcohol-focus-scotland.org.uk

Download the social media assets via We Transfer: <https://we.tl/t-FRKZKNYYES>

Further joint work is also underway to support direct engagement with specific target audiences across Scotland. This work will be led by the partners mentioned

above, supported by Public Health Scotland who hope to share further web content and social media messages for these targeted groups next week.

Enquiries via Lee Craig, Public Health Scotland: lee.craig@nhs.net

Virtual Sessions

Healthcare Improvement Scotland (HIS) Webinar series – Implementation of Buvidal in Prisons in Scotland

- Summary: To support the introduction of Buvidal for patients within the prison population, HIS will be running a series of webinars over the coming months. This will provide an open forum for sharing experience and practice in relation to transferring patients in prison to Buvidal from other OST Therapies.

Key Topics and Speakers:

- Introduction to buprenorphine and its pharmacology
- What Buvidal is and how it works
- What needs to be considered before moving Buvidal
- Approaches for transferring from different OST preparations (buprenorphine, low dose/ high dose methadone)
- Ongoing management and transfer back to other forms of OST
- Patient case studies
- Open discussion to learn and share experience

- Duncan Hill – Specialist Pharmacist in Substance Misuse, NHS Lanarkshire
- Dr Steve Conroy – Lead Medical Practitioner, Community Prescribing Service, NHS Lanarkshire
- Dr Craig Sayers – Clinical Lead, NHS Forth Valley Prisons
- Dr Bernie Hard – GP, Kaleidoscope Project, Wales
- Danielle Entwistle – Nurse, Kaleidoscope Project, Wales

Date: Tuesday 9th June

Time: 10am to 11.30am

Channel: [Join Microsoft Teams Meeting](#) [Learn more about Teams](#) | [Meeting options](#)

Enquiries FAO: Tom Byrne, National Prisons Pharmacy Adviser

hcis.medsandpharm@nhs.net or fionn.oshea@nhs.net

[COVID 19 Food, diet and healthy weight: community-centred ideas for Scotland's whole system recovery](#)

- If Covid-19 has taught us anything, it's that we – as a society – need healthier, more resilient, more equitable food systems. Furthermore, we've long known public interventions are often better identified, agreed, prioritised and delivered when they're community led. Join Public Health Scotland and Obesity Action Scotland for a webinar exploring how, even at a time of social distancing, we can place communities at the heart of the decisions that shape their access to food, enabling a healthy and sustainable diet. The webinar will support practitioners and anyone working in the area of food and diet, including public health practitioners, those with an interest in whole system approaches, community engagement and obesity prevention.

The following expert speakers will provide insight into how advocates, strategists and practitioners might place communities at the heart of the decisions that determine their diet and healthy weight.

- Speaker 1: [A child centred approach to designing obesity policy: 10 ambitions for London](#) Professor Corinna Hawkes, Director, Centre for Food Policy. ([Read more](#))
- Speaker 2: '[Creating online spaces for deliberation](#)' Kelly McBride, The Democratic Society (Scotland) ([Read more](#))
- Speaker 3: Community led responses to food insecurity, Lesley Forsyth, North Ayrshire Council)

Date: Tuesday, June 23

Time: 10:30 - 12:30 PM

Registration is essential [here](#).

Stay Safe,

Public Health Scotland- ScotPHN Team