WIRRAL HEALTH & WELLBEING KNOWLEDGE HUB
HOME OF THE JOINT STRATEGIC NEEDS ASSESSMENT

Wirral JSNA Bulletin - Supplementary Content

Contents

Please note content collated between December 2024 to March 2025

Adults, Children and Older People

Lost boys: state of the nation

This Centre for Social Justice report argues that boys and young men are in crisis. While the past 100 years have been marked by great leaps forward in outcomes and rights for women, in this generation it is boys who are being left behind. And by some margin. The report aims to paint a stark picture of what is happening in six significant areas of life. It makes the case that urgent action is needed.

State of caring: the impact of caring on carers' mental health and the need for support from social care services

Carers UK carried out an online survey with unpaid carers between June and August 2024. This Carers UK report summarises their responses. As not all respondents completed every question in the survey, some figures are based on responses from less than 12,500 people. An increasing number of people looking after a disabled, older or ill relative are experiencing poor mental health because they cannot take a break from caring. More than half (57%) of people say they feel overwhelmed 'often' or 'always'. Over a third (35%) say they have 'bad' or 'very bad' mental health, compared to 27% in the previous year's survey.

'Just a period': calling time on heavy and painful periods

This [report from Wellbeing of Women](), based on three surveys of more than 7,500 women and other real-life stories, reveals the widespread experience of women and girls enduring painful, heavy periods without access to trusted information or treatment. The report makes recommendations that would ensure women and girls get the support they need.

Why investing in children's mental health will unlock economic growth

This [Future Minds report]() finds that the current lack of capacity in the mental health system means that far too many young people reach crisis point, putting pressure on emergency, urgent and crisis services. The report argues that immediate and long-term costs of inaction are far greater than the required immediate investment that could be made in cost-effective interventions to help to turn the tide. Developed by the Centre for Mental Health, the Centre for Young Lives, the Children and Young People's Mental Health Coalition and YoungMinds, with the support of the Prudence Trust, Future Minds is a campaign calling on the government to deliver urgent reform and investment to boost children and young people's mental health services.

Ageing in the fast and slow lane: examining geographic gaps in ageing

Like most developed countries, the UK is ageing. Over the past five decades, the median age has risen from 34 to 41. This deep demographic trend has all sorts of implications for public policy, not least the need to find greater resources to provide care for a growing elderly population. What is less well appreciated is that this ageing is playing out differently in different parts of the country – both in terms of the age profile of different areas, but also the rate at which places are ageing. [This Resolution Foundation report]() explores these trends and draws out some implications for local public services.

Women's reproductive health conditions

This [House of Commons Women and Equalities Committee report]() finds that women experiencing painful reproductive health conditions such as endometriosis, adenomyosis and heavy menstrual bleeding are frequently finding their symptoms 'normalised' and their 'pain dismissed' when seeking help. It found that despite such conditions being highly prevalent in the UK, accessing diagnosis and treatment can take years, leaving women and girls to endure pain and discomfort that interferes with every aspect of their daily lives, including their education, careers, relationships and fertility, while their conditions worsen. Additionally, many women are resorting to expensive private health care.

You are not alone in feeling lonely: loneliness in later life

This [Age UK report]()presents new evidence about the scale of the loneliness challenge among people aged 65 and over, revealing that 270,000 older people in England go a week without speaking to a friend or family member. It also explores why loneliness is harmful to older people's health, wellbeing and quality of life.

Climate Crisis and Sustainability

Health and climate adaptation report 2025

Under the adaptation reporting powers of the Climate Change Act, the Greener NHS programme has been invited by the Department for Environment, Food and Rural Affairs to produce the health and climate adaptation reports on behalf of the sector. These reports aim to support the NHS to deliver a climate-smart, resilient health service.

Climate change and health: embedding ethics into policy and decision-making

This report from Nuffield Council on Bioethics explores the importance of integrating ethics into measures that address climate change. It aims to inform policy development and decision-making in the UK, highlighting the need to address the intersections between climate change and health

Communities

The case for neighbourhood health and care

This report from NHS Confederation, identifies the defining factors necessary to achieve effective, community-led health and wellbeing at the neighbourhood level. The report, from the NHS Confederation, Local Trust and Private Public Ltd, reflects the most recent research and evidence, and confirms that any transformation of public services will not be successful unless it is accompanied by a more fundamental transformation of relationships between statutory services and communities, building on the best of what is happening in neighbourhoods today.

Working better together in neighbourhoods

This NHS Confederation report sets out the evidence for neighbourhood and community-based efforts to improve health and wellbeing. It finds a spectrum of different types of interventions, from those developed within and by statutory bodies, to those that have arisen entirely within communities themselves, often in a conscious response to gaps within, or perceived failings of, the local services upon which all communities rely. This report shows what can be learnt from these experiences to build a better set of co-ordinated, neighbourhood-based responses to improving health and care, working together.

Neighbourhood health guidelines 2025/26

This NHS England document sets out guidelines to help integrated care boards (ICBs), local authorities, and health and care providers continue to progress neighbourhood health in 2025/26 in advance of the publication of the 10 Year Health Plan. Neighbourhood health aims to create healthier communities, helping people of all ages live healthy, active and independent lives for as long as possible while improving their experience of health and social care, and increasing their agency in managing their own care.

Disabilities

Identifying SEND: final report on special educational needs and disabilities and contact with CAMHS

This is the final Education Policy Institute report of the project 'Identifying Special Educational Needs and Disabilities' (SEND), funded by the Nuffield Foundation. It summarises the research questions, methods and findings of the project, and presents recommendations for improving policy and practice. The research questions concerned which children are identified with SEND, the nature of the 'postcode lottery' reported on by Ofsted in 2010, and what inequalities exist in support for SEND. The project considers the importance of deprivation, and has a focus on social, emotional and mental health needs (SEMH).

Environment and Place

Building fairer towns, cities and regions: insights from Marmot places

This Local Government Association report highlights the innovative and collaborative work of councils and their partners, who have embraced the Marmot principles and turned them into meaningful action.

Finding a safe home after hospital: case study research on supported housing and health care partnerships

This National Housing Federation research explores existing evidence on the impact of housing-related delayed hospital discharges and the important role that supported housing can play in preventing delays and alleviating pressure on the NHS. Drawing on a series of case studies, the report showcases how the NHS and supported housing providers are working together to remove barriers to finding a safe home and to support people leaving hospital at the right time for their recovery.

Rough sleeping in England: causes and statistics

This House of Commons Library briefing gives an overview of what is known about the causes of rough sleeping in England, and a summary of insights from official rough sleeping statistics

Building health equity: the role of the property sector in improving health

This Institute of Health Equity review explains how the twin crises of health and housing can be tackled together, by promoting health equity. It lays out a way forward to enable the property sector and national and local governments to work in partnership and put health equity, wellbeing and environmental sustainability at the heart of how the UK builds homes and shapes neighbourhoods.

Chief Medical Officer's annual report 2024: health in cities

This Department of Health and Social Care (DHSC) report finds that people in cities often use the NHS and health care differently than those in other areas, given the transient nature of some groups within city populations. Health challenges in cities addressed in the report include: the health effects of housing; the food environment; lower vaccination and screening rates; high rates of sexually transmitted infections; access to exercise and physical activity; and air pollution.

Health

How racism affects health

This [report from The Health Foundation, published jointly with the Runnymede Trust](#), examines the relationship between racism and health outcomes. This report finds large and unacceptable variations in people's experience of the building blocks of health according to ethnicity – employment, income, and where people live – and finds large, unacceptable variations according to ethnicity. Going forward, a credible health prevention agenda needs to: take steps to embed racial equity in policy and decision-making around the building blocks of health; work with communities of colour to co-produce strategies to further understand and address racism in the building blocks of health; and improve data quality and collection to enable effective monitoring of impact.

Cancer in the UK 2025: socioeconomic deprivation

This [Cancer Research UK report](#) shows that cancer death rates are nearly 60% higher for people living in the most deprived areas of the UK compared with the least deprived, with around 28,400 cancer deaths each year linked to socioeconomic inequality. This equates to around 78 deaths each day – more than 3 in 20 of all deaths from cancer. The report summarises key metrics and data in relation to socioeconomic deprivation from across the cancer pathway, including prevention, diagnosis and treatment.

Experiences of NHS healthcare services in England

[Experiences of NHS healthcare services in England](#): Experiences of local GP services, NHS treatment waiting lists, dentistry and pharmacy services, analysing data from the Health Insight Survey commissioned by NHS England.

Health Behaviours

The role of changing health in rising health-related benefit claims

Since the Covid-19 pandemic, there has been a significant rise in the number of people getting health-related benefits. In England and Wales, 4 million people aged between 16 and 64 years (1 in 10) now claim either disability or incapacity benefits, up from 2.8 million in 2019 (1 in 13). One potential contributor to these trends is worsening health. This Institute for Fiscal Studies report considers what can be learned from various sources about what has happened to working-age health since the pandemic, taking into account the difficulties surveys have had over the past few years.

Action for healthier working lives: final report of the Commission for Healthier Working Lives

The independent Commission for Healthier Working Lives was set up by the Health Foundation to build a consensus for the action needed by government and employers to meet the UK's work and health challenges. The Commission's final report sets out the need for a new approach to work and health, outlining seven key recommendations to lay the foundation for sustained long-term change.

'What works' in youth vaping education campaigns?

A new national report, from Audience Social Marketing and Alma Economics, has been launched to help support local authority public health teams and schools/partners in their initiatives to reduce youth vaping. The review analysed 28 evaluations of youth vaping education campaigns from across the world. The findings spotlight how effective campaigns are often shaped by young people and are very clear on the potential health risks of vapes.

The right to health: people with eating disorders are being failed

This report from the All-Party Parliamentary Group on Eating Disorders highlights the need for a national strategy to address the growing number of people being treated for eating disorders in the UK. Key findings reveal barriers to accessing treatment, including insufficient training for health care providers, fragmented care pathways, and a lack of standardised data for research. The report also emphasises the geographical variation in service provision and the practice of discharging patients at dangerously low BMIs.

Drug misuse in England and Wales: year ending March 2024

The Crime Survey for England and Wales (CSEW) estimated 8.8% of people aged 16 to 59 years (around 2.9 million people) reported using any drug in the last 12 months for the year ending March 2024. Using data from the CSEW, this annual release provides an overview of the extent and trends of illicit drug use.
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Inequalities

Health inequalities and local government

Councils are tackling health inequalities every day – but they cannot do it alone. A national health inequalities strategy is vital to ensure everyone, everywhere has the chance to live a healthy life. This new report from Local Government Association highlights the innovative and collaborative work of councils and their partners, who are turning Marmot principles into real action.

Forging a more equitable healthy future through policy and partnership: tackling health inequalities through innovation

Tackling health inequalities remains one of the greatest challenges facing the NHS and the wider health sector today. The Covid-19 pandemic exposed how deeply entrenched these disparities are, underscoring the urgent need for innovative and comprehensive approaches to address them. This Health Innovation Network report argues that advances in digital technologies, data analytics, workforce development, and community partnerships present a unique opportunity to reshape the health system to serve everyone, irrespective of their circumstances. Drawn from a roundtable discussion held in December 2024, the report captures how culturally competent approaches, data-driven insights, and place-based partnerships can create a new blueprint for equitable health services.

Bridging the gap: a guide to making health inequalities a strategic priority for NHS leaders

This guidance from Royal College of Physicians aims to build physician understanding of health inequalities and the actions that medical staff can take to make this a bigger priority in their workplace. It explains the importance of addressing health inequalities in the NHS and sets out the existing statutory duties and guidance given to NHS organisations on health inequalities. It also identifies the barriers and enablers to systems in prioritising work on health inequalities.

Tackling inequalities in care for people with learning disabilities and autistic people

People with learning disabilities and autistic people continue to experience unacceptably poor health outcomes in comparison to the rest of the population, leading to lower life expectancy and a higher number of avoidable deaths. This Social Care Institute for Excellence (SCIE) guidance aims to close the gap in skills and knowledge across the adult health and social care workforce. It gives commissioners and practitioners the practical steps, confidence, and legislative awareness needed to improve experiences of care and support for people with learning disabilities and autistic people.

Mental Health

Children and young people's mental health

Children growing up in poverty are 4 times more likely to struggle with mental health issues by the time they are 11, compared to children from wealthier families. The Centre for Mental Health, the Centre for Young Lives, the Children and Young People's Mental Health Coalition and YoungMinds have come together for the #FutureMindsCampaign and published a report setting out a series of costed asks to increase investment in the children and young people's mental health system.

Perinatal mental health condition prevalence

Report on the prevalence of perinatal mental health conditions in females in 2019 and indicator updates to the perinatal mental health profile on Fingertips.

Mental health performance, data and insight: guidance for directors of adult social services

This Local Government Association guidance document has been developed by Partners in Care and Health (PCH) in collaboration with the Association of Directors of Adult Social Services (ADASS) Mental Health Network. The purpose is to provide practical guidance for directors of adult social services, to ensure insight and understanding in relation to their duties and wider system performance related to adult mental health services.

Pharmacy

The future of Pharmacy First: maximising patient benefit

This Company Chemists' Association (CCA) report finds that in the first nine months since the service was launched, community pharmacies have provided nearly 1.5 million Pharmacy First consultations for the seven common conditions they were commissioned to treat (earaches, urinary tract infections, sore throats, sinusitis, infected insect bites, impetigo, and shingles). The CCA estimates that the service will provide 2.5 million consultations by its current end date (April 2025). Moreover, in its current guise, the service has the potential to free up more than 9 million GP appointments every year. However, the report argues that by expanding the criteria and treatments available for the existing seven conditions, and by adding new conditions, over four times as many GP appointments – 40 million – could be freed up annually.

Poverty

Alleviating child poverty – a shared endeavour: the critical role ICSs can play in the government's child poverty strategy

This NHS Confederation led virtual roundtable of integrated care board (ICB) and integrated care partnership (ICP) leaders shared work on their role in alleviating the impact on child poverty in their local system. The roundtable also highlighted the system levers available to deliver this work and proposed ways these levers could be strengthened by government. This briefing summarises that discussion and highlights the key calls to government to ensure that the role of systems is used to their full potential as part of the child poverty strategy.

UK poverty 2025: the essential guide to understanding poverty in the UK

This Joseph Rowntree Foundation report sets out the nature of poverty in the UK in the run-up to 2024's General Election. It also sets out the scale of action necessary for the government to deliver the change it has promised.

Social Care

Social care 360

Explore the key trends in adult social care in England — including the money spent on social care, access to services and the makeup of the workforce — in The King's Fund's latest 360-degree review.

Supporting care leaders: a whole council approach

Local Government Association (LGA) have published a new guide which aims to help all councils to improve their support for care leavers through a whole council approach. This advice applies whether or not the local council has chosen to treat care experience as a protected characteristic, and LGA encourage all councils to work with local care leavers to develop their offers.

Earlier action and support: The case for prevention in adult social care and beyond

This joint publication (from the LGA, ADASS, Social Care Institute for Excellence, Mencap, Skills for Care, Think Local Act Personal, The Care Provider Alliance and Social Care Future) makes the case for a shift towards taking action and offering support earlier, so that more people can live the lives they want.

The state of health care and adult social care in England 2023/24

This Care Quality Commission annual assessment of the state of health and social care in England looks at the quality of care over the past year. It draws on inspection activity, findings from the CQC's national NHS patient survey programme and statutory reports, bespoke research into people's experiences, insights from key stakeholders, and evidence collected by the regulator throughout the year about the quality and safety of services in all areas of health and care.

Wider Determinants

Lived experience of food insecurity

The Food Foundation's flagship Broken Plate Report 2025 is now available. As part of this, the Food Foundation worked with eight citizens from across the UK, who as experts by experience of food insecurity contributed their unique insights to the report, which are now available in an online exhibition which includes their photographs, captions, and audio clips so that you can hear their voices, thoughts and calls to action. Dive into their powerful stories.

If you have any local information, research or reports you think useful to share then get in touch phtelligence@wirral.gov.uk or if the bulletin has been passed onto you and you would like to subscribe please complete this form.

Thanks, John