



PHE Health and Wellbeing Monthly Update

Issue Number: 73. February 2022

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Welcome to the Yorkshire and Humber Health and Wellbeing monthly update. Thank you for subscribing to the monthly update. This monthly update is our way of sharing any good and emerging practice, new developments, updates, and guidance. The update is circulated at the beginning of each month with previous month's updates.

If we have anything that needs to be shared urgently, we will circulate as soon as possible.



Healthy Places and Sustainable Communities

Team Lead: Nicola Corrigan

The impact of the environmental determinants of health on our lives are far reaching. By considering how the places in which we live, work and play impacts on our health and the inequalities that exist, we can support health improvement for our populations.

Whole Systems Obesity inc. Adult Weight Management

Lead: Nicola Corrigan

Childhood Obesity

The Office for Health Improvement and Disparities (OHID)'s new childhood nutrition campaign focuses on using the Food Scanner app to help families make healthier food swaps.

A full range of digital and printed resources are available to order and download from the [Campaign Resource Centre](#) to help partners support and promote the campaign in their area.

Healthy Place and Air Quality

Lead: Amanda Craswell

Yorkshire and Humber Public Health Network Homes and Health Webinar Series 2022

During January and February 2022, the Region are hosting 7 topical webinars on how our homes interact and impact our health. We are exploring the home as a social determinant of health and covering inequalities, planning, communities, working at home, infectious disease and environmental

hazards and ageing well in the home. The final webinar will explore evidence, systems, policy, and strategy at a regional level. Please view the link [HERE](#) for more details.

Climate Change

UKHSA and NHS [Third Health and Social Care Adaptation Report](#) builds on the 2015 report codeveloped by the NHS and PHE. It summarises the current and future effects of climate change on the sector and outlines practical next steps to build resilience and adapt. As climate change has the potential to widen existing health inequalities, the report also outlines how to support those most vulnerable to the systemic shocks associated with climate change. The report's ambition is to help local, regional and national teams understand, plan and respond to climate change, while delivering on net zero commitments.

Active Travel England

The Department for Transport (DfT) is to create a new executive agency, [Active Travel England](#) (ATE), with its headquarters in [York](#). As well as approving and inspecting schemes, ATE will help local authorities, training staff and spreading good practice in design, implementation, and public engagement. It will be a statutory consultee on major planning applications to ensure that the largest new developments will cater for pedestrians and cyclists. ATE's establishment follows the government's commitment of £2 billion for cycling and walking over this parliament and comes in the wake of the [Gear Change](#) strategy to transform active travel. The agency will become fully operational later in 2022 and has recruited Chris Boardman MBE on an interim basis as the first Active Travel Commissioner for England.

Active Travel Social Prescribing Pilots

List of local authorities awarded funding to carry out feasibility studies for [Active travel social prescribing pilots](#). These studies will be assessed to decide which authorities will then receive funding to create future active travel social prescribing schemes for the financial years 2022 to 2025. The pilot schemes are trialling new walking and cycling programmes to enable increased active travel and physical activity.

Community Champions Webinar:

Tues 8th Feb, 14.00 – 15.00, via MS Teams

Engaging with Inclusion Health Groups. The session will focus on sharing learning and practice from engagement with inclusion health groups and communities (specifically those experiencing homelessness and rough sleeping).

Booking is via [Eventbrite](#) and a full agenda will be shared closer to the time with those who have a place.

Food, Food Insecurity and Nutrition

Lead: Nicola Smith

[One Day: Diet in Yorkshire and Humber survey now live](#)

This pilot study of nutrition characteristics across Yorkshire and Humber will show whether a rapid survey to provide detailed information is feasible. If so, there would be potential to repeat the survey

at regular intervals to evaluate policy changes aiming to promote healthier, more sustainable diets. The approach could be used locally/regionally or nationally.

Sustain Food Poverty Campaign - Food Power: What worked?

[Click here to read the latest newsletter](#)

Physical Activity and Community Based Approaches

Lead: Nicola Corrigan

Queen's Platinum Jubilee Activity Fund

Sport England has launched a new £5 million fund to mark the Queen's Platinum Jubilee that aims to use sport and physical activity to bring communities together and tackle inequalities.

Using money from the National Lottery, the fund will make awards of between £300 and £10,000 to community organisations in support of new projects providing opportunities to become more physically active.

The funds could be used for things such as facility hire and coaching costs, or even small capital improvements.

Moving For Mental Health

A joint report from the Sport for Development Coalition and Mind has recommended initiating a new cross-Government strategy to strengthen the use of physical activity and sport to support mental health and wellbeing following the Covid-19 pandemic.

The '[Moving for Mental Health](#)' report recommends the new strategy is led by the Office for Health Improvement and Disparities and includes better training for health professionals to prescribe movement for mental health.

The Psychological Society with concern about PA for older people

The Physiological Society and Centre for Ageing Better are concerned about the long-term impact of the pandemic on physical activity levels among older people, particularly given people with lower levels of habitual physical activity were more severely affected by the disease. Regular physical activity is also vital to maintaining health and resilience. As COVID-19 restrictions began to ease from July 2021, The Physiological Society and Centre for Ageing Better have asked YouGov to again survey older people to give us an indication of what the long-term impact of COVID-19 restrictions on physical activity levels may be.

Dance On Research

Yorkshire Dance, One Dance UK, Doncaster Community Arts and University of Leeds have been working in Bradford, Leeds, and Doncaster to successfully deliver Dance On, a community-based dance project designed to increase physical activity older adults and reduce health inequalities. Primary targeting women aged 60-85 in socioeconomically disadvantaged areas, the project has to date reached over 700 people and this evaluation was conducted between July 2019-21

YoHPAKE Lunch and Learn 19th January recording

If you missed the lunch and learn session on 19th January there is an opportunity to watch again and hear from our great speakers on Tag-ti-v8 and research into physically active learning and classroom movement breaks; the latest co-produced physical activity guidelines for disabled children and young

people; and finally, some of the learning from the Sport England Local Delivery Pilots around the YH region.



Prevention and Key Risk Factors

Team Lead: Scott Crosby

Addressing the broad individual, environmental, societal, and commercial factors that influence and drive addiction and its consequences, to reduce inequalities and improve the health, safety, and well-being of our population.

Drugs, Alcohol and Homelessness

Lead: Andy Maddison

From Harm to Hope – A Ten Year Drug Strategy

Following the announcement of the new national [drug strategy](#) and the supporting [financial settlement](#) that will see £780 million Invested to underpin the ten-year vision aimed at addressing the complex issues of drugs and crime prevention; local authority leads, treatment providers, stakeholders and OHID continue to work together to plan and implement a range of new initiatives designed to strengthen and improve local treatment systems. Over the coming months the DsPH of each local authority will receive written confirmation of their individual financial allocation that will improve access to treatment and increase the capacity of services, helping to reverse the upward trend in drug use and tackle drug use as a driver of crime, which we know disproportionately impacts the most vulnerable and poorest communities.

Commercial Determinants of Health & Gambling Related Harms

Lead: Simone Arratoonian

Commercial Determinants of Health – Alcohol

Earlier in January, academic researcher May van Schalkwyk and colleagues at the London School of Hygiene and Tropical Medicine published an analysis of youth education programmes which receive funding from the alcohol industry. The materials included were those put together by Drinkaware for Education, Smashed, and Talk about Alcohol between 2017 and 2019. Their conclusions point to influence on resources serving industry interests, particularly in the way that drinking behaviours and harms are portrayed. The materials are intended to deter young people from underage drinking but downplay the harms drinking can cause and try to “blame-shift” responsibility for problems from manufacturers onto young people. The report said that the materials normalise alcohol, selectively present its harms, and misinform students about cancer by claiming that only heavy or excessive drinking raises the risk of developing cancer. These findings highlight the need for independent sources of education and training materials.

Drinkaware for Education is an initiative run by the industry-funded Drinkaware body, Smashed is a theatre-based education programme sponsored since 2005 by Diageo, the drinks firm that makes Guinness and Smirnoff, whilst Talk About Alcohol is a programme run by the Alcohol Education Trust whose donors include bodies funded by the alcohol industry. Drinkaware has now removed the

materials analysed by the researchers from its website but the Alcohol Education Trust and Smashed have continued to defend their programmes. You can find the report [here](#) and follow the [Twitter commentary](#).

IAS Webinar - If you missed the webinar from the Institute of Alcohol Studies on 'Alcohol industry sustainability commitments' in January, you can still watch it [here](#). This is the third of a four-part series on alcohol and sustainability, including speakers Jeff Collin from the University of Edinburgh and Mark Petticrew from LSHTM. This looks at voluntary commitments on sustainability made by alcohol producers and their effectiveness and shares some surprising insights.

Tobacco Control: Smokefree 2030

Lead: Dave Jones

[10 high impact actions for local authorities and their partners](#)

Local authorities are at the frontline of national efforts to achieve the goal of Smokefree 2030. This short guide has been published to support members and officers in local authorities and their partners in the NHS and civil society to sustain and renew their commitment to this goal.

The guide identifies ten ways in which local authorities can continue to drive down smoking prevalence in their communities and reduce the many health, social and economic costs of smoking. It offers ideas and suggestions that may be useful in drawing up a local tobacco control strategy, complementing the more comprehensive approach offered by [The End of Smoking](#) strategic guidance.

[ASH Ready Reckoner 2022](#)

The ASH Ready Reckoner is an easy-to-use cost calculator, allowing you to see the costs of smoking to society at national, regional, and local authority levels.



Health and Wellbeing Across the Life Course

Team Lead: Alison Iliff

Ensuring that our children have the best start in life and are ready to start school, that our young people are supported so they enter adulthood physically and mentally resilient, ready to start work, that adults are able to secure and maintain a good job and a home, and that older adults have fulfilling, productive and connected lives.

Maternity and Early Years

Lead: Amina Bristow

Systematic Review and Meta-Analysis of COVID Maternal and Neonatal Clinical Features and Pregnancy Outcomes to June 3rd 2021

COVID-19 is a rapidly changing and developing emergency that requires constant re-evaluation of available data. We report a systematic review and meta-analysis based on all published high quality data up to and including June 3rd 2021 on the maternal and neonatal outcomes in pregnant women infected with the Coronavirus Disease 2019 (COVID-19).

Healthy Start Food and Milk Vouchers

If you missed it, we provided an update on the timeline for the transition from paper vouchers to a card-based scheme in January's update.

To stay up to date with the transition to the Healthy Start payment card, sign up to join the Digital Showcase sessions by emailing: nhsbsa.healthystart@nhs.net

Alternatively the showcase is recorded and can be viewed here: [Apply for Healthy Start Digital Showcase December 2021 - YouTube](#)

You can find Healthy Start uptake figures: [Healthcare professionals – Get help to buy food and milk \(Healthy Start\)](#) However, at present this does not include those in receipt of the card. If you require specific data you can request this by emailing: nhsbsa.healthystart@nhs.net

Related weblinks:

- For updates on the programme, watch the latest Digital Showcase: [Apply for Healthy Start Digital Showcase December 2021 - YouTube](#)
- Voucher uptake data can be accessed here: [Healthcare professionals – Get help to buy food and milk \(Healthy Start\)](#)
- FAQs on the new Healthy Start scheme: <https://www.healthystart.nhs.uk/frequently-asked-questions/the-new-healthy-start-scheme/>
- New Healthy Start communications materials: [NHS Business Services News\(nhsbsa.nhs.uk\)](#)

Contact for more information: nhsbsa.healthystartdigital@nhs.net

ONS - The changing composition of families over time, comparing the fertility of women of the same age and the number of children they have had.

This release presents statistics on childbearing among women in England and Wales by the year of birth of the mother. The year is approximate and based on calendar year of occurrence and age of mother at childbirth.

- Women in England and Wales born in 1975 who completed their childbearing years in 2020, had on average 1.92 children, no change from those born in 1974 but a lower average compared with the 2.08 for their mothers' generation (assumed to be born in 1949).
- Two child families remain the most common family size (37%), however this is a decrease in the proportion of those having two children compared with their mothers' generation born in 1949 (44%).

- Of women aged 45 years and born in 1975 who had completed their childbearing years in 2020, 18% were childless, with 17% having only one child, both of which are increases compared with their mothers' generation (both 13%).
- The most common age for women born in 1975 to give birth was 31 years, an increase compared with 22 years for their mothers' generation born in 1949.
- Half of women (50%) born in 1990 (the most recent cohort to reach age 30 years) remained childless by their 30th birthday; this is the first cohort where half remain childless by 30 years of age.

[Childbearing for women born in different years, England, and Wales - Office for National Statistics \(ons.gov.uk\)](https://www.ons.gov.uk/people-in-the-uk/birth-death-and-marriage/childbearing)

Childcare Works have published data on the number of children accessing their Free Holiday Activities and Meal Programmes.

Nearly 500,000 (5 in 6) of these participating children were receiving benefits-related free school meals, and the remainder were considered by the local authority to be otherwise in need of this holiday provision.

Family Action and Magic Breakfast have published an evaluation report of their National School Breakfast Programme between 2019 and 2021 which found:

- 94% of schools felt better supported with their pupil's behaviour.
- 95% of schools found the pupils attending benefitted from better eating habits.
- 94% of schools felt better supported with educational attainment.
- 94% of schools felt better supported with nutrition; and
- 79% of schools found better engagement with parents due to the programme's support.

Related weblinks:

Childcare Works data: [Childcare Works](#)

Family Action and Magic Breakfast evaluation report: [here](#)

NHS CONFEDERATION CASE STUDY:

Diverting children from unnecessary hospital attendances in York

A case study describing how Local GP provider organisation Nimbuscare worked with the local authority, volunteers, local businesses, and health providers in York to turn an area of wasteland into the beginnings of a health village.

The disused car park hosts an innovative paediatric hub pilot scheme to help prevent under-fives from going into hospital, provides preventative health checks and delivers flu, COVID-19 and booster vaccinations on behalf of the 11 GP practices within the city.

The relationships they have forged, and the services they are running, are taking the pressure off other areas of the system and bringing services and organisations together on one site.

Related weblinks: https://www.nhsconfed.org/case-studies/diverting-children-unnecessary-hospital-attendances-york?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12917211_NEWSL_HMP%202022-01-14&utm_content=Case%20study%201&dm_i=21A8,7OUZF,7IZGUX,VCGYG,1

Children and Young People

Lead: Gemma Mann and Amina Bristow

Co-designing child health resources for primary care colleagues and families during the Covid-19 pandemic

Primary Care and Community Resource Pack for use during the Covid-19 pandemic was co-produced by general and infectious disease paediatricians, local GPs, and junior doctors. The resource bundle included:

- Guidance for assessing febrile children in primary care
- Advice for minimising the risk of Covid–19 transmission during face-to–face assessment
- Answers to frequently asked questions
- Information about when Covid–19 tests are indicated

A sample group of GPs provided feedback to an initial draft, and their suggestions were incorporated into the guideline.

Resources for GPs to distribute to parents and carers were also included in the bundle:

- a flow-chart to aid decision making about school attendance based on a child’s symptoms
- when to seek medical attention based on their child’s clinical condition.

Patients and citizens were involved in the development of the ‘Should I Send my Child to School’ flowchart, providing suggestions to make the guidance clearer.

During the second wave of the pandemic, new resources were added including:

- information about Pediatric Multisystem Inflammatory Syndrome
- the new Covid–19 variants

The resource pack was distributed to GPs across a large inner-city population, and two adjacent regions requested permission to use the resources. Resources from the bundle are available online at: www.cc4c.imperial.nhs.uk/our-experience/common-paediatric-questions.

[554 Co-designing child health resources for primary care colleagues and families during the Covid-19 pandemic | Archives of Disease in Childhood \(bmj.com\)](#)

Rapid Review Update 1: What are the risk factors associated with severe COVID-19 outcomes in children 12 years and under?

This rapid review includes evidence available up to December 6, 2021 to answer the question: What are the risk factors associated with severe COVID-19 outcomes in children 12 years and under?

Key Points

- Based on 11 studies, it is likely that children 12 years and under with any comorbidity have an increased risk for severe COVID-19 outcomes. The certainty of the evidence is low (GRADE); findings are likely to change as new data become available.
- Based on 4 studies, the relationship between age as a sole predictor, or age along with a comorbidity and severe COVID-19 outcomes is unclear. The certainty of the evidence is very low (GRADE); findings are very likely to change as more data become available.
- Based on 3 studies there is some evidence to suggest race and ethnicity and/or those living with social and structural inequities have an increased risk for severe COVID-19 outcomes. The certainty of the evidence is very low (GRADE); findings are very likely to change as more data become available.

[Risk Factors Children | National Collaborating Centre for Methods and Tools \(nccmt.ca\)](#)

[Measures implemented in the school setting to contain the COVID-19 pandemic: a rapid review - Krishnaratne, S - 2022 | Cochrane Library](#)

This review suggests that a broad range of measures implemented in the school setting can have positive impacts on the transmission of SARS-CoV-2, and on healthcare utilisation outcomes related to COVID-19. The certainty of the evidence for most intervention-outcome combinations is very low, and the true effects of these measures are likely to be substantially different from those reported here. Measures implemented in the school setting may limit the number or proportion of cases and deaths and may delay the progression of the pandemic. However, they may also lead to negative unintended consequences, such as fewer days spent in school (beyond those intended by the intervention). Further, most studies assessed the effects of a combination of interventions, which could not be disentangled to estimate their specific effects. Studies assessing measures to reduce contacts and to make contacts safer consistently predicted positive effects on transmission and healthcare utilisation but may reduce the number of days students spent at school. Studies assessing surveillance and response measures predicted reductions in hospitalisations and school days missed due to infection or quarantine, however, there was mixed evidence on resources needed for surveillance. Evidence on multicomponent measures was mixed, mostly due to comparators. The magnitude of effects depends on multiple factors. New studies published since the original search date might heavily influence the overall conclusions and interpretation of findings for this review.

[DfE evidence review on face coverings is here: [Coronavirus \(COVID-19\) and the use of face coverings in education settings \(publishing.service.gov.uk\)](#)]

Children's public health for 0 to 5-year-olds: data for April to October 2021 to 2022 (quarters 1 and 2) published on 1 February

There is firm evidence that public health in the early years can achieve good health and wellbeing for children now and in the future. This is brought together in the national Healthy Child Programme, the 0 to 5 element of which is led by health visiting services. Data for April to October 2021 to 2022 (quarters 1 and 2) was published for local authorities, PHE centres and others to inform the development of these services locally on 1 February:

- The [breastfeeding at 6-to-8 weeks-after-birth statistics](#) show the percentage of mothers who continue breastfeeding.
- The [health visitor service delivery metrics](#) cover the antenatal check, new birth visit, 6-to-8 week review, 12 month assessment and 2-to-2½ year assessment (including coverage of the [Ages and Stages Questionnaire](#) (ASQ-3)).
- The [child development outcomes at 2-to-2½ years data](#) looks at children who were at or above the expected level for various child development outcomes using data from the ASQ-3 questionnaire.

Related weblinks: <https://www.gov.uk/government/collections/child-and-maternal-health-statistics>

Contact for more information: interimreporting@phe.gov.uk

Healthy Ageing

Lead: Alison Iliff

Ageing well in our homes: webinar Tuesday 8th February, 10.00-12.00.

Suitable, comfortable and accessible housing is essential for our health and wellbeing as we get older. The right home will enable older people to be independent, comfortable, safe and connected, and to better maintain their health and wellbeing. With presenters from a range of organisations including Housing LIN, The Centre for Aging Better and Care and Repair England we will explore diverse housing issues and challenges, in addition to a range of housing interventions to support the health, wellbeing and independence of older adults. Register to attend the webinar [here](#).

Our ageing population: How ageing affects health and care need in England. This [report](#) from the Health Foundation examines whether our ageing population means an inevitable rise in demand and the costs of care. It analyses changes in two measures of need:

- An estimate of social care need
- Prevalence of long-term conditions, as a proxy for health and health service demand

Carers' experiences with Yorkshire Ambulance Service. Yorkshire Ambulance Service has launched a survey to capture the views of carers across Yorkshire and the Humber who have used their services – either dialling 999 or 111 or using patient transport services. The survey can be completed [here](#) and will be open until 31st March 2022.

The annual report for the **Fracture Liaison Service Database (FLS-DB)** has been published, providing national benchmark performance for the care of people with fragility fractures in 2020. You can read the report and its recommendations [here](#).

Sexual Health Impacts Across the Life Course

Yorkshire and the Humber Sexual Health Facilitator: Georgina Wilkinson

National HIV Testing Week (7-13 February 2022)

National HIV Testing Week is a campaign to promote regular testing among the most affected population groups in England. This helps to reduce the number of people living with undiagnosed HIV and those diagnosed late. See the [National HIV Testing Week 2022 campaign briefing](#). Free [materials](#) and a [social media pack](#) are available to support local activity. To support HIV Testing Week, from 17 January 2022, DHSC will cover the cost of opening the [National HIV & Syphilis Self-Sampling service](#) to all local authority areas in England. This means that residents in all parts of England will be able to access a free online test during the campaign period.

A webinar will be held on 10 February to share the latest insights from the newly published HIV testing and new diagnoses surveillance data. Booking details [here](#).

DHSC: Our Vision for the Women's Health Strategy for England - published

This [document](#) sets out the government's Vision for the Women's Health Strategy for England. The publication of the strategy will follow in 2022.

Launch of the MECC for Menopause training module – 15th February 12.30pm

MECC for Menopause module has two main objectives:

1. To raise awareness of menopause and its impact on women's health and wellbeing, building confidence to have menopause conversations with women who access services.
2. To build confidence within occupational / workplace settings for colleagues (at all levels) to have menopause conversations, create a culture of awareness and understanding. This is reflected in the 'take away actions' from participants.

The launch session will provide an overview of the training, why and how it was developed, and how it can be delivered. Booking details [here](#).

All Party Parliamentary Group on Sexual & Reproductive Health event - Addressing the backlog in LARC and future-proofing access - 8 February, 10am

Join the APPG on SRH and expert speakers to examine the challenges and opportunities in addressing the backlog in access to Long Acting Reversible Contraception. Booking details [here](#).



Inclusion Health

Leads: Cathie Railton (Migrant Health) Andy Maddison (Rough Sleeping & Homelessness)

[Blog](#) about COVID-19 and flu vaccination for inclusion health groups

This blog post from the UKHSA was developed by UKHSA, NHSE&I and OHID and covers vaccination against COVID-19 and flu for inclusion health groups, specifically calling for tailored approaches to vaccinate these groups.

Inclusion Health Education Mapping and Review

This report available [here](#) and published in January 2022 by Pathway and HEE, presents a review of current free and low-cost inclusion health education that is available online, and ranks this in terms of usefulness.

Migrant Health

HWB Team Lead: Cathie Railton

Update to the Migrant Health Guide

The COVID-19 [page](#) of the Migrant Health Guide has been updated to include a link to translated instructions for the SureScreen COVID-19 rapid lateral flow test kit.

[BMJ feature](#) on healthcare for asylum seekers

This paper in the most recent issue of the BMJ, entitled “Why asylum seekers deserve better healthcare, and how we can give it to them” describes issues with healthcare for asylum seekers and a model used in London to ensure integrated care for this group.

IOM webinars on Hong Kong

The International Organisation of Migration is hosting 3 information sessions about Hong Kong, covering its geography, population, infrastructure, and recent history. Access to healthcare, housing and education will be discussed as well. Zoom links for each session are as follows: [1st February 2pm-4:30pm](#), [10th February 2pm-4:30pm](#)

Funded online training sessions during February and March 2022 provided by the Hope for Justice Learning Academy

This is for professionals and volunteers working in the field of Modern Slavery and Human Trafficking in the **West Yorkshire area** with a specific focus on Forced Labour and trauma-informed skills.

There will be sessions on:

- Modern Slavery Human Trafficking Awareness (CPD Certified)
- Trauma-Informed case reporting (CPD Certified pending)
- Trauma-Informed Listening (Disclosure Encounter) (CPD Certified)

For more information contact: training.uk@hopeforjustice.org



Data, Documents, Letters, Reports and General Information

The Local Government association has a number of free webinars scheduled for the coming weeks that may be of interest.

- [Climate crisis, health, and prosperity: Aligning policy and action for an inclusive and sustainable economy](#) 10 February 2022 2.00pm – 3.00pm
- [Health inequalities report – The Unequal Pandemic](#) 11 February 2022, 10.00am – 11.45am
- [Health inequalities: the impact of the pandemic on mental health](#) 15 February 2022, 2.00pm – 3.45pm

C-WorKS January Newsletter

The ***C-WorkKS January newsletter*** for the latest updates on C-WorkKS content, discussions and resources, alongside news of relevant publications and events.

[C-WorkKS January Newsletter.pdf](#)