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| **Minding the Gap - News Brief: No. 154** |
| **‘Not the Health White Paper the Country Needed’**This article offers an alternative view to the formalistic and institutional response to the massive challenges facing the NHS that seems blind to a number of important imperatives. The paper ignores the potential and real empowerment of communities what can be achieved by working with communities. The paper fails to recognise what is happening on the front-line of the public sector particularly in local government. Those delivering services are rapidly recognising that the only way to deal with rising demand is to get communities involved in looking after themselves working as equals with public servants rather than being infantilised. The white paper says nothing about organisational culture, it is full of technical changes to structures, responsibilities and processes. The article suggests that, if you were to ask virtually anyone working in the NHS with half an eye open, they will tell you, the organisation’s biggest problem is its culture. It is insanely hierarchical, it moves very slowly, it punishes internal decent and criticism, it’s not great at collaboration with other bodies and it rewards technical rather than human skills such as decent communication with patients.This article argues that the white paper makes the same mistakes over and over again: by assuming that the NHS is the source of the nation’s health. While politicians argue that the Lansley marketisation reforms will finally been extinguished (whether that’s true I doubt), but beyond that the paper betrays a profound lack of awareness of how deeply the NHS needs to change. People are much more likely to get and stay healthy if they live fulfilled, find a purpose and how they can make a contribution, feel happy and supported by a network of friends and family. Put another way, trying to create a healthier country by improving the NHS while poverty, poor housing, lack of opportunity and community improvement, feel ignored and insignificant, experience environmental degradation and family breakdown are on the rise we will not see the health inequalities gap reduce.[Article](https://www.politics.co.uk/comment/2021/02/11/not-the-health-white-paper-the-country-needed/) |
| **Effects of Social Security Policy Reforms on Mental Health and Inequalities: A Systematic Review of Observational Studies in High-Income Countries**According to this research, cutting social security benefits such as universal credit has a detrimental effect on mental health, particularly for the most vulnerable groups hit hardest by the Covid-19 pandemic. Thus, in the context of rising burden of mental illness, it is of major importance to better understand how expansions and contractions to the social security system may impact on mental health of both adults and children.Studies that looked at the differential impact of social security reforms between population subgroups found that benefit cuts disproportionately affected the mental health of the least well-off, while expansionary policies reduced inequalities. The report provides compelling evidence pointing to the need for a compassionate system of welfare support that ensures everyone has the chance of a healthy standard of living and suggests that the current increase to universal credit of £20 a week should be maintained in order to protect the mental health of the most vulnerable in our society.[Report](https://reader.elsevier.com/reader/sd/pii/S0277953621000496?token=78B0A581F71179DE78281220524D468F98280678A01394D159D225800EB828D545F2145ED73589D0D03C0FC92E19A3E6) |
| **Rebuilding a Resilient Britain: Vulnerable Communities** The effects of COVID-19 are felt most deeply in communities already experiencing inequalities. It is paramount that local and national policymakers and the voluntary sector take an evidence-based approach to supporting vulnerable communities to ensure that interventions are approached in the most effective way. This paper includes evidence relating to the causes of some vulnerabilities, on factors that protect individuals and communities from vulnerabilities, and some evidence on the differential impact of COVID-19. The paper suggests that while local areas are collecting a lot of relevant information, in order to make it effective, we must move towards collecting data in a way that allows us to optimise its use and to derive meaningful and timely insights.[Paper](https://www.upen.ac.uk/go_science/Rebuilding%20a%20Resilient%20Britain_1.%20Vulnerable%20Communities%20%281%29.pdf) |
| **The Impact of the Pandemic on Household Finances**The pandemic is having a significant impact on people’s household finances. Some will be saving money, due to no longer having to commute or due to discretionary spending being constrained while holidays, meals out and pub visits aren’t possible. Others will be facing a hit to their income. The high number of employees pushed below the legal minimum wage reflects the fact that in April 2020, more than half of employees in the lowest decile of hourly earnings (earning less than £8.72 per hour) were furloughed and receiving reduced pay. The proportion of employees furloughed without being paid the top-up was highest in industries such as hospitality (39 per cent), the arts (27 per cent), and construction (26 per cent). Most seriously, many people have lost their jobs. The latest labour market data shows that unemployment is increasing and that the number of redundancies is at a record high.The report calls on the government to take urgent action to avoid a worsening household debt crisis that is already hitting people hard and looks set to leave many struggling with debt and repayments for years to come. This is important both in terms of helping those who are struggling and helping the economy to recover. Any recovery will depend on people being able, and feeling confident, to spend. This is unlikely to be the case if people are burdened by debt repayments.[Report](https://www.tuc.org.uk/sites/default/files/2021-02/January%20debt%20report.pdf) |
| **Public Health in a Time of Covid – 19: The View from Bradford**This article, written by the leader of Bradford Council, explains how Bradford has responded to the challenges of COVID-19 on their population and urging the government to think about health inequalities within the vaccination programme. Nobody disagrees that the elderly must be vaccinated first, given the high death rates in this age group, but below that age group many local councils have disadvantaged communities with shorter life expectancies and poorer health outcomes.[Article](https://labourlist.org/2021/02/public-health-in-a-time-of-covid-the-view-from-bradford/?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12133652_NEWSL_HWB_2021-02-08&dm_i=21A8,782DW,FLWQCU,TB36G,1) |
| **Stories from Social Care Leadership: Progress Amid Pestilence and Penury**Adult social care is the too often forgotten, too often invisible, arm of the welfare state. For a decade it has been under chronically underfunded and the arrangements in which it is compelled to operate are complex in the extreme. Social care is a tangled mix of public and private funding with a somewhat bewildering array of providers of various forms of care, of representative bodies and of voices with an interest in it, while even at the level of central government it involves two different departments – the Department of Health and Social Care and the Ministry of Housing, Communities and Local Government.Leading this diverse and highly fragmented sector is plainly a challenge. This paper has been pulled together as a result of interviews with people working within social care and those accessing its services and the central questions were and continue to be, where do those colleagues think leadership in social care lies, how effective is it and what might be done to improve it?[Paper](https://www.kingsfund.org.uk/sites/default/files/2021-02/Stories%20from%20social%20care%20leadership%20online%20version.pdf) |
| **Developing an Evidence-Based Online Method of Linking Behaviour Change Techniques and Theoretical Mechanisms of Action: A Multiple Methods Study**Many global health challenges may be targeted by changing people’s behaviour. Behaviours including cigarette smoking, physical inactivity and alcohol misuse, as well as certain dietary behaviours, contribute to deaths and disability by increasing the risk of cancers, cardiovascular diseases and diabetes. Interventions have been designed to change these health behaviours with a view to reducing these health risks. However, the effectiveness of these interventions has been quite variable and further information is needed to enhance their success. The results of the research are potentially useful to policy-makers and practitioners in selecting behaviour change techniques to include in behaviour change interventions. However, the data was unable to demonstrate that the behaviour change techniques are effective in targeting a mechanism of action.[Report](https://www.journalslibrary.nihr.ac.uk/hsdr/hsdr09010/#/abstract) |
| **Is Obesity Policy in England Fit for Purpose? Analysis of Government Strategies and Policies, 1992–2020**In England, the majority of adults and more than a quarter of children aged 2 to 15 years live with obesity or excess weight. Even though the government have published 14 obesity strategies and 689 obesity policies over the last 28 years the prevalence of obesity has not been reduced. This paper discusses whether the government strategies and policies objectives have been fit for purpose regarding their strategic focus, nature, basis in theory and evidence, and implementation viability.The paper suggests that the obesity policies have largely been proposed in a way that does not readily lead to implementation. The governments in question has rarely commissioned evaluations of previous strategies or learned from policy failures and have tended to adopt less interventionist policy approaches. In addition, the policies that have been introduced largely make high demands on individual agency, meaning they rely on individuals to make behaviour changes rather than shaping external influences, thus less likely to be effective or equitable. These findings may help us explain that after 30 years of proposed government obesity policies, obesity prevalence and health inequities have still not been successfully reduced. The paper recommends that if policymakers address these issues, population obesity could be tackled more successfully, which given the COVID-19 pandemic has added urgency.[Paper](https://onlinelibrary.wiley.com/doi/epdf/10.1111/1468-0009.12498) |
| **Still Not Safe: The Public Health Response to Youth Violence**This report assesses how effectively existing infrastructure within local authorities is being used to deliver a public health approach to preventing gang involvement and youth violence. The Children’s Commissioner concludes that two years on from her last report into this issue and a year after the Prime Minister promised to 'cut the head off the snake' of county lines, thousands of children are still not being kept safe. This report shows that, despite some examples of good local practice to map youth violence and associated risk factors local authorities are still not consistently using a public health approach to deal with gang involvement and youth violence.Local Authorities have the tools to develop an in-depth understanding of the drivers for youth violence and the risk factors for involvement in their local areas, but they need strengthened guidance and oversight to be able to capitalise on these tools. Furthermore, PHE and central Government must emphasise the need for LAs to tackle these issues head on, rather than relying on the 18 VRUs across the country. Strong national leadership is needed to ensure LAs are directed and supported to better utilise the existing public health infrastructure to properly address youth violence. [Report](https://www.childrenscommissioner.gov.uk/wp-content/uploads/2021/02/cco-still-not-safe.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12146646_NEWSL_HMP%202021-02-09&dm_i=21A8,78CEU,FLWQCU,TBPJ0,1) |
| **Sleeping Rough During Covid-19 and Beyond: A Public Health Emergency?**Homelessness is a Public Health issue and getting people off the streets is possible and rough sleeping is solvable. What can the NHS do to meet the health needs of people sleeping rough? What was the inside story of the ‘Everyone In’ initiative during Covid-19? And will the government end rough sleeping by 2024? Listen to a new podcast with Dame Louise Casey, recent Chair of the Prime Minister’s Rough Sleeping Taskforce, Dr Caroline Shulman, a GP working in inclusion health, and Paul Atherton, who shares his lived experience of homelessness.[Podcast](https://www.kingsfund.org.uk/audio-video/podcast/sleeping-rough-covid-19-public-health?utm_source=wu&utm_medium=email&utm_campaign=12149466_NEWSL_The+Weekly+Update+2021-02-05) |
| **We Can’t Prevent Childhood Obesity by Education Alone: Lessons from the Evidence Base**Childhood obesity is a major public health challenge which needs effective prevention and treatment strategies. It is widely agreed that obesity is caused by multiple, complex factors – the majority of which are outside an individual’s control. This briefing examines randomised control trials across a range of countries and settings. It analyses the focus of the trials through a wider determinants of health lens, and compares the focus of interventions against previously mapped causes of obesity – which show that approximately 60 per cent of the causes come from living and working conditions, such as housing or transport, or wider conditions, such as income equality.[Briefing](http://bristol.ac.uk/media-library/sites/policybristol/briefings-and-reports-pdfs/2021/PolicyBristol_Briefing97_Childhood_Obesity_Research.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12156420_NEWSL_HMP%202021-02-12&dm_i=21A8,78JYC,FLWQCU,TCGRI,1) |
| **Unequal Impact? Coronavirus and the Gendered Economic Impact**Whilst Coronavirus and the health and economic impact has affected everyone, this report suggests that there has been a disproportionate economic impact on individuals and groups who may already be vulnerable, marginalised or overlooked. The Report highlights how existing gendered inequalities in the economy have been ignored and sometimes exacerbated by the pandemic policy response. This report also suggests that there is a clear picture of just how far gender equality has been pushed back by the pandemic. The implementation of lockdowns, triggered by COVID-19 are taking a disproportionate toll on women in the labour market, as the sectors with high rates of female employment are experiencing heavier job losses while increased childcare needs during school closures exert an outsized impact on working mothers. The report recommends that schemes to support employees and the self-employed should be informed by an Equality Impact Assessment, drawing on evidence of existing inequalities. The Government must conduct and publish Equality Impact Assessments of the Coronavirus Job Retention Scheme and the Self Employment Income Support Scheme alongside with other responses to this Report. The current investment plans are skewed towards male-dominated sectors have the potential to create unequal outcomes for men and women, exacerbating existing inequalities. The Treasury should also undertake an economic growth assessment of the Women’s Budget Group’s ‘care-led’ recovery proposals. The report recommends that the Government publish these assessments within six months. [Report](https://committees.parliament.uk/publications/4597/documents/46478/default/)[A response to the report](https://www.tuc.org.uk/news/tuc-women-have-been-put-impossible-position-during-pandemic) |
| **Engaging Men Earlier: A Guide to Service Design**This handbook provides a set of principles that could be useful when developing/considering wellbeing initiatives for men which have based on the evidence of including what men believe is/was important to them. The handbook suggests that by following the principles, wellbeing initiatives are more likely to be effective for, and appeal to, men going through tough times before reaching crisis point. The handbook addresses a number of issues that would assist successful wellbeing initiatives for men including, how wellbeing initiatives engage less well-off men on a preventative basis earlier in their lives, how those wellbeing initiatives are viewed as relevant and how to maximise meaningful connections by providing a sense of purpose.[Handbook](https://media.samaritans.org/documents/Samaritans_Handbook_for_mens_wellbeing_services_2021.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12133652_NEWSL_HWB_2021-02-08&dm_i=21A8,782DW,FLWQCU,T9XWL,1) |
| **Disparity Begins at Home: How Home Working is Impacting the Public’s Health**When lockdown was first introduced, in an effort to contain the spread of COVID-19, the public was asked to work from home unless impossible for them to do so. As a result, millions of people made a switch to home working at some point during the March-June lockdown period. This shift has had implications for employee health and wellbeing and presented a particular challenge for employers who had not previously embraced flexible home working. Even when Government guidance on home working changes in the future, it is likely that working from home will continue to be the norm for many. Although working from home has some aspects which can be positive for health and wellbeing, this research demonstrates that there are also a number of negative effects that can result from home working. The report highlights a number of key health issues which include, being at a heightened risk of developing musculoskeletal problems, an increased feelings of isolation and loneliness from not seeing colleagues and increases in stress from working in a household where juggling care responsibilities and work could be difficult. The report suggests that if large scale home working continues, there is potential that health inequalities will deepen based on who can and cannot work from home.[Report](https://yhphnetwork.co.uk/media/72583/working-from-home-policy-paper-rsph-2021.pdf) |
| **Therapeutic Learning Environments: Implications, Applications, Research, and Proof Through Practice**As the impact of school design on child and adolescent health and development continues to be of growing interest, evidence-based frameworks are needed to advance new ideas for practitioners advancing rich learning experiences to support all students in their total well-being. There are complex interconnections between environment, health, and learning can be translated into new cross-cutting initiatives in education to surround students with wide-ranging resources and opportunities. We need to understand what happens when best practices in therapeutic design and research converge with innovative approaches to learning, especially when students get to inhabit enriched spaces and their learning process interact with a powerful sense of well-being through shared social values, while teachers increase their opportunities to engage every student more deeply.The article recommends the when we are designing school settings we should include physical attributes that are ‘restorative’ for mental health can enhance wellbeing and increase learning opportunities for children and adolescents. The article sets out four attributes of restorative environments and how these might look like in a school context. [Article](https://essentials.edmarket.org/2021/01/therapeutic-learning-environments-implications-applications-research-and-proof-through-practice/) |
| **Learning in Lockdown**For the second time in less than a year, the COVID-19 pandemic has forced schools to close for the most children, with the majority of children learning remotely. During the first lockdown, research found that children’s experiences of remote learning varied substantially across different socio-economic backgrounds and that there was a risk that after years of work to reduce the attainment gap and tackle social mobility could be undone in just a few months.This report looks at the situation for pupils at the beginning of the second period of school closures and gives an up to date picture of how teaching is being delivered remotely, as well as access children have to resources, and other barriers faced while learning at home. The pandemic continues to have an impact on learning d that impact is being unevenly felt Teachers at the least affluent state schools report a lower than normal standard of work returned by pupils since the shutdown when compared to more affluent state schools and even less at private schools. The report also looks at how the impacts of the pandemic on education and how social mobility can be minimised.[Report](https://www.suttontrust.com/wp-content/uploads/2021/01/Learning-in-Lockdown.pdf) |
| **The Deaton Review of Inequalities: A New Year’s Message**The Deaton Review was set up to look at the possibility that inequalities may prove a threat to our economic, social and political systems unless they are tackled effectively. The review argues that among other things we collectively lacked a coherent understanding of how key forms of inequality relate to each other: such as inequalities in health, income, wealth, educational opportunity and family life, and gaps between rich and poor, different parts of the country, different ethnic groups and different genders. Since then, the world has changed more than any of us could have imagined. And yet COVID-19 seems to have shone a light on many of the issues we raised pre-pandemic, more vividly than we ever could have.This report examines the impact of the pandemic on educational, economic, social and health inequalities in the UK. It outlines data and evidence on the groups that have been most heavily impacted by widening inequalities and Covid-19. The report suggests that the COVID crisis has exacerbated inequalities between the high- and low-paid and between graduates and non-graduates and that it has hit the self-employed and others in insecure and non-traditional forms of employment especially hard. Educational inequalities will almost certainly have been exacerbated by the crisis, the crisis has had very different impacts on different ethnic groups and whilst pensioners have on average reported becoming financially better off, the young have borne the brunt of job and income loss, mortality rates from COVID-19 were twice as high in the most deprived areas as in the least deprived.[Report](https://www.ifs.org.uk/inequality/wp-content/uploads/2021/01/IFS-Deaton-Review-New-Year-Message.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=12061170_NEWSL_HMP%202021-01-05&dm_i=21A8,76IGI,FLWQCU,T4HCZ,1) |
| **Build Back Fairer: The COVID-19 Marmot Review** This report has been produced by the UCL Institute of Health Equity and commissioned by the Health Foundation as part of its [COVID-19 impact inquiry](https://www.health.org.uk/what-we-do/a-healthier-uk-population/mobilising-action-for-healthy-lives/covid-19-impact-inquiry/call-for-evidence) to investigate how the pandemic has affected health inequalities in England.It was the principles of fairness and the need to do things differently that animated the concrete recommendations we set out in our February 10 Years On Review, just before the pandemic hit with such devastating intensity. Inequalities in mortality from COVID-19 and rising health inequalities as a result of social and economic impacts, have made such action even more important.The aim of this report is three-fold:* To examine inequalities in COVID-19 mortality. Focus is on inequalities in mortality among members of BAME groups and among certain occupations, alongside continued attention to the socioeconomic gradient in health – the more deprived the area, the worse COVID-19 mortality tends to be
* To show the effects that the pandemic, and the societal response to contain the pandemic, have had on social and economic inequalities, their effects on mental and physical health, and their likely effects on health inequalities in the future
* To make recommendations on what needs to be done

**The report highlights that:*** Inequalities in social and economic conditions before the pandemic contributed to the high and unequal death toll from COVID-19
* The nation’s health should be the highest priority for government as we rebuild from the pandemic
* The economy and health are strongly linked – managing the pandemic well allows the economy to flourish in the longer term, which is supportive of health
* Reducing health inequalities, including those exacerbated by the pandemic requires long-term policies with equity at the heart
* To build back fairer from the pandemic, multi-sector action from all levels of government is needed
* Investment in public health needs to be increased to mitigate the impact of the pandemic on health and health inequalities, and on the social determinants of health.

[Full Report](https://yhphnetwork.co.uk/media/72540/build-back-fairer-the-covid-19-marmot-review-ihe-2020.pdf)[Executive Summary](https://yhphnetwork.co.uk/media/72541/build-back-fairer-the-covid-19-marmot-review-executive-summary-ihe-2020.pdf)[Build Back Fairer Launch Webinar](https://youtu.be/vRyVNyIrBn0?t=133) |
| **Marmot Review 10 Years On**It has been ten years since the publication of The Marmot Review, for the first time in more than 100 years life expectancy has failed to increase across the country, and for the poorest 10% of women it has actually declined. Over the last decade health inequalities have widened overall, and the amount of time people spend in poor health has increased since 2010.#Marmot2020 confirms an increase in the north/south health gap, where the largest decreases were seen in the most deprived 10% of neighbourhoods in the North East, and the largest increases in the least deprived 10% of neighbourhoods in London.There are a number of key points made within the report, but the principle point I would like to make is that, the more deprived the area, the shorter the life expectancy. This social gradient has become steeper over the last decade, and women in the most deprived 10% of areas for whom life expectancy fell from 2010-12 and 2016-18. There are marked regional differences in life expectancy, particularly among people living in more deprived areas, a general point is that the North is doing worse than the South.Mortality rates are increasing for men and women aged 45-49 – perhaps related to so-called ‘deaths of despair’ (suicide, drugs and alcohol abuse) as seen in the USA. Child poverty has increased with children’s and youth centres have closing and the reduction in funding for education. There is a housing crisis and a rise in homelessness, people have insufficient income to lead a healthy life and there are more ignored communities with poor conditions leaving people with little reason for hope, aspiration and tangible possibility to improve their lot!Marmot Review 2020[Executive Summary](https://www.health.org.uk/sites/default/files/2020-03/Health%20Equity%20in%20England_The%20Marmot%20Review%2010%20Years%20On_executive%20summary_web.pdf)[Full Report](https://www.health.org.uk/sites/default/files/upload/publications/2020/Health%20Equity%20in%20England_The%20Marmot%20Review%2010%20Years%20On_full%20report.pdf) |
| **Events****A look at support for young people during the economic crisis & a look ahead to the economic recovery & how the labour market will evolve.****Venue: This event will take place online.****Date: Wed, 31 March 2021****Time: 16:00 – 17:15**Young people are being hit hardest by the economic impact of COVID-19 on the labour market. They are 2.5 times more likely to be working in the sectors most affected by the pandemic, which has led to a rise in youth unemployment, economic inactivity and young people claiming benefits - the latter increasing by 120% compared to pre pandemic levels. Prior to the COVID-19 crisis, there were already 760,000 young people not in education or employment in the UK who are at risk of falling further behind.This seminar will look at the support in place for young people during the economic crisis and beyond. What additional measures are needed to create opportunities, help employers and provide the right information and advice to young people? The speakers will consider these points as well as looking ahead to the economic recovery, sharing new research on what this means for sectors and geographies and how the labour market could evolve.Please note you must be a member of the Academy to attend an event. Membership is free and you will be prompted to join when registering for this event.For more information and registration [Click here](https://www.eventbrite.co.uk/e/young-people-unemployment-and-the-economic-recovery-registration-140262869017)**Marmot – Ten Years On! Rescheduled! I will update in due course****Venue: Leeds City Hilton Hotel, Neville Street, Leeds LS1 4BX****Date: Monday, 21st September 2020****Time: 8:30 – 17:00**As a result of the increasing health concerns and escalating developments that have occurred recently regarding the coronavirus (COVID-19) outbreak, Minding the Gap have made the decision to postpone our next conference (Marmot Ten Years On) until September 2020. We have a duty of care and responsibility to the people who would be attending the event, the delegates, presenters, and staff, many of whom would be older and might have pre-existing chronic conditions that could put them at greater risk. Others will be supporting efforts across the country to stop the spread of this infection and we have a wider responsibility to the general public and the NHS not to do anything that could possibly contribute to the spread. We regret not having the opportunity to publicly celebrate the recently published work of the Institute of Health Equity, but rest assured that our work continues.I have booked a new provisional date for the conference, the 21st September 2020 which will take place at the same venue, so please reserve the date in your diary. I will be writing out again in the next week or so to establish your availability, but I emphasise that this date is still provisional.Once again, our sincere apologies for any inconvenience caused and thank you for your understanding. Kind regardsIan CopleyProject Co-ordinator**Let’s Start at the Very beginning. It’s a Very Good Place to Start. Conference**The link to the Speaker Presentations and Evaluation Report for this Event is:<https://www.yhphnetwork.co.uk/links-and-resources/minding-the-gap/events-and-conferences/lets-start-at-the-very-beginning-its-a-very-good-place-to-start/>Links to the individual videos are:Rachel Dickinson - <https://youtu.be/f4HLia559So> David Taylor Robinson - <https://www.youtube.com/watch?v=ftnIrKY7A9w&feature=youtu.be>Ceri Wyborn - <https://youtu.be/PgtKhW-3K4Q>Edward Melhuish - <https://youtu.be/yZdp-bY3Sis> Peter Matejic - <https://youtu.be/6AIskEXvDnM>Stephanie Waddell - <https://youtu.be/82tR1_SKQw4> Nick Frost - <https://youtu.be/-RDYJFnU0Cc>  |
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