

AGE FRIENDLY

Transforming later lives: Taking a localities approach

The Centre for Ageing Better has released a new paper explaining their place-based approach to improving later lives and ambitions over the next 10 years. It sets out how they'll work with locality partners to help deepen the impact of their work around ageing, grow the UK Network of Age-friendly Communities, and build wider capability for change around the country.

[Link](#)

WEIGHT MANAGEMENT

The NHS Digital Weight Management Programme

The NHS Digital Weight Management Programme supports adults living with obesity who also have a diagnosis of diabetes or hypertension or both, to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme. People can access it via a smartphone or computer with internet access.

[Link](#)

New pilot to help people exercise more and eat better

The government is looking for partners to run a new 6 month pilot programme to help people exercise more and eat better. The programme will focus on incentives and rewards for healthy behaviours, including increasing physical activity and eating better to support people to live healthier lives.

[Link](#)

SUBSTANCE MISUSE

Review of drugs part two: prevention, treatment, and recovery

The review aims to help government reduce demand for illegal drugs. Problem drug users need high-quality treatment and recovery services, alongside pathways into treatment and away from the criminal justice system. For recreational drug users, we need to find ways to change attitudes and behaviour. This review makes a large number of recommendations to address these issues.

[Link](#)

POLICY

England's new health and care bill

On 6 July, the UK government published the Health and Care Bill 2021-22, which details plans for changes to NHS rules and structures in England. Parliamentarians will start debating the bill this week, and government wants the changes in place by April 2022. The BMJ explains what changes the Bill proposes.

[Link](#)

MENTAL HEALTH

Ask how I am

People who live with long-term physical conditions are twice as likely to have poor mental health as those who do not. However, they have too few opportunities to ask for help with their mental health. The Centre for Mental Health has launched a campaign, #AskHowIam calling for a greater focus on compassionate care for people with long-term conditions.

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