

CHILDREN

The health impacts of Sure Start

This research finds that one of England's biggest early years programmes, Sure Start, delivered long-lasting health benefits for children through their teenage years. Taken together, the savings from reduced hospitalisations up to age 15 offset around 31 per cent of spending on the programme.

[Link](#)

ALCOHOL

Drinks labels with pictures and guidelines could improve public understanding of Government recommendations

Enhanced labels for alcoholic drinks include pictures to demonstrate their strength, plus an explicit statement of drinking guidelines. New research found that these labels could improve public awareness and understanding of the Government's Low Risk Drinking Guidelines.

[Link](#)

COVID-19

Tackling COVID-19 Misinformation Social Media Toolkit

This toolkit aims to provide healthcare workers with the tools, skills and content needed to effectively share authentic and reliable information online. This toolkit will help you create posts, post images and videos and reshare vaccine information from trusted sources. It promotes 3 key messages around Vaccine Safety, Vaccine Development and Vaccine Reducing Risk of Sickness.

[Link](#)

EQUALITY & DIVERSITY

Inclusive language in health and care: why the words we use matter

The words we use (or don't use) carry more power than we realise, and if used carelessly, terminology can silence, exclude, and dismiss certain people and their experiences. But applied carefully, certain terminology has the power to bring underrepresented voices to the forefront while making people feel included and valued.

[Link](#)

OLDER PEOPLE

The many wins of walking football

Age UK, in partnership with Sport England and The Football Association, is delivering a walking football programme across England. This blog discusses the benefits the Age UK Walking Football Programme will bring, whilst also highlighting the specific challenges older people are facing in their respective communities.

[Link](#)

SLEEP

Online Course: Understanding the impact of sleep on health and wellbeing

The Royal Society for Public Health has launched a new online training module for their course 'Understanding Sleep: Don't Hit Snooze on Your Health' to address the impact the pandemic has had on sleep and to help the public get a better night's sleep. Find out how to access the course for free.

[Link](#)

