

COVID-19

What Does COVID-19 look like in your area?

Every day at 4pm the latest coronavirus data - setting out daily cases, testing and vaccination levels, as well as deaths and hospitalisations - is published on the COVID-19 Dashboard. You can access daily official government statistics to help you understand more about COVID-19 rates in your local area and take protective actions where necessary.

[Link](#)

SOCIAL PRESCRIBING

What is social prescribing? Video

What is social prescribing? Why is it important and how can it help us? In this spoken word piece, written and performed by spoken word artist Kamal Ellis- Hyman, Kamal explains what social prescribing is and how a social prescription can help us live our best lives.

[Link](#)

MENTAL HEALTH

Time for action

Time for action is a new report from the Centre for Mental Health. It investigates the economic evidence for investing in children's mental health and what the priorities should be. These include more support for infant wellbeing, a whole school approach to mental health, and early support hubs for young people.

[Link](#)

How do older Black Caribbean adults view seeking help for depression in the UK?

Bailey and Tribe conducted research to explore how older Black Caribbean adults made sense of coping with depression and how we can better understand their views of help-seeking and accessing mental health services in the UK. This article provides an overview of the study and their findings.

[Link](#)

POLICY

People at the Heart of Care: adult social care reform white paper

This white paper sets out a 10-year vision for adult social care and provides information on funded proposals that we will implement over the next 3 years.

[Link](#)

AGE FRIENDLY

Our ageing population: How ageing affects health and care need in England

England's population is ageing. In the next 25 years, the number of people older than 85 will double to 2.6 million. An ageing population might lead to the presumption that there will be an increased need for health and social care services. But the reality is more complicated. This report explores how health and care needs change with age, how the relationship between need and age has changed over time and how long-term conditions and social care needs interact.

[Link](#)

