

# **WIRRAL HEALTH & WELLBEING KNOWLEDGE HUB**

**HOME OF THE JOINT STRATEGIC NEEDS ASSESSMENT**

**Wirral JSNA Bulletin - Supplementary Content – June to October 2026**

**Produced by Wirral Public Health Intelligence Team**

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**Please note content collated between June to October 2026**

## Adults, Children and Older People

### Life in the UK 2026

This [Carnegie UK report](#) reveals worsening living standards, rising discrimination, and more people living in poor physical health. It shows a decline in social and economic wellbeing, while environmental and democratic wellbeing failed to improve. The research shows 36% of people in the UK are dissatisfied with local job opportunities, up four percentage points from last year and thirteen percentage points from 2023. The proportion of people that can buy enough food for everyone in their household fell from 89% to 87% over the last year, while the data also shows a decline in the affordability of regular socialising and annual holidays.

### The childhood lottery: the hardest places to grow up in England

In this [Children's Commissioner report](#), they have assembled 162 measures of children's lives, and used this to allocate scores to local authorities to help understand in which areas of the country it is hardest to grow up. These overall scores are not performance measures of local authorities, as they include things beyond their control such as police force measures, and child poverty. The data pulled together in the Childhood Lottery highlights the scale of challenges faced by children across all areas of the country and all areas of their lives. For example, over one million children (1,048,965) had active referrals to children and young people's mental health services in 2024-25.

### A cycle of invisibility: how older people are overlooked in data and research

This [report, from Centre for Ageing Better](#), describes how, as the population ages, good data is essential for designing policies, services and products that meet people's needs. However, the report suggests there are a number of data gaps that overlook older people, influencing everything from healthcare and technology to public spaces. The report explores these data gaps that cause real issues for older people in daily life.

### Place, inequalities and children and young people's mental health

This [Centre for Mental Health briefing](#) summarises recent research from the University of York, demonstrating how children's mental health is strongly shaped by where they grow up, with mental health inequalities driven by poverty, poor quality and insecure homes, access to good quality green space, and access to culturally competent mental health support. The briefing calls for policy makers to design services that recognise how children's mental health is shaped by the environment around them, and invest in long term approaches that integrate mental health with environmental, education and housing policy.

### Report of the Public Inquiry into events at the Countess of Chester Hospital, 2015 to 2018

The Thirlwall Inquiry is an independent public inquiry established to examine the events at the Countess of Chester Hospital, and their implications. This followed the trial and subsequent convictions of former neonatal nurse Lucy Letby for the murder and attempted murder of babies at the hospital. The inquiry conducted its public hearings between September 2024 and March 2025, [and published its report and recommendations on 15 September 2026](#).

### **The loneliest generation: what it is like to grow up in England today**

This [report from Institute for Public Policy Research](#) reveals a generation becoming more vulnerable, with worsening mental health increasingly hitting young people's ability to be productive. The number of young people with no close friends has increased five-fold since 2014 and they are more isolated, more distressed and less productive than previous generations. The report argues for changes beyond youth policy and calls for a solution that reaches across young people's lives, spanning education, work, housing and health.

### **State of Child Health**

This [review from Royal College of Paediatrics and Child Health](#) provides a clear and comprehensive overview of children's health across the four nations of the UK, analysing progress against twelve key child health indicators. Nearly ten years on from the first review, outcomes for children in England have either worsened or stalled across almost all key indicators. The impact is felt most sharply in deprived areas and among ethnic minority communities.

### **Equity for every baby: tackling inequalities in neonatal care linked to ethnicity and socioeconomic deprivation - A state of the nation report: England 2026**

This [Bliss report](#) reveals inequity related to ethnicity and socioeconomic deprivation is present throughout the whole of a baby's neonatal journey. It brings presents evidence that shows how minoritised ethnicity and social deprivation contribute to a double-disadvantage: babies are more likely to be admitted to neonatal care and more likely to have worse outcomes – including a higher risk of death – because of their demographics and circumstances.

### **Click-bait vs children's health**

At the turn of 2026, the government introduced new restrictions on junk food advertising online and on TV before 9pm to help protect children and young people. However, this report reveals that some of the UK's biggest food chains also reach young people through their own social media channels which don't fall under the regulations. [This research from Bite Back](#) analysed hundreds of posts from major food brands on TikTok and Instagram and uncovered how unhealthy products, viral trends, memes and youth-focused content dominate young people's social feeds and For You Pages.

### **Young people with mental health conditions are now more likely to be NEET**

This [Health Foundation analysis](#) examines the relationship between the number of young people who are not in education, employment or training (NEET) and the prevalence of mental health conditions. As Alan Milburn's review of Young People and Work publishes interim findings, the analysis highlights the significant role mental health is playing in the rising number of young people who are NEET.

### **The Healthy Start Scheme: unlocking its potential to support with family food bills and tackle child food insecurity**

This [Food Foundation briefing](#) looks at the Healthy Start Scheme and how it can provide a nutritional safety net for low income families with young children to afford fruit, vegetables and milk. It argues that the scheme is under-powered and not sufficiently resourced to adequately address the impacts of the cost-of-living crisis on very young children. It also makes suggestions for improving the scheme. It concludes that investment in the scheme through expanding eligibility and increasing value could deliver long-term social and economic gains.

## **Building a preventative mental health system for children and young people**

This [report, prepared for the Child of the North All-Party Parliamentary Group by Health Equity North](#), finds that nearly one in five primary school children are now experiencing a probable mental health disorder. Children and young people growing up in disadvantaged communities, particularly across parts of the North of England, are more likely to experience cumulative adversity, poorer wellbeing, and reduced access to support

## **Children's and young people's mental health services: 2024-25**

This year's [annual report from Children's Commissioner for England](#) finds demand for children's mental health services continues to soar, outstripping system capacity and investment, with referrals almost doubling since 2018-19. The analysis shows that demand is driven in part by increasing referrals of children for suspected autism and neurodevelopmental conditions, and that these children were most likely to face some of the longest waits for help.

## **A tale of two 60s: introducing a decade of transition**

Over the past two decades, policy changes have reshaped the landscape of pensions and work in later life. Increases to the state pension age, the introduction of auto-enrolment, greater pension freedoms, and the end of forced retirement have all encouraged people to work longer. While this has led to comfort and security in retirement for some, others face challenges, including increasing periods of poor health, caring for loved ones, and an inflexible labour market. [This Centre for Ageing Better report](#) examines how life for people aged 60–69 has changed between 2002–03 and 2023–24. It is published alongside another report which examines how people in their 60s experience work and the transition toward retirement.

## **Growing up in an online world**

This [Faculty of Public Health report](#) suggests actions to protect the health and wellbeing of children and young people as they navigate the online world. The report is drawn from a formal response to the Department for Science, Innovation and Technology national consultation Growing Up in the Online World. It considers the growing evidence that online platform design and content is negatively impacting the health of children and young people and becoming an increasingly severe public health issue. It highlights that many online platforms including social media networks are driven by commercial interests and argues that conflicts between profits and safeguarding are often leading to insufficient safeguarding for children and young people.

## **'You really are on your own': a study of the early deaths of young people who were in care**

This [Department for Education report](#) of the independent review of deaths among care-experienced young adults in England aims to understand the circumstances surrounding care leaver deaths and identify lessons for policy and practice to help prevent future deaths. It examines all care leaver death notifications in 2025, identifying key themes and selecting representative young people for more detailed exploration. It identifies five broad areas for change: workforce; improved support and awareness for those in custody; supported accommodation for young people leaving care; health services for those with medical conditions; and lessons learned following the death of a young person.

## Carers

### Balancing work and unpaid care: a critical issue

This [Carers UK report](#) examines the growing challenge of combining paid employment with unpaid caring responsibilities. New polling by Opinium finds that one in five workers is now juggling work and care. An estimated 1.1 million people have left employment to care in the past two years - equivalent to 1,500 people every day - while millions more have reduced their working hours. The report explores the consequences for carers' wellbeing, careers and financial security, as well as the costs for employers and the economy. It highlights the value of supportive workplace cultures, flexible working and dedicated leave.

### Building carer friendly communities: a blueprint

[This blueprint from careresuk](#) sets out a shared vision for creating communities where unpaid carers are recognised, understood and supported in every aspect of daily life. Developed by Carers UK alongside Carers Week supporter charities, the blueprint highlights the vital contribution unpaid carers make to families, communities, health and social care systems, while also recognising the challenges many carers face, including isolation, financial pressures, poor health and difficulties balancing caring with work or education. The blueprint provides practical guidance, principles and examples of good practice to help organisations, employers, health and social care services, education providers, businesses, voluntary organisations and local communities take meaningful action to become more carer friendly.

## Climate Emergency

### Local Plans and the Climate Crisis: The Gap Between Ambition and Action in England

The TCPA and the Royal Town Planning Institute (RTPI), in collaboration with The Planner and planning technology company Landstack, have [published a report assessing the gap between local authority climate ambitions and policy delivery](#). The research reveals that whilst most local plans set strategic objectives for addressing climate change, this is not backed up by policy coverage addressing key climate risks and mitigation opportunities, revealing a stark gap between stated climate ambition and tangible policy action.

### Limiting overshoot: navigating exceedance of 1.5°C and pathways towards return

This [United Nations Environment Programme report](#) finds that as global temperature rise gets set to cross 1.5°C, pushing climate risks and impacts to new heights, the world must strive to return to below 1.5°C as soon as possible and simultaneously reduce the vulnerability of societies, communities and economies to climate impacts. It finds that the world can achieve this goal by acting now to get on an 'overshoot, peak, and decline' pathway. It discusses the implications for human and environmental systems as well as the risks to health.

### Climate change increases heat-health risks from 2026's May and June heatwaves

This [analysis from Grantham Institute](#) finds that more than 2,700 people are thought to have died from heat-related causes during the May and June heatwaves in England and Wales. Of those, it's estimated that 42% died as a result of the extra heat caused by human-induced warming.

## Employment

### Health as an economic asset: unlocking the economic potential of the UK's working-age population

Aimed at informing economic and fiscal decision making, this [Health Foundation report](#) calls for a healthy working-age population to be recognised as an essential pillar of the UK's economic strategy.

### Reducing harm from the poor application of disciplinary processes: a public health issue

This [Faculty of Public Health discussion paper](#) examines evidence that poorly designed and applied disciplinary procedures are damaging staff wellbeing, weakening workforce resilience and leading to considerable costs to the UK economy. ACAS estimates that UK organisations initiate 1.7 million formal disciplinary cases every year, with workplace conflict costing employers £28.5 billion annually. Nearly 80% of this cost is linked to dismissals and resignations arising from formal procedures. The Faculty is calling for a national conversation on how disciplinary processes are designed, delivered and regulated, and asking organisations to adopt approaches that protect wellbeing, strengthen trust and support compassionate processes.

## Equalities

### Understanding health experiences of patients who speak English as an additional language

This [report by the Patients Association](#) contains feedback from focus groups the Patients Association ran across six language backgrounds – Arabic, Bengali, Portuguese, Punjabi, Romanian and Urdu – and research on those who speak English as an additional language, highlighting the numerous barriers to care that they face. Some of the barriers highlighted include a need for quality and personalisation in translations, reliance on community members as informal interpreters and medical jargon as a barrier even with interpretation.

## Food Insecurity

### Policy opportunities to promote food security through digital inclusion

[Research from the SOAS Food Studies Centre](#) shows how digitalisation is deepening food insecurity and hindering access to welfare and food assistance amongst marginalised communities across England. Vulnerable families relying on nutritional safety nets such as Universal Credit, the Healthy Start scheme and Free School Meals are particularly at risk. This briefing explores how the current government's food policy initiatives could be strengthened by taking account of digital inclusion.

## **Farming for 5-a-day: how resilient is the UK's supply of fruit, veg and beans in a changing climate?**

This [Food Foundation briefing](#) explores the prospects for the supply of fruit, vegetables, beans and pulses in the UK in a changing climate. It identifies where there are opportunities for the UK to increase production and shore up food and nutrition security, as well as looking at the current vulnerability of the UK's supply. It recommends actions for policy makers to ensure UK citizens have a future supply of these staple healthy foods.

## **Gambling**

### **Gambling harm: time for action — follow-up report**

This [House of Lords Liaison Committee report](#) follows up on the July 2020 report of the Select Committee on the Social and Economic Impact of the Gambling Industry, which recommended a public health approach to tackling gambling-related harms. The Liaison Committee's report argues that a comprehensive ban on gambling advertising represents the most effective policy option to advance meaningfully the government's aim of reducing gambling harms and represents a vital part of a public health approach.

## **Health**

### **The immigration health surcharge: an unstable funding stream?**

The immigration health surcharge is a fee paid by most people on work and study visas in the UK, on top of their existing visa application costs. This [Nuffield Trust briefing](#) examines how the surcharge affects NHS funding and financial planning, assesses whether it achieves what it has set out to do since its introduction in 2015, and discusses whether a funding source that depends on migration flows is sustainable or not.

### **Future-focused prevention - Cheshire and Merseyside's Director of Population Health Annual Report**

'[Future-focused prevention](#)' is the Cheshire and Merseyside's Director of Population Health Annual report for 2025/26. The report highlights the work of Cheshire and Merseyside's Population Health Programme, led by Professor Ian Ashworth, and facilitated by a hybrid team based in NHS Cheshire and Merseyside and the Champs Support Team.

### **Learning from national patient experience surveys: qualitative insights across care pathways**

Learning from national patient experience surveys: qualitative insights across care pathways - This [NHS England report](#) brings together qualitative insights from 7 national patient experience surveys to identify common themes and variations in patient experience, highlight good practice, and identify areas for improvement.

### **First point of care: a plan for a better NHS front door through connected primary care**

This [All-Party Parliamentary Health Group report](#) examines why people in England struggle to access primary care and what changes are needed to overcome these barriers. It is the first inquiry of its kind to examine all four primary care sectors together, recognising that patients do not experience general practice, community pharmacy, NHS dentistry and optometry as four separate systems.

### **The great extraction: the changing state of NHS general dental services in England**

This [Nuffield Trust analysis](#) shows the proportion of dental practices offering general NHS dentistry has fallen from around 65% in 2017 to around 56% in 2026. Over the same period, the number of practices holding an NHS general dental contract has fallen by around 600 – equivalent to around one in ten NHS dental practices – while the number of practices without an NHS contract, largely private or specialist providers, has increased by almost 1,000.

### **Cancer in the UK: age 2026**

Age plays a significant role in shaping cancer outcomes – from cancer risk and screening to treatment access, survival and mortality. [This Cancer Research UK report](#) aims to support a more nuanced understanding of how cancer prevention, diagnosis, treatment and outcomes vary by age. This could help inform future service planning, research and policy development, in order to improve cancer outcomes for people of all ages.

### **The longest wait to leave - tackling the delayed discharges that help to drive corridor care**

[This report from Age UK](#) examines how delayed discharges contribute to long waits in A&E; what is causing them; and what this means for the older people caught in the middle. It also looks at how this challenge can be tackled and why this issue needs to be given greater priority in debates about tackling ‘corridor care’. It also includes case studies of places that have started to make a positive change.

### **Global status report on cancer 2026: the future we choose together**

[This report from World Health Organization](#) provides an assessment of the global burden of cancer, progress in cancer prevention and control, and the systemic challenges that continue to limit equitable outcomes. It reviews implementation across the cancer continuum, including prevention, early detection, diagnosis, treatment, palliative care and survivorship, highlighting persistent disparities between and within countries and the gap between ambition and action. The report analyses the factors that drive progress and those that impede effective implementation.

### **GP patient survey 2026**

This [NHS England survey](#) assesses patients’ experiences of health care services provided by GP practices and experiences of NHS pharmacy and dental services. The results are presented at GP practice, Integrated Care System, Primary Care Network, and national level. Results show that 76.7% of respondents said their overall experience of their GP practice was good (75.4% in 2025 and 73.9% in 2024). As well as the overall experience of their GP practice, respondents were asked about contact with their GP practice, confidence and trust in the health care professionals at their practice, whether their needs had been met at their last appointment and more.

## **Corridor care in the NHS**

'Corridor care' is a term used where patients are treated in hospital corridors and other areas that lack the usual facilities for clinical care. Several reports have raised concerns about the scale of corridor care and the impact this is having on patients and staff. This [House of Commons Library briefing](#) was prepared ahead of a House of Commons general debate on corridor care in the NHS on Wednesday 8 July 2026, which was nominated by the Backbench Business Committee.

## **Five ways that Brexit changed the NHS**

This [Nuffield Trust long read](#) looks back at the 10 years since the UK voted to leave the European Union. It outlines five ways in which Brexit has affected health and social care in the UK, including finances, workforce and access to medicines.

## **Immigration and the NHS: the evidence**

The NHS is often part of debates about immigration and its impact in the UK. This [Health Foundation briefing](#) reviews existing research and analyses publicly available data to assess the relationship between immigration and the NHS. Overall, evidence suggests immigration makes a positive contribution. The average person who migrates to the UK is more likely to work in the NHS, less likely to use health services and contributes significantly to NHS funding. NHS pressures are largely down to funding constraints, workforce shortages and changing health needs.

## **The state of mental health inequality in the UK**

This [Mental Health Foundation report](#) says that mental health in the UK has worsened over the past 15 years, but this picture is not shared evenly across society. This report presents analyses of mental health trends across England, Scotland, Wales and Northern Ireland from 2009 to 2024, using data from [Understanding Society: the UK Household Longitudinal Study](#).

## **Health Behaviours**

### **Food and weight management: fixing the food environment**

The [Health and Social Care Committee proposals in this report](#) aim to fix a food environment that pushes consumers towards high fat, sugar and salt products which are typically cheaper than nutritious foods. It urges ministers to bring in mandatory reporting and targets for supermarkets, backed up with penalties, on the amount of healthy food they sell, and new planning policies to stop fast food outlets opening close to schools. It also recommends improvements to the NHS's successful Healthy Start cards, given to pregnant women and parents of young children to buy fruit and vegetables. It concludes that the government must prioritise preventing obesity in future generations over the interests of the food and drink industry.

### **Tobacco and vapes: packaging, appearance and display**

The [Department of Health and Social Care are consulting on proposals for regulating tobacco, vaping and nicotine product packaging, device appearance and retail displays](#), to implement the Tobacco and Vapes Act. The aim is to reduce the appeal of these products, particularly to children and young people, while supporting adult smokers to quit. The closing date for comments is 2 October 2026.

## **A clear way forward: the case for better alcohol labelling**

This [analysis from the AHA and Alcohol Focus Scotland](#) finds that one in five alcohol products sold in the UK fail to meet minimum voluntary labelling guidelines set by the alcohol industry regulator, the Portman Group. The study of over 530 alcohol product labels sold in the UK found that basic nutrition and health information, such as units of alcohol, ingredients, and health and pregnancy warnings, was inconsistent or wholly absent from labels, leaving consumers without important information about what is in their drinks and the associated health risks.

## **Health Inequalities**

### **Paying with our health: impacts of the cost-of-living crisis**

The cost-of-living crisis is a health crisis. When people can't afford healthy food or to keep their homes warm, their physical and mental health suffer. The Budget presents an opportunity to ease pressure on households facing the greatest hardship. This [Health Foundation analysis](#) examines the unequal pressures on households, the implications for health and inequalities, and what the government can do.

## **Housing**

### **Housing and health in local strategic health planning**

This [report](#) reviews how housing is reflected within local strategic health planning in England, focusing on joint strategic needs assessments (JSNAs) and joint local health and wellbeing strategies (JLHWSs). The report: provides a national overview of current practice; identifies gaps and opportunities; and offers recommendations to support local systems to strengthen the use of housing data and evidence within strategic health planning. The report is intended as a reference document and practical tool for local councils, integrated care boards (ICBs), health and wellbeing boards (HWBs) and their partners.

## **Mental Health**

### **Independent review into mental health conditions, ADHD and autism: final report**

This [Department of Health and Social Care report](#) looks into changes in prevalence, need and demand, and what is influencing them as well as the benefits and risks of diagnosis, and how support could be better matched to need. It also describes how well current services respond, including waiting times, inequalities and gaps in support and makes recommendations for prevention, earlier support, improved care and long-term reform.

## **Unequal benefits, unequal harms: AI mental health chatbots, inequality and the risks of self-guided care**

This [Centre for Mental Health paper](#), by patient empowerment expert David Gilbert, who has sought help and advice from AI for his own mental health problems, assesses the research on how the huge growth in the use of AI mental health tools can put people at risk and increase inequality. It finds that the rapid expansion of AI mental health chatbots and self-guided AI systems has outpaced the development of robust mechanisms to protect people from harm. Oversight is uncoordinated and there are significant gaps in evidence, accountability and patient safety. Without proper regulation, information content, quality and safety are at risk.

## **Neighbourhoods**

### **Thinking about the financial plumbing for neighbourhood health: following the money or changing the flow?**

As the concept of a neighbourhood health service shifts from being a prominent policy idea into implementation, questions have arisen about the role that changes to funding arrangements, and the financial architecture of the health system will play in enabling this. [This long read from Macmillan Cancer Support](#) aims to provide insight into the ongoing development of neighbourhood health across two different contexts within the UK and to share considerations and enablers for the development of changes to the financial architecture that support the ambitions around neighbourhood health.

### **Rewiring the state: unlocking local government's role**

This [Local Government Information Unit report](#) offers a vision for how strategic authorities, the alignment of public service boundaries, and enhanced fiscal devolution aims to encourage growth and improve public services across the country. It looks at the possible role of local government, how this vision could happen and where it might lead in the future.

### **Putting the neighbourhood back into neighbourhood health**

[This New Local paper](#) is a call for institutions, and the services they deliver, to become more open and collaborative. It argues that the foundation of good health and good lives lies not in systems alone, but in the assets held by communities and neighbourhoods themselves.

### **The state of urban health**

For most people in England, urban health is health. Urban life is where some of the starkest health inequalities are found, but these inequalities are preventable. [This report from 'Impact on Urban Health'](#) reveals how place and systems shape health and where action can change outcomes. It combines analysis of over 120 national indicators with lived experience from residents and Impact on Urban Health partners in Lambeth and Southwark, alongside wider evidence.

### **Shaping neighbourhood health through a household lens**

This [report from Public Policy Projects](#) argues that effective neighbourhood health services should look beyond individual patients and take account of the wider household and community circumstances that can influence health outcomes. It finds that factors such as housing, deprivation, caring responsibilities, social isolation and trauma can drive health needs and demand for services yet are sometimes overlooked in traditional models of care. It advocates a shift from reactive care to a more preventive approach, where integrated neighbourhood teams use connected data and local partnerships to identify people at risk earlier and coordinate support across health, social care, local government and voluntary sector organisations.

### **Healthy high streets: stronger health, stronger high streets**

This [Boots-commissioned research by Public First](#) finds that expanding health care services on the high street could not only revitalise communities, but save millions of missed working days and 14.6 million GP appointments. It finds that health care access and decline of high streets rank among the public's top concerns. It calculates that a £13 billion economic boost to high streets could be unlocked as 94% would visit other shops on the high street alongside a health care visit.

### **Neighbourhood health: an international exploration**

What does a community-led approach to neighbourhood health look like? [The Kings Fund](#) looked at models in Brazil and New Zealand to learn more.

## **Pharmacy**

### **An unfilled prescription: tapping pharmacy's potential to boost men's health**

This [report from Men's Health Forum](#) finds that while nine out of ten men in the UK (92%) regularly walk through pharmacy doors, three-quarters of them leave without ever discussing their health with a pharmacist. Based on original research work and interviews with men and pharmacists, this report highlights an opportunity to convert men's regular presence in pharmacies into a triple win: boosting men's health, improving pharmacy footfall and reducing pressure on the NHS. The report concludes with a five-point plan that pharmacies should adopt to become a male-friendly pharmacy, which encourages more men to engage. Free registration required to download this report.

## **Physical Activity**

### **Why teenage girls drop out of physical activity in schools**

[Research commissioned by GM Moving and delivered by Our Goal CIC](#) has revealed that teenage girls are not dropping out of physical activity because they dislike sport, but because of negative experiences surrounding participation. Key barriers include feeling judged, lack of choice, and inadequate changing facilities. The study highlights practical steps schools and community leisure providers can take to create more inclusive, supportive environments for girls.

## Social Care

### The state of health care and adult social care in England 2025/26

This [annual report from the Care Quality Commission](#) looks at the trends, shares examples of good and outstanding care, and highlights where care needs to improve. It finds that demand for health and adult social care continues to grow, and in many areas, including community mental health services, need is also becoming more complex. It outlines signs of improvement, including more GP appointments, increased use of digital solutions, and shorter waits for elective care. The report highlights examples of local innovation, including neighbourhood models and integrated teams. However, it also finds inequalities across the whole health and care system that mean people's experience of care is fractured and dependent on where they live and who they are.

### How care inequities shape social care experiences

[This report from Social Care Institute for Excellence \(SCIE\)](#) explores how inequities are experienced in adult social care by people drawing on care and support and unpaid carers. Commissioned by SCIE and carried out by Thinks Insight & Strategy, this qualitative research examines how factors including disability, ethnicity, gender, age, income, geography, health needs and wider system pressures shape people's experiences of access, quality, choice, control and dignity.

### A new contract for social care: how to strike the right balance between state and individual responsibility?

This [Nuffield Trust long read](#) describes how other countries and regions draw the line between state and individual responsibility when it comes to social care. It finds that, while their approaches don't offer a complete solution, they provide a focus on principles and trade-offs that could be vital for social care reform in England.

### Unpaid carers action plan: recognise, refer, reach

[In this paper from Department of Health and Social Care \(DHSC\)](#), they discuss the experience of navigating the system of support for carers can be confusing and overwhelming, adding further pressure for people who are already managing significant responsibilities. The government is committed to ensuring unpaid carers receive the support they need and this action plan concentrates on three central themes: recognise - ensure people providing care are recognised as unpaid carers, by themselves and by the systems around them; refer - ensure unpaid carers know what support and services are available to make caring more manageable; and reach - ensure unpaid carers are able to reach their full potential.

### Supporting autistic people and people with a learning disability to live well in their communities

This [NHS guidance](#) sets out the essential components that help autistic people and people with a learning disability to live good, meaningful lives in their communities. It is designed to support local systems to plan and deliver this support across all ages

### Social care 360

People often complain about the lack of data in social care. In fact, there is a significant amount, but it is held in databases that are rarely explored and analysed together. That is why [The King's Fund produces social care 360 every year](#), pulling together all the relevant data to provide a uniquely rounded view of the sector which identifies the key trends over time.

## Independent Commission on Adult Social Care

This [report from the House of Commons Health and Social Care Committee](#) is based on evidence from Baroness Casey, who was appointed in April 2025 to lead an independent commission on social care reform. It urges the next prime minister to confirm that full proposals to fix adult social care should be published before 2028 and that work to implement reforms must not be delayed to the next general election.

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Thanks, John

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