




Adult and Health



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Alcohol and Drugs

[Public health warning over rise in sudden overdoses](#)

Public Health Scotland has reported an increase in sudden overdoses in people using heroin in recent weeks. A report by the drugs early warning system, Rapid Action Drug Alerts and Response (RADAR) in January 2025 stated that the drug supply in all parts of Scotland remained highly toxic and unpredictable, which influenced levels and patterns of harms. Services across the country have been alerted to ensure appropriate action and support.

Adult Support and Protection

[Joint inspection of adult support and protection](#)

The Care Inspectorate, Healthcare Improvement Scotland and His Majesty's Inspectorate of Constabulary in Scotland have published a joint inspection report on adult support and protection measures in Renfrewshire. The inspection found the partnership's key adult support and protection processes delivered good safety, health and wellbeing outcomes for adults at risk of harm. Some areas were identified by inspectors where further improvements could be made.



Carers

[Financial support for student carers](#)

The Scottish Government is highlighting that there is financial support available from Social Security Scotland for carers in full and part-time education. Carer Support Payment is available for carers who are aged 16 or over and who provide unpaid care for 35 hours or more a week to someone who receives a qualifying disability benefit, and Carer's Allowance Supplement is an extra payment for eligible unpaid carers who are getting Carer Support Payment or Carer's Allowance on two qualifying dates.

Disabilities

[Funding for additional community toilet facilities for people with complex disabilities](#)

The Scottish Government has announced funding for around 150 additional community toilet facilities over the next two years for people with complex disabilities and health conditions. The fund for the facilities, known as 'Changing Places Toilets', will be open to all communities in Scotland and will prioritise areas which do not currently have adequate provision.

Health

[Draft quality standard recommends annual BMI checks for adults with long-term conditions](#)

The National Institute for Health and Care Excellence (NICE) has published a draft quality standard calling for yearly BMI and waist-to-height measurements for adults with long-term conditions to help prevent weight-related complications. Whilst annual physical checks already take place for people with long-term conditions, NICE have reportedly found that BMI and waist-to-height measurements aren't consistently recorded, and are recommending a focus on adults with conditions including COPD, diabetes, heart failure, learning disabilities, rheumatoid arthritis, schizophrenia, and stroke, though this isn't a definitive list.

Mental Health

[Conference to be hosted by people with mental health issues](#) (8 May 2025)

The Health and Social Care Alliance Scotland (the ALLIANCE) is publicising a conference to be held in Edinburgh on 8 May 2025, aiming to celebrate and champion the voices of lived experience, and allow people to hear about how the mental health system treats people, directly from those who have experienced mental health issues. The conference celebrates the range of work developed as part of Collective Advocacy facilitated by CAPS, and is open to everyone, whether you're a funder, third sector or health and social care professional, or you've experienced mental health issues yourself, or you're just curious to find out more about mental health experiences.



[Mental Health Commission reports](#)

The Mental Health Commission (MWC) has published reports following visits to mental health services and community services. Many of the reports are for visits they made to services providing care and treatment to older individuals, and the MWC notes that it is important to emphasise that when tailoring care plans for their needs and preferences, the individuals must be involved, and the views of their families and proxy decision makers included. The MWC also note their disappointment that smoking and vaping were still permitted by some services in outdoor areas, they expect services to comply with law to provide a healthier environment and will be following up on action being taken to do so.

Workforce

[Call for former prisoners to be considered for care sector vacancies](#)

An employment charity for women with convictions has called on the care sector to consider hiring women with lived experience of the criminal justice system, to address unfilled vacancies. Home Care Insight reports on the “unique and invaluable perspective” of women leaving prison and highlights the stereotypes that the charity, Working Chance, believes is creating barriers for women to finding meaningful work.

Other Health and Social Care

[Report on review of medicines homecare and recommendations on improvements](#)

The Scottish Government has published an independent review of Medicines Homecare in Scotland covering the supply of secondary care-initiated medicines and associated care to patients in the community, with recommendations on improvements to these services. The review focuses on governance, quality assurance and leadership of medicines homecare, communication and collaboration, and service design and patient care, reporting a range of concerns and systemic issues in all focus areas. There are 22 recommendations, which include ‘A Once for Scotland’ approach, a well-defined and transparent regulatory model, and immediate clarity of roles and responsibilities for engaging patients in medicines homecare to ensure that patient quality of care is always maintained. The report notes that the Care Inspectorate regulates the small number of medicines homecare services that also function as a nurse agency service.

[UK Government publishes proposals to reform benefits system](#)

The UK Government has published its Green Paper on reforming benefits and social security support. The proposals, which are out for consultation, include removing the Work Capability Assessment, focusing Personal Independence Payment on those with higher needs and changes to the Universal Credit top-up payment system for young people with health conditions. The UK Government said its aim was to create a “pro-work system”.



[Parliamentary committee to investigate financial cost of public inquiries](#)

The Scottish Parliament's Finance Committee will reportedly launch an inquiry into the cost effectiveness of public inquiries in Scotland, following concerns over the amount spent on four current inquiries including the Covid inquiry and child abuse inquiry. The announcement follows an investigation by BBC Scotland last year, during which public bodies were asked about the costs related to preparing and giving evidence to public inquiries.

Other

[Care Inspectorate polls on social media platforms](#)

The Care Inspectorate is looking for views on our very short polls on which social media platforms you use and which Care Inspectorate platforms you get your information from.

Disclaimer

This weekly bulletin is produced as an update on key developments concerning adults and health related issues.

Each item in the bulletin has a hyperlinked headline that will take the reader to the original source.

We collate items from our parliamentary and Scottish Government monitoring covering health and social care news from throughout the UK, and current research and policy development. We use a variety of sources for the bulletin, including alerts from [Newsdirect](#), [Community Care](#), [Children & Young People Now](#) and [ISD Scotland](#).

We aim to be representative rather than comprehensive, so we try to cover only the main Scottish stories, along with some stories from the rest of the UK. The purpose of the bulletin is to alert readers to items of interest. It should be noted that these items are the works of others and are neither authorised nor endorsed by the Care Inspectorate, with the exception of publications which are identified as Care Inspectorate publications.

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