



# Adult and Health

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## Alzheimer's/Dementia

### [SFA to ban under-12s from heading a football](#)

The Scottish Football Association (SFA) is set to impose a ban on under-12s heading the ball in football training due to fears over the links between football and dementia, BBC Scotland reports. The SFA is reportedly considering the ban following the release of a [study by the University of Glasgow](#) in October, which found the first links between former players and degenerative brain disease. A similar ban has been in place in the United States since 2015, but Scotland would be the first European nation to impose the restriction. The news has been [welcomed](#) by Alzheimer Scotland Chief Executive Henry Simmons.



## **Mental Health**

### [MWC Chief Executive to step down](#)

Mental Welfare Commission Chief Executive, Colin McKay has announced that he is stepping down in March after leading the Commission for the past six years. He leaves to take on a new role as adviser to John Scott's review of the Mental Health Act and Professor at Napier University. The Commission is now [seeking](#) a replacement.

## **Older People**

### [Charity raises concern at rise in fuel poverty](#)

Age Scotland has urged older people to switch energy suppliers, following new figures from the [Scottish Government](#) showing a rise in the number of people living in fuel poverty. The latest Scottish House Condition Survey: 2018, found that one in four Scottish households was living in fuel poverty (619,000), up from 583,000 in 2017. Older households are more than twice as likely to live in "extreme fuel poverty" than families, with 13% affected compared to 6%. Previous figures show that more than half of single pensioners live in fuel poverty, and four in ten pensioner couples. The charity has warned that thousands of older people are putting their health at risk because they can't afford to heat their homes adequately. It's urged them to call its free helpline, as well as making sure they are claiming all the benefits and discounts they are entitled to.

## **Other Health and Social Care**

### [Minister provides additional information on IJB funding](#)

The Scottish Parliament's Health and Sport Committee has published a letter from the Cabinet Secretary for Health Jeane Freeman responding to its request for additional information on Integration Joint Board (IJB) funding. The Committee wrote to the Cabinet Secretary following its evidence session with NHS Tayside in December.

### [Glasgow Caledonian University to host self-directed support roundtable](#)

Glasgow Caledonian University is collaborating with Scottish Care, the University of Stirling and the Social Innovation Knowledge Exchange to host a roundtable discussion event at their campus on Wednesday 12 February. The event aims to inform the self-directed support (SDS) process by collating insights from key stakeholders in order to generate a briefing paper on future directions in SDS in Scotland. The event will also see the launch of Scottish Care's latest SDS research report.

### [Edinburgh MP to lead debate at Westminster on assisted dying \(England & Wales\)](#)

Edinburgh West Lib Dem MP Christine Jardine is working with the campaign Dignity in Dying to "spark public debate" on the issue of assisted dying, The Scotsman



reports. This week she will lead a debate in the House of Commons, following the re-establishment of an All-Party Parliamentary Group “For Choice at the End of Life”. The aim of the group is to foster discussion, focussed entirely on the rights of those who have reached the final stages of terminal illness and are judged mentally capable of making the decision.

Previous attempts to change the law in Scotland by the late independent MSP Margo MacDonald failed, while a bill introduced at Westminster by Labour peer Lord Falconer ran out of time, and a subsequent bill was defeated in the Commons. Writing in The Scotsman, Ms Jardine said public opinion had shifted in recent years, with a recent poll showing 84% support for the idea that someone in the later stages of a terminal illness should have the right to decide how they die.

#### [New blog from Scottish Care on menopause in the workplace](#)

Scottish Care has published the first in a series of monthly nursing blogs to celebrate the contribution and dedication of nursing and care staff across Scotland in this International Year of the Nurse and Midwife. The first blog, by Jacqui Neil, National Workforce Lead for Nursing at Scottish Care looks at workforce wellbeing, with a focus on menopause in the workplace. Noting that 86% of the social care workforce in Scotland are women, the blog promotes awareness of how managing this can improve retention of staff and reduce the days lost to sickness absence.

#### **Other**

#### [Disclosure \(Scotland\) Bill approved at Stage 1](#)

MSPs have unanimously approved the general principles of the Disclosure (Scotland) Bill following a debate in the Scottish Parliament. During the debate, the Minister for Children and Young People emphasised the Scottish Government’s commitment to introducing amendments at Stage 2 in response to some of the Education and Skills Committee’s concerns raised in its Stage 1 report. Also during the debate, Labour MSP Iain Gray requested that the Committee examine regulated roles further at Stage 2, so that organisations such as Shared Lives Plus could be given parity with foster carers who care for children. Members also welcomed the Government’s commitment to clarify the definition of protected adults at Stage 2.

#### [Action plan published for national strategy on veterans](#)

The Scottish Government has published a new plan for veterans and their families, following the launch of the UK-wide Strategy for our Veterans in 2018. The new document, titled Taking the Strategy Forward, follows a consultation which highlighted areas for improvement under key themes including employment, education and skills, finance and debt, health and wellbeing and making a home in civilian society. In the new plan, the Scottish Government recognises the need to improve collection and use of data to identify and address veterans’ needs and increased public recognition of the positive contribution veterans make to wider society. A key strategy outcome is that all veterans enjoy a state of positive physical and mental health and wellbeing, enabling them to contribute to wider aspects of society.



### [SPSO consults on new strategic plan](#)

The Scottish Public Services Ombudsman (SPSO) has launched a consultation on its strategic plan covering the period 2020-2024. The plan sets out the SPSO's strategic aims under the themes of accessibility, access to justice, capacity and standards. The consultation is open until 28 February.

#### **Disclaimer**

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

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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