

## Studies

### [1 in 3 Brits say they don't have the support or tools to deal with the 'ups and downs of life'](#)

New research from the [Co-op](#), in partnership with Mind, SAMH (Scottish Association for Mental Health) and Inspire, found over a third of people (37%) agreed they didn't have the support or tools to deal with the 'ups and downs of life' such as stress, pressure or difficult circumstances. 4 in 5 (81%) of these said support in the community such as having spaces to talk, activities and services would help them.

### [Care home staff saw long-term benefits from an intervention to help people with dementia](#)

Care home staff reported benefits from a programme called MARQUE (Managing Agitation and Raising Quality of life) two years after it was introduced.

## Briefing

### [Medical Use of Cannabis](#)

This briefing provides an overview on the change in the law and debate on medicinal cannabis products.

## Statistics

### [Cancer: summary of statistics](#)

Data on cancer diagnosis, deaths, survival and NHS treatments in England.

## Report

### [Review of the adult social care COVID-19 winter plan 2020 to 2021](#)

The Social Care Sector COVID-19 Support Taskforce's independent review of the government's winter plan 2020 to 2021 for the adult social care sector in England.

## Guidance

### [NICE recommend dapagliflozin for people with chronic kidney disease](#)

Dapagliflozin belongs to a group of medicines called 'sodium glucose co-transporter-2 (SGLT2) inhibitors. It is the first SGLT2 inhibitor to be recommended through NICE's technology appraisal process for CKD.

## News

### [NHS offers home blood pressure checks to save thousands of lives](#)

Lifesaving monitors are being made available to 220,000 people who have been diagnosed with uncontrolled high blood pressure and who could benefit from regular checks.

### [Booster bookings to be opened a month early](#)

From Monday 8th November, the National Booking System will allow someone to pre-book their booster appointment a month before they are eligible.