

Studies

[People with severe mental illness need personalised support to manage long-term physical conditions](#)

People with severe mental illness can struggle to self-manage long-term physical conditions. Research highlights their need for personalised support. This could include flexible appointments, longer consultations in which they could discuss both physical and mental health conditions, and proactive follow-up to help them manage their medication and their health.

[A pause in methotrexate treatment boosted the immune response to the COVID-19 vaccine](#)

Researchers looked at whether people with inflammatory conditions could pause methotrexate treatment for 2 weeks immediately after the COVID-19 booster. They found that people who paused methotrexate had a better immune response than those who continued.

Cochrane Clinical Answers

[What are the survivor, family, and professional experiences regarding psychosocial interventions for sexual abuse and violence?](#)

High- to moderate-certainty evidence, mainly from high-income countries, emphasized essential aspects that could facilitate interventions for sexual abuse and violence to be more suitable for survivors, who recognize intervention difficulties but value working through trauma to obtain a wide range of benefits.

Reports

[Care and Support Reimagined: A National Care Covenant for England](#)

Nine experts were tasked with reimagining care and support in a way that addressed the needs and concerns of everyone involved: people who draw on care and support; people who work in the social care sector; people who care for their family members, friends, and neighbours. The Commission spent the last year and half speaking to people who get care and support, those who give it as well as academics, policy makers and politicians. They found out what the existing challenges and frustrations were as well as how people could flourish and live full lives.

[COVID-19 vaccination programme for 2023: JCVI interim advice, 8 November 2022](#)

Statement setting out the interim advice from the Joint Committee on Vaccination and Immunisation (JCVI) on the COVID-19 vaccination programme for 2023.

[A summary of discussions in National Voices' roundtable on the future of community pharmacy on behalf of the National Pharmacy Association](#)

On Wednesday 12 October 2022, National Voices convened a group of its members and lived experience partners on behalf of the National Pharmacy Association to discuss the future role of community pharmacy within primary care and more widely. The National Pharmacy Association is the representative voice of independent community pharmacies across the UK and a leading provider of services to the entire sector.

[UK adults report poorer sleep, seeing friends less often and exercising less as financial strain takes its toll - new survey results](#)

We call for further action from the UK and devolved governments in our report published today (17 January 2023), '[Mental health and the cost-of-living crisis report: another pandemic in the making?](#)'. Our recent survey reveals many people are not able to do the things needed for good mental health:

- almost one in three adults is experiencing poorer quality [sleep](#) as a result of financial worries
- almost a quarter of people are meeting friends less often
- people are reporting engaging less with hobbies and [exercising](#) less

[Transforming lives, improving health outcomes: tackling the true cost of variation in uptake of innovative medicines](#)

Ensuring patients are able to access and benefit from innovative medicines – wherever they live in the UK. Joint NHS Confederation and ABPI report.

[UK Poverty 2023: The essential guide to understanding poverty in the UK](#)

UK Poverty 2023 sets out recent trends in poverty across the UK, how levels of poverty differ between groups of people and regions, and the impact it has on people's lives. These findings can help us to understand the current situation and future prospects for poverty in the UK.

[The future of food: opportunities to improve health through reformulation](#)

Many of us live in environments where the food that is most readily available is unhealthy. One way we can change this is by reducing the calorie density of the food we eat through reformulation. Calorie density is the number of calories per gram of food, with higher calorie-dense food providing more energy in smaller quantities than less calorie-dense food. This is particularly appealing as these changes are often imperceptible and don't require individual-level behaviour change. Reformulating foods means using new ingredients, changing recipes or adapting manufacturing processes to reduce their calorie density.

Statistics

[Substance misuse treatment for adults: statistics 2021 to 2022](#)

Statistics on alcohol and drug misuse treatment for adults from the National Drug Treatment Monitoring System (NDTMS).

Briefings

[What our joint vision means for people and communities this winter](#)

Amid the most challenging winter for the social care and health system, national health and care partners explore what is needed to turn the tide.

Public Advice

[NHS issues final call to come forward for COVID booster](#)

The NHS is encouraging people to come forward for their COVID booster before the offer, part of the biggest and most successful programme in health history, ends next month. The [Joint Committee on Vaccination and Immunisation \(JCVI\) has today advised](#) that, thanks to the success of the programme, the offer of an initial booster dose should end when the current autumn campaign ends, which will be on Sunday 12 February.

[Earwax removal no longer available at GP surgeries – leaving many struggling to hear](#)

Each year, more than 2 million people in the UK have troublesome earwax that needs to be removed. However, more people are finding that this service is no longer being provided at their GP surgery. In fact, 66% of people seeking these services have been told that earwax removal is no longer available on the NHS.

Blogs

[Home is at the heart of inclusion health – here's why](#)

Homelessness, reoffending, addiction and poor physical and mental health are intrinsically linked, with each often the cause and effect of the other. With this in mind, partners across Hampshire and the Isle of Wight Integrated Care System (ICS) are looking at the link between reoffending and health and the role partner organisations, such as the Office of the Police and Crime Commissioner, have to play in health inclusion. By recognising all our differences and our backgrounds and the skills and knowledge that we bring, we can include and treat people equally and fairly in a more person-led way.

[How Managing Heart Failure @home supports existing healthcare priorities](#)

NHS England has set out an approach to managing heart failure at home that has given healthcare providers the opportunity to access funding and improve heart failure care through personalised care, remote monitoring and integrated services. The approach is called [Managing Heart Failure @home](#) and it advocates excellent, integrated heart failure care to help people to live well with heart failure. NHS England has developed and brought together a range of resources to support heart failure teams delivering the approach later this year, including tools to support people living with heart failure.

[The health disparities white paper disappearing shows a dangerous pattern for action on health](#)

Once is a mistake, twice is a coincidence and three times is a pattern. This saying came to mind on hearing that the long-awaited health disparities white paper is [no longer going to be published](#). While this is not a surprise, it is nevertheless a decision that is deeply disappointing. Particularly when we know that good health remains out of reach for far too many people in the UK, that deep inequalities in health between the poorest and wealthiest are widening, and that failing to address poor health and economic inactivity will [slow the economic recovery](#) the nation desperately needs.

News

[Government Action on Major Conditions and Diseases - Statement made on 24 January 2023](#)

Statement made by Steve Barclay, Secretary of State for Health and Social Care.

[Mental health services boosted by £150 million government funding](#)

£150 million will be used to build 150 new facilities to support mental health urgent and emergency care services.

[Safety-netting in general practice: how to manage uncertain diagnoses](#)

Many people see their GP with symptoms that could either get better without treatment, or be a sign of serious illness; their diagnosis is uncertain. Research explored how GPs and patients can work together to develop follow-up plans (a process known as safety-netting). New recommendations could help GPs manage uncertain diagnoses.

[Guidelines for virtual home assessment tools](#)

Virtual home assessments could reduce the need for in-person visits. New guidelines could help people develop and use the tools they need to carry out these assessments. Home assessments are for people who struggle to do everyday activities because of disabilities, for example, after having a stroke. These people may require handrails or other adjustments to their home.

[Major plan to recover urgent and emergency care services](#)

The NHS and the government will publish a new blueprint today to help recover urgent and emergency care services, reduce waiting times, and improve patient experience.

[Concern over drop in HPV vaccine coverage among secondary school pupils](#)

With Cervical Cancer Prevention Week starting today, UKHSA urges young people to catch up on any missed HPV vaccinations.

[JCVI advises an autumn COVID-19 vaccine booster](#)

In its interim advice to government on the [coronavirus \(COVID-19\) vaccination programme](#) for 2023, the Joint Committee on Vaccination and Immunisation (JCVI) has advised that plans should be made for those at higher risk of severe COVID-19 to be offered a booster vaccination this autumn (2023).

[Will the Online Safety Bill make the internet safer for children and young people?](#)

On Tuesday 17 January 2023, the Online Safety Bill [completed its passage through the House of Commons](#). The Bill is the first attempt to put duties on social media companies to protect children and young people online.

[Nine out of ten teachers want anti-racism training, says new research from centre for mental health and not so micro campaign](#)

The vast majority of teachers would like to have anti-racism training, according to a survey carried out by Centre for Mental Health. The research (in conjunction with social action group Not So Micro) found that while less than a third of teachers have ever received training on racism or microaggressions, nine out of ten (94%) believe it should be given to all school staff.

[Evaluating a hospital-based youth violence intervention programme](#)

Knife crime and other offences among young people are not just an issue for the criminal justice system, they can also affect the health of young people and the health services they use. As part of the RSET project, John Appleby describes the findings of an evaluation of a youth violence intervention programme run by the charity Redthread in collaboration with clinicians at University College London Hospital.

[Impact of loneliness on adolescents' mental health varies between schools](#)

Published in the British Journal of Educational Psychology, the research is thought to be the first to explore the association between loneliness and mental health in schools. It identifies that school-based interventions targeting mental health may be especially necessary among lonely adolescents, and says programmes aimed at tackling loneliness may be more beneficial in schools with poorer mental health.

["Heart-breaking and wrong" that a million children under 4 growing up in poverty – JRF](#)

Almost 3 in 10 children in families, where the youngest child is aged under five (28%) or primary school age between 5 and 10 years (29%), have experienced poverty and many will continue to experience hardship during the cost of living crisis.

The findings come from the annual poverty report published today (26 January) by the Joseph Rowntree Foundation (JRF) which uses the latest available government data which covered the first year of the pandemic.

[Modelling ways to improve our health: what would be required to halve obesity?](#)

Investigating the level of calorie reduction required to dramatically improve health across the UK.

[COVID booster vaccines: how a third dose may help vulnerable people 'level up' their immunity](#)

COVID vaccines call our immune systems to action, generating antibodies which fight against any contact we have with the virus. Antibodies help to reduce the effects of an infection or even prevent it altogether. Scientists have estimated that vaccination has averted millions of COVID deaths worldwide.

[Magnesium: what you need to know about this important micronutrient](#)

There's been a lot of chat on social media over the past few months about the importance of magnesium supplements. Many suggest that symptoms such as trouble sleeping, tense muscles and low energy are all signs you're deficient and should be taking a magnesium supplement. As it turns out, many of us probably are somewhat deficient in magnesium. According to research, most aren't consuming the recommended amount of magnesium to support our body's needs. It's also estimated that in developed countries, between 10-30% of the population has a slight magnesium deficiency.