

Cochrane Studies

[Electronic cigarettes for smoking cessation](#)

Electronic cigarettes (ECs) are handheld electronic vaping devices which produce an aerosol by heating an e-liquid. People who smoke, healthcare providers and regulators want to know if ECs can help people quit smoking, and if they are safe to use for this purpose. This is a review update conducted as part of a living systematic review.

Guidance

[Improving the physical health of people living with severe mental illness \(SMI\)](#)

This guidance supports ICSs and service providers to improve the physical health care of adults living with severe mental illness (SMI), through improved physical health checks and supported follow-up interventions.

[Improving the mental health of babies, children and young people](#)

A framework of modifiable factors to guide promotion of good mental health in babies, children and young people. The mental health of babies, children and young people (BCYP) influences their current and future health, as well as their wider life chances and outcomes. The early part of the life course, from birth to young adulthood (0 to 25 years), provides important opportunities for promoting and protecting mental health.

[Care workforce pathway for adult social care](#)

The care workforce pathway is a new career structure for the adult social care workforce. This is the first phase of the pathway, focusing on direct care roles at 4 levels. The pathway has been informed by responses to the call for evidence, which ran for 8 weeks in April and May 2023.

Case Studies

[Case studies: Physical health support services for people living with severe mental illness \(SMI\)](#)

The following 8 case studies support our main guidance: Improving the physical health of people living with severe mental illness.

Statistics

[UK's largest survey of people living with HIV published](#)

Positive Voices 2022 survey reveals high satisfaction with treatment and care, but stigma and mental health conditions remain prevalent.

Patient Information

[Decision support tool: making a decision about managing type 1 diabetes](#)

This leaflet is for people with type 1 diabetes. It can help you decide between the different technologies available to manage diabetes. You should go through this leaflet and then talk to your diabetes team.

News

[Eligible groups urged to get vaccinated against flu and COVID-19](#)

The UK Health Security Agency is encouraging those at higher risk of flu and COVID-19 to make a new year's resolution to get winter strong.

[UKHSA reminds parents of back-to-school advice](#)

Parents are urged to take simple steps to give their children the best start to the new school term and protect their communities following the Christmas break.



[UKHSA and ONS release latest Winter COVID-19 Infection Study Data](#)

UKHSA and ONS have today published the latest data from the Winter Coronavirus (COVID-19) Infection Study, known as the Winter CIS.

[1.4 million more people at risk of severe COVID-19 to have access to antiviral Paxlovid](#)

A further 1.4 million people who have an increased risk for progression to severe COVID-19 will be eligible for Paxlovid if they test positive following updated NICE final draft guidance published today (11 January 2024).

[Long COVID: damaged mitochondria in muscles might be linked to some of the symptoms](#)

It's estimated around 3% of people in the UK experience long COVID – persistent, long-lasting symptoms after a COVID-19 infection. Long COVID encompasses a range of health problems that can begin after even a mild COVID infection. Some of these symptoms include extreme fatigue, shortness of breath, muscle aches and loss of smell.

[Mental health services in the UK in 2023: what the latest NHS Benchmarking findings tell us](#)

Every year, the NHS Benchmarking Network presents data to mental health services across the four UK nations, including the services they provide, the resources that go into them, and some of the issues they face on a daily basis countrywide. The results for 2023 present a picture of services that are working at a relentless pace to keep up with growing demand for mental health support. While the Benchmarking Network's data provide raw numbers, they tell an important part of a story that is as yet unfinished, of how mental health services in the UK are changing and responding to unprecedented levels of need.

[Nearly 500,000 more people known to be in contact with mental health services compared to four years ago](#)

The number of people in contact with mental health, learning disability and autism services has risen by nearly 500,000 in four years, [according to new NHS data](#). Over 1.85 million people were in contact with mental health, learning disability and autism services at the end of November 2023, [up from 1.36 million at the end of November 2019](#).

[NHS helps tens of thousands of people with mental health problems into work](#)

More than 40,000 people with mental health problems are being supported back into employment thanks to an NHS programme, new data shows. The figures come alongside a new campaign launching today urging more people to sign up for help they might need through the NHS Talking Therapies service.

[NHS expands mental health support for veterans with more than half saying it's hard to speak up](#)

The NHS is rolling out an expanded mental health support service for Armed Forces veterans, as a survey found that more than half find it difficult to speak up about mental health issues. The health service has today (9 January) launched a new campaign to highlight its [Op COURAGE service](#), which now includes enhanced specialist support for addictions.

[Government sets out plans to develop the domestic care workforce](#)

The government outlined plans to improve the career prospects of the domestic care workforce through training, qualifications and a clearer, care career path.

[Family hubs now open in 75 areas](#)

Family hubs now open in local authorities across half the country as new Little Moments Together campaign launches.

[Digital pathology to improve cancer screening and save lives](#)

Government to take forward UK National Screening Committee recommendation on use of digital images to make it easier to identify cancer and speed up diagnosis.





16 January 2024

[Smart technology could help tackle digital isolation and boost wellbeing of older adults](#)

Smart speakers could help reduce digital isolation in older adults, initial findings from a new study have revealed. The study aims to provide evidence-based recommendations for using smart speakers to boost the wellbeing of over-65s who do not currently have access to digital technology, helping them to feel less lonely and isolated.

