

## Reports

### [Connected to Thrive: a vision for social prescribing for children and young people's mental health](#)

The National Academy for Social Prescribing (NASP) has published a new report outlining how social prescribing could play a greater role in supporting children and young people's mental health and wellbeing.

### [Building a clearer picture of obesity rates in minoritised ethnic groups](#)

Accurately measuring obesity rates across ethnic groups is essential to tackling health inequalities. This analysis explores how updated BMI thresholds and waist-to-height ratio guidance reveal a more accurate picture of obesity prevalence in minoritised communities.

### [Resetting the relationship: towards a social model of health creation and care](#)

Exploring what a neighbourhood model of healthcare could look and how to embed it into the NHS.

### [A Roadmap to a Smokefree Country: No one starts, everyone stops, no profit in tobacco](#)

Smoking remains the leading cause of preventable death and disease in the UK, responsible for 74,000 deaths each year and costing society an estimated £43.7 billion annually. This roadmap builds on the progress of the Tobacco and Vapes Bill and outlines the comprehensive approach needed to protect future generations, close the gap in healthy life expectancy, and reduce the burden on the NHS.

## Information Collections

### [Terminally Ill Adults \(End of Life\) Bill](#)

Information relating to the Terminally Ill Adults (End of Life) Bill, which was introduced to the House of Commons by Kim Leadbeater MP on 16 October 2024.

## Guidance

### [Supplying take home naloxone without a prescription](#)

Naloxone is a prescription-only medicine, so pharmacies cannot sell it over the counter. But drug services and others can supply it without a prescription if they are making it available for the purpose of saving lives. Anyone can use available naloxone to save a life in an emergency.

### [Changes to routine childhood immunisation programme: 2025 and 2026](#)

A collection of core slides for use by trainers for the delivery of training about the changes to the childhood vaccination programmes in 2025 and 2026.

### [Falls: assessment and prevention in older people and in people 50 and over at higher risk \[NG249\]](#)

This guideline covers assessing risk of falling and interventions to prevent falls in all people aged 65 and over, and people aged 50 to 64 who are at higher risk of falls. It aims to reduce the risk and incidence of falls, and the associated distress, pain, injury, loss of confidence, loss of independence and mortality.

### [Falls \[QS86\] \(Last updated: 29 April 2025\)](#)

This quality standard covers prevention of falls and assessment after a fall in people who are living in the community, in a residential care setting or staying in hospital and are:

- aged 65 or over, or
- aged 50 to 64 with 1 or more factors that could increase their risk of falls

It describes high-quality care in priority areas for improvement.

## Publications

### [Why do the early years matter so much for later life?](#)

The early years are a crucial period in which the foundations of physical, cognitive, emotional and social development are laid.

## Podcasts

### [What's the future of care closer to home?](#)

On the eve of our Care Closer to Home conference, we explored the urgent need to shift healthcare from hospitals to primary and community settings. Despite decades of ambition, acute priorities still dominate. In this episode we hear from Birmingham and Solihull ICB on the shifts they've been making in this area.

## Blogs

### [Rainbows in the storm: Navigating hostility and hope in LGBTQ+ lives](#)

These are tough times for LGBTQ+ people, amongst the toughest I have known. After several years of what felt like steady progress, in the UK, at least, the picture is changing – rapidly and dramatically. We are living in a climate of mounting hostility, where fear-mongering rhetoric fuels violence and disgust, especially for transgender people, who represent less than 1% of the entire population.

### [Improving children's health: the critical role of nutrition and the impact of ultra-processed foods](#)

The health of children in England is in decline. While many factors are at play – including a rise in poverty fuelling food insecurity – it is not only how much food our children are eating (whether that's too much food or not enough), but what they are eating that is playing a huge part in the rise of preventable illness in children.

### [Blog – Brand Advertising: The Next Policy Frontier](#)

The UK Government recently confirmed in Parliament that pure brand advertising, i.e. that does not feature identifiable less healthy products, will be exempt from the new 9pm/online advertising restrictions. Caroline Cerny, previously Director at Bite Back, now Deputy Chief Executive, Action on Smoking and Health (ASH), discusses the implications for future policy development.

## News

### [Government launches call for evidence on men's health](#)

The government is today (24 April 2025) calling for men of all ages to come forward and feed into England's first ever men's health strategy. The 12-week call for evidence will gather vital insights from the public, health and social care professionals, academics and employers so the government can properly consider how to prevent and tackle the biggest issues facing men from all backgrounds.

### [UKHSA publishes new analysis of health inequalities in England](#)

Data shows current state of health inequalities caused by infectious diseases, as well as environmental health hazards.

### [What is a community that cares?](#)

At Rethink Mental Illness, our mission is to create communities that care about people living with mental illness. Because everyone deserves the opportunity to thrive, not just survive.



### [New guideline will help cut falls and related hospital admissions for older and at-risk people](#)

Personalised assessments that consider factors including the hazards in a person's home, and their previous medical history will help reduce falls in older and at-risk people, according to a new NICE guideline.

### [NHS teams helping pupils manage stress ahead of exam season](#)

Hundreds of thousands of pupils sitting exams this week have been helped to manage stress and anxiety by NHS teams in the classroom. Almost 600 hundred colleges and sixth form centres have NHS clinicians offering one-to-one support, workshops, and training for teachers on how to support pupils struggling with their mental health.

### [New study finds HIV diagnosis often missing in mental health records](#)

Research led by the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London and South London and Maudsley NHS Foundation Trust has found nearly a third of people living with HIV who access secondary mental health services in South London do not have their HIV diagnosis recorded in their mental health records.

### [Experts call for urgent action on childhood verbal abuse at House of Commons](#)

In the UK, 2 in 5 (41%) children experience verbal abuse by adults with lifelong consequences to their mental health and wellbeing.

### [Growing Up Healthy – Prioritising Nutrition for the Next Generation](#)

Health experts call on the Government to take urgent action to protect babies and young children from unhealthy food, following new research from Leeds University published this week, which revealed "Commercial Baby Foods in Crisis".

### [Power in partnerships: Communities leading the way to better health](#)

The NHS Confederation and Local Trust have launched an action research programme aimed at building community-led approaches to health and wellbeing.

### [Resistance emerges to newest antibiotic](#)

A new study published by UKHSA shows some bacteria have already become resistant to one of the newest antibiotics introduced to the NHS.

### [Cost of living boost for millions as prescription charges frozen](#)

Millions of patients are getting a cost of living boost as the government freezes prescription charges for the first time in 3 years.

### [Major NHS App expansion cuts waiting times](#)

Millions of patients are benefiting from greater choice and flexibility in the way they access healthcare as the Prime Minister welcomes a major milestone in the rollout of the NHS App today (28 April 2025).

### [Our Mental Health Awareness Week 2025 Theme: Physical Wellbeing](#)

To celebrate Mental Health Awareness Week 2025, we will be focusing on the theme of physical wellbeing and looking at how it can impact and interplay with mental health. We will be exploring this theme through both the people who our services, and our staff and volunteers, and focussing on how people can be supported with their physical wellbeing in many different and individual ways.

### [Wealth, wellness and wellbeing: why healthier ageing isn't just about personal choices](#)

We've all heard it before: eat your five-a-day, and try to get some exercise. It's advice that's simple in theory, yet in practice, not everyone is able to follow it. So what's standing in the way?

[Popcorn lung: how vaping could scar your lungs for life](#)

A US teenager was recently reported to have developed the oddly named medical condition “popcorn lung” after vaping in secret for three years. Officially known as bronchiolitis obliterans, popcorn lung is a rare but serious and irreversible disease that damages the tiny airways in the lungs, leading to persistent coughing, wheezing, fatigue and breathlessness.

[From diet to drugs: what really works for long-term weight loss](#)

More than 2.5 billion adults worldwide are currently overweight or obese, according to estimates from the World Health Organization. This staggering number highlights a growing global health crisis. Obesity isn’t just about weight – it’s a powerful risk factor for a range of serious diseases, including type 2 diabetes, kidney disease, heart attacks, and strokes. As awareness grows, more people are asking a critical question: how can I lose weight and stay healthy in the long run?

[Why sitting down – and getting back up – might be the most important health test you do today](#)

If you or someone you love finds it difficult to stand up from the toilet without using your hands, it might seem like a small issue. But in health and ageing, this movement – known as the “sit-to-stand” – can be a red flag. It’s one of the strongest indicators of frailty, a condition that can threaten independence and quality of life.