

## Reports

### [Exercising our rights: Improving access to physical activity for people living with severe mental illness](#)

People living with severe mental illness have a life expectancy that is 15-20 years shorter than average. This is a deep injustice, and predominantly the result of poorer physical health. Access to exercise opportunities could help to reduce this gap, but people with severe mental illness face many barriers which can put physical activity out of reach.

### [PAGB launch new 2025 Self-Care Census Report](#)

Today on International Self-Care Day, we're pleased to announce that PAGB, the consumer healthcare association, has published a new report exploring consumer trends in self-treatable conditions and self-care practices. The report also highlights some of the next steps that can be taken in policy and practice to help deliver the commitments to self-care outlined in the 10 Year Health Plan.

### [Share for Better Care: What we learnt](#)

This report explores National Voices' contribution to the Share for Better Care campaign, a collaborative initiative with the Care Quality Commission (CQC), Healthwatch England, and a wide range of voluntary sector partners. The campaign was launched to tackle long-standing inequalities in health and care by encouraging people to share their care experiences.

### [SHCA publishes new report 'Are you okay? Rare diseases and mental health – A case study report'](#)

Mental health challenges often arise as a direct or indirect consequence of a rare condition. The uncertainty of diagnosis, limited treatment options, fragmented care, and social stigma all combine to impact mental wellbeing.

### [Better Health: Rewards - summary of pilot results](#)

A summary of the results from the Better Health: Rewards pilot alongside supplementary analysis from the Department of Health and Social Care.

## Public Advice

### [Public advised to stop using certain non-sterile alcohol-free wipes](#)

Due to risk of infection, non-sterile alcohol-free wipes are not appropriate for the treatment of injuries, wounds or on broken skin, nor for cleaning of intravenous lines.

## Blogs

### [Black maternal mental health – interconnected issues at the heart](#)

The Motherhood Group has spent nearly a decade at the forefront of Black maternal mental health advocacy, co-creating spaces with Black mothers, listening to their stories, and challenging systems that too often fail them. Through peer-led support, therapeutic programmes, digital platforms, and national campaigns, we have engaged over 18,000 Black mothers across the UK.

### [The new peer workforce in mental health services: Optimising implementation and maximising value](#)

An NHS audit in 2023 found that there are over 1,000 peer workers – staff with lived experience of mental ill health employed in peer support roles – working in NHS-commissioned mental health services. This represents one of the biggest changes to the mental health workforce in England in the last decade.

### [How letting your mind wander can reset your brain](#)

Every day, we're faced with constant opportunities for stimulation. With 24/7 access to news feeds, emails and social media, many of us find ourselves scrolling endlessly, chasing our next hit of dopamine. But these habits are fuelling our stress – and our brains are begging for a break.



## News

### [How to Talk to a Friend About Their Mental Health: A Helpful Guide](#)

It's not always easy to bring up mental health, especially when you're concerned about someone you care about. If you're unsure how to begin, you're not alone. Here are some helpful tips to make it a little easier.

### [NHS launches first ever review to tackle LGBT+ health inequalities](#)

The NHS has launched its first ever review to tackle health inequalities experienced by LGBT+ people, including access to mental health care, cancer screening and primary care services.

### [NHS urges pregnant women to protect their 'winter babies' against RSV](#)

The NHS's top midwife is urging newly eligible pregnant mothers that "now is the time to act" and get the RSV vaccine to protect their baby ahead of this winter.

### [RSV vaccine highly effective in preventing hospitalisation](#)

RSV vaccines are 82% effective for older people and 72% for newborns when mothers are vaccinated at least 14 days before birth.

### [Latest data shows measles cases remain high](#)

Measles activity has increased since April 2025 and the UKHSA is continuing to oversee the public health risk assessment.

### [New wave of mums to benefit from 24/7 breastfeeding support](#)

Thousands of mothers and babies will benefit from extended support to breastfeeding services this year.

### [Trans and non-binary people face hurdles at every stage of primary care](#)

Our self-selecting survey of nearly 1,400 trans and non-binary adults highlights that only 53% rate their GP practice as good for general care.

### [Moving care out of hospital: what can England learn from other countries?](#)

With the 10 Year Plan for England having a strong emphasis on shifting more care out of hospitals and into the community, over the past year we have been studying other health systems which have had the same goal. Ahead of a full report on the subject, Sarah Reed discusses what England can learn from what is happening in Denmark and Ireland.

### [People need support to keep weight off after treatment ends](#)

People coming off obesity medication or finishing a weight management programme should be offered support to help keep the weight off and stay healthy long-term, according to our updated quality standard.

### [College responds to new guidance on patient aftercare for weight loss medication](#)

Responding to newly issued guidance from NICE, detailing the aftercare patients need once prescribed weight loss medication, Professor Kamila Hawthorne, Chair of RCGP.

### [MENO.pause app launched to help clinicians manage patients' menopause symptoms](#)

Doctors at UCLH and University College London (UCL) have developed a digital decision-making aid, MENO.pause, to help clinicians manage menopause symptoms in the best way for individual patients' health conditions.

### [Crackdown on unsafe cosmetic procedures to protect the public](#)

New measures to crack down on cowboy cosmetic procedures will be introduced by the government.