

Reports

[Health trends and variation in England 2025: a Chief Medical Officer report](#)

An overview of the health of England's population, including trends over time and geographical variation.

[All or nothing? Access and variation in NHS continuing health care](#)

NHS continuing health care provides funded health and social care support for people with very complex needs outside hospital. Yet our comprehensive new report shows this system is highly inconsistent, with wide regional variation in eligibility, spending and practice. Families can face a bruising process to access CHC at the most difficult time of their lives, navigating opaque rules and financial cliff-edges. CHC shines a light on the wider fractures between health and social care: a system under pressure, struggling to deliver fair, timely and sustainable support – and one that urgently needs reform.

Guidance

[Jess's Rule: Three strikes and we rethink](#)

Jess's Rule is a primary care initiative to encourage GPs teams to rethink a diagnosis if a patient presents 3 times with the same symptoms or concerns, particularly if symptoms unexpectedly persist, escalate, or remain unexplained.

[Supporting vulnerable people before and during cold weather](#)

Information and guidance for range of professionals on how to protect population groups most at risk from the health impacts of cold weather.

[Cold weather](#)

Cold weather presents a number of risks to health. Information and guidance has been produced to help professionals and the public understand the risks and take action to protect health.

Blogs

[Understanding the adultification of children and young people](#)

Adultification disproportionately affects Black children and young people, causing them significant psychological harm, say Dr Melernie Meheux and Professor Denise A Miller.

[Field trip! How Neighbourhood Mental Health Centres can help break the link between financial difficulty and mental health problems](#)

Earlier this month, a few of us at Money and Mental Health went on a field trip to visit one of the most exciting developments in mental healthcare, a Neighbourhood Mental Health Centre.

[Waiting isn't a bad thing — it can actually boost your wellbeing](#)

Waiting can be boring, which is why we typically do anything we can to avoid it. We fill moments where we have to wait with something to keep our minds busy – such as scrolling on social media, reading the news or listening to a podcast.

News

[NHS App's family access feature "as simple as switching Netflix profiles"](#)

Hailed as a "gamechanger", the service being developed by NHS England means people can apply to add another profile to their NHS App online instead of having to do it in person – saving them time and cutting admin for GP practice staff.

[Analysis reveals unfair "luck of the draw" in access to NHS funded care packages](#)

NHS Continuing Healthcare (CHC) – a package of free health and social care provided outside of hospital which the NHS pays for – is failing to reach some of the most unwell patients in England in their time of need. CHC is also reinforcing deep regional inequalities, with varied eligibility rates and less being spent per person on care in deprived areas and the North of England.

[UKHSA urges vaccination against respiratory viruses ahead of winter](#)

The UK Health Security Agency is encouraging people to get their flu, COVID-19 and RSV vaccinations ahead of the winter months.

[Racial discrimination may increase psychosis risk](#)

Being racially or ethnically discriminated against may increase the risk of later developing psychotic symptoms, finds a major review of international evidence led by UCL researchers in collaboration with King's College London.

[New NHS online hospital to give patients more control over their care](#)

The NHS is setting up an 'online hospital' – NHS Online – in a significant reform to the way healthcare is delivered in England.

[Online GP appointment requests available everywhere from today](#)

From today, patients will be able to request appointments online throughout the day rather than calling their surgery or visiting in person.

[Jessica Brady's legacy inspires new life-saving GP safety rule](#)

Patients with a potentially deadly illness will be diagnosed sooner thanks to a new life-saving patient safety initiative called Jess's Rule.

[NHS kicks off flu and COVID jabs to 'winter-proof' vulnerable](#)

Flu and COVID-19 vaccines kick off for all eligible people from today to help 'winter-proof' those most vulnerable and the NHS amid new variants circulating this year.

['Prevalence of abuse entirely unacceptable' says College Chair](#)

Responding in The Guardian to a study published in the BJGP on the violence and abuse towards general practice staff by patients and the public. Professor Kamila Hawthorne, Chair of the Royal College of GPs.

[We respond to Prime Minister Keir Starmer's comments on mental health treatment and social security](#)

This morning the Prime Minister discussed the levels of people receiving benefits due to mental ill-health, particularly young people, on BBC Radio 4. He suggested that it might be better to invest funds in mental health treatment rather than in providing social security.

[Societal inequality linked to structural brain changes in children](#)

Income inequality in society has been linked to structural changes in the brains of children who go on to experience poorer mental health.

[Is this the turning point for junk food marketing to kids?](#)

Today marks a major milestone for food policy: the long-awaited volume-price (multi-buy) restrictions in England on unhealthy products are coming into force, as part of the government's 10 Year Health Plan to launch a 'moonshot to end the obesity epidemic'. These long-delayed rules are a crucial step in tackling impulse purchases of unhealthy products, helping families spend their money on the foods they actually need, rather than being nudged toward less healthy options.

[Plain packaging may help tackle teen vaping](#)

Plain packaging of vape pods reduces young people's interest in trying them, but does not reduce interest among adults, according to a new study led by UCL and King's College London researchers.

[Mental Health Foundation comments on ending of resettlement and family reunion rights for asylum seekers](#)

Earlier this week, the Prime Minister, Sir Keir Starmer, announced changes to rules which previously allowed successful asylum seekers to be reunited with their families after their claim was confirmed. These changes will make it harder for asylum seekers to be reunited with their families automatically.

[£500 million for first ever fair pay agreement for care workers](#)

Government invests £500 million into first ever fair pay agreement in major milestone for care worker pay.

[NHS makes it easier than ever to protect toddlers against flu](#)

Parents will be able to get their two and three year olds vaccinated against flu at local pharmacies for the first time ever this autumn.

[Success factors for vaccination programme delivery](#)

Exploring what's needed to deliver effective vaccination programmes.

[Our Henry Hawkins Lecture & Celebration 2025](#)

The exciting and eclectic agenda will promote thought provoking and insightful conversations, exploring and highlighting different elements of our theme of physical wellbeing and how it interplays with mental health.

[NHS to invest in pioneering tech to drive down waiting lists](#)

The NHS will move from a 'cheapest-first' to a 'patient-first' approach to purchasing cutting-edge medical technology.