

## Guidance

### [Eating disorder services for children and young people: National guidance](#)

This guidance is for integrated care boards (ICBs) and providers of eating disorder services and sets out how to design collaborative, integrated services that support all children, young people, and their families and/or carers.

## Blogs

### [Lost in my own city: Life after prison](#)

“Anxiety might not be a deemed a normal feeling outside. It’s a normal feeling in jail. Everyone’s anxious. You’re conditioned with that. It doesn’t go away in a day as soon as you walk out the gate.”

### [Health Inequalities Briefing Pack: What is it and how should we use it?](#)

Welcome to this month's blog post, by Dr Jaimee Wylam (Acting Consultant in Public Health), Wendy Fleming Smith (Lived Experience Consultant) and Catherine Parker (Consultant in Public Health). Here, they introduce the Health Inequalities Briefing Pack: Quick guides to public mental health and health inequalities, a new online resource for people working in integrated care boards (ICBs), primary care and public health, as well as for clinical staff and leaders in mental health settings.

### [We need to bring mental health care closer to home](#)

Inappropriate out of area placements place a significant emotional and financial toll on mental health patients, their families and carers. But there are examples of innovative approaches across England that are bringing care closer to home.

### [As the NHS makes the shift from 'hospital to community', we must ensure that physical activity is embedded at the heart of community-centred care](#)

We are all aware the NHS is under significant pressure and faces many challenges. The Darzi Report outlined that a shift in focus was needed to meet the needs of the population in the 21st century.

### [Exercise snacks: the best bursts of activity to incorporate into your day](#)

Your fitness tracker might be telling you that you need 10,000 steps, 30 minutes of cardio or even an hour at the gym every day. But what if you could improve your health in just a few minutes a day? A growing body of research suggests you can.

### [Why the updated Nutrient Profiling Model matters – and why we need it now](#)

Obesity Health Alliance member, Dr Kath Roberts, Senior Lecturer in Public Health Nutrition, University of York and Chair of the Communications Sub-Committee, Association for the Study of Obesity explains why the updating the Nutrient Profiling Model can play a crucial behind-the-scenes role in shaping food marketing and public health.

### [Brain device for ADHD shows no benefit in major UK trial](#)

Diagnoses of attention deficit hyperactivity disorder (ADHD) are rising rapidly in the UK. More children and teenagers than ever are being referred for assessment and support, and families are often facing long waits and limited options once a diagnosis is made. Schools, health services and parents are all under growing pressure to find treatments that genuinely help children manage their difficulties with attention, impulsivity and activity levels.

## News

### [Life-saving Jess's Rule to be advertised in every GP surgery](#)

Government rolling out Jess's Rule posters to all GP surgeries in England to act as reminder of a life-saving patient safety initiative.

### [RCGP backs Jess' Rule to support best practice in general practice](#)

As Jess's Rule posters are rolled out to GP practices, Professor Victoria Tzortziou Brown, Chair of the Royal College of General Practitioners, reiterates the RCGP's support for the campaign and its role in strengthening diagnostic review, reflection, and patient safety in general practice.

### [Mental Health Bill \(England and Wales\) receives Royal Assent](#)

The Mental Health Bill was passed at the end of 2025, with the new Mental Health Act receiving Royal Assent on 18 December.

### [Online help programme recommended for people with eating disorders](#)

An online therapy programme can be used to help people aged 16 and over with eating disorders whilst they wait for specialist NHS treatment, an independent NICE has said.

### [NHS staff to train teachers, school nurses, and GPs to spot eating disorders](#)

Teachers, school nurses, and GPs will be offered NHS support to spot the early signs of eating disorders, so no child is left to 'suffer in silence'.

### [Social Media Ban brings opportunities and risks](#)

As a public health charity, the Foundation's priority is to prevent mental health problems. That includes making sure online spaces are safe and that children are free from the mental health impacts of harmful content, and the algorithms that serve it to them.

### [RCGP responds to UK consultation on under-16 social media ban](#)

Responding to the UK consultation on restricting social media use for under-16s, highlighting the growing health harms of the digital environment and the need for evidence-based, child-centred action at a population level, Professor Victoria Tzortziou Brown, Chair of the Royal College of GPs.

### [Yellow cold-health alert issued for North West and North East England](#)

The UK Health Security Agency (UKHSA) has issued a yellow Cold-Health Alert (CHA) for the North West and North East regions of England. The alert will be in place from 6pm on Monday 26 January until 6pm on Friday 30 January. Other regions of England are currently unaffected.

### [NHS Confederation welcomes rollout of WorkWell programme to support people back into work](#)

Supporting people to stay in or return to work is an important step in helping to reverse the rates of health-related economic inactivity in England.

### [Trusted Voices: Combatting anti-medical narratives](#)

Health professionals are increasingly raising concerns about the rise of anti-medical and anti-science narratives, and the impact this is having on trust, consultations and public understanding.

### [Digital harms are a modern determinant of health - and a population health issue](#)

Access to information has never been easier. But access to misinformation has never been easier, too, and for many people it is increasingly difficult to know who, or what, to trust.

### [Amend regulations to support the supply and deployment of vaccines](#)

Between 5 September and 28 November 2025, the government hosted a 12-week public consultation on amending regulations to support the supply and deployment of vaccinations across the UK. The consultation received 218 responses in total.

[\*\*NHS backs AI notetaking to free up more face-to-face care\*\*](#)

New AI notetaking tools being backed by the NHS could help doctors spend up to a quarter more time with their patients.

[\*\*Patient views on medical devices prescribed to them outside of hospital in England\*\*](#)

Outcome of research into patient views on the use of medical devices prescribed under Part IX of the NHS Drug Tariff.

[\*\*BPS responds to new NHS spending figures on ADHD services\*\*](#)

The report from CHPI provides an overview of how the majority of NHS patients are assessed and treated for ADHD in England.

[\*\*Running on Empty: Judy's fundraising story\*\*](#)

As a non-runner who first took up Couch to 5k during lockdown, SANE supporter Judy found that running became an invaluable tool for her mental health.

[\*\*Waiting lists cut 3 times faster in highest joblessness areas\*\*](#)

Waiting lists in 20 areas in England fall 3 times faster than the national average thanks to experts deployed by government to help supercharge NHS care.

[\*\*Second biggest drop in NHS waiting list in 15 years amid record number of patients\*\*](#)

November saw the second biggest drop in the waiting list for 15 years outside of the early days of the pandemic, as new data today shows staff faced record demand in 2025.

[\*\*Crackdown on illegal underage sunbeds use to cut teen cancer risk\*\*](#)

The government plans to crackdown on illegal underage sunbeds use to cut cancer risks to teenagers.