

Research

[Immunisation survey 2023: attitudes of young people and parents](#)

Since 2017, Public Health England (PHE), now the UK Health Security Agency (UKHSA), has commissioned surveys to explore the attitudes of teenagers and their parents to the adolescent vaccination programme which is delivered through school immunisation teams. The results provide insights which are used to inform the development of the routine immunisation programme and to tailor healthcare professional resources and training materials.

Reports

[Growing occupational health and wellbeing together: look back, look forward report](#)

NHS England is committed to supporting and empowering our stakeholders to make growing occupational health and wellbeing together a reality, in their local context. This Growing occupational health and wellbeing together: look back; look forward report showcases the journey, investment, and progress we have made in the first year since the launch of our Growing occupational health and wellbeing together strategy.

Guidance

[Considering drug interactions with smoking](#)

Tobacco smoke can induce liver enzymes, affecting drug metabolism. Some medicines may need dose adjustment or monitoring if a person stops or starts smoking.

[Treatments for COVID-19 – Easy Read](#)

The NHS offers treatment to people with COVID-19 who are at the highest risk of becoming seriously ill. This guidance explains how eligible patients can access free rapid lateral flow tests and how to receive an assessment for treatment if they test positive.

[Local stop smoking services and support: additional funding](#)

Information about a new grant totalling £70 million per year over the financial years of 2024 to 2025 through to 2028 to 2029.

Publications

[Can you tell we care? - Identifying unpaid carers using local authority and GP records](#)

There are at least 5.7 million unpaid carers in the UK, and they play a vital role in our society. To help them perform their roles and protect their health and wellbeing, they need support from the NHS and social care services. This can range from health checks, social prescribing and community support services to breaks and practical and financial support.

Public Advice

[Childhood varicella vaccination programme: JCVI advice, 14 November 2023](#)

The Joint Committee on Vaccination and Immunisation (JCVI) statement setting out its recommendation on a universal varicella (chickenpox) vaccination programme.



Blogs

[People struggling with their mental health need support, not sanctions](#)

Last month, the Department for Work and Pensions (DWP) closed its controversial consultation on the Work Capability Assessment (WCA). The assessment enables DWP to determine people's capabilities to work and what level of financial and other forms of support they receive according to their health condition or disability. Since it was introduced in 2008, the WCA has been widely criticised for failing to properly assess a person's capacity to work, particularly for people living with mental health problems.

[Project aims to boost mental health and self-esteem of teenage boys](#)

The Magnificent Boys Project, currently being piloted at a school in the West Midlands, is a psychologically informed programme which aims to boost the mental health and self-esteem of boys to help them to take action to achieve their goals.

News

[We must adapt for an ageing population says Chief Medical Officer](#)

Professor Chris Whitty's annual report says we can improve older citizens' quality of life, and this should be a major aim of policy and medical practice.

[Government drive to phase out smoking and tackle youth vaping attracts large response](#)

Over 12,000 responses so far submitted on government proposals to create first 'smokefree generation', less than halfway through the consultation period.

[£267 million to boost local drug and alcohol treatment](#)

Every local authority across England to be allocated additional funding to help combat drug and alcohol misuse.

[Employment support launched for over a million people](#)

New Back to Work Plan to help up to 1,100,000 people with long-term health conditions, disabilities or long-term unemployment to look for and stay in work.

[New Self-Care Survey Report: Take care – of yourself and the NHS](#)

As we mark the start of Self-Care week in the UK, PAGB has today released a new report detailing the latest data on self-care and exploring the challenges and benefits of patients taking a more proactive approach to care for common health conditions.

[Experts warn of loneliness trap in deprived communities, impeding healthy ageing](#)

The International Longevity Centre's (ILC) latest briefing document published today shines a light on what it describes as a worrying fragmentation of communities across the UK, with those living in the most deprived communities at greatest risk of falling into a trap of long-term loneliness.

[Pharmacy reforms to bring new services to the high street](#)

Thousands of women across England will be able to get the contraceptive pill at their local pharmacy from next month, as part of a major expansion of primary care services.

[Antibiotic resistant infections and associated deaths increase](#)

Antibiotic resistance is once again on the rise after declines in the pandemic, with more dangerous strains of bacteria spreading in communities and hospitals.



[JCVI recommends chickenpox vaccine in childhood immunisation programme](#)

The Joint Committee on Vaccination and Immunisation (JCVI) has recommended a vaccine against varicella, commonly known as chickenpox, should be added to the UK's routine childhood immunisation programme. The vaccine would be offered to all children in 2 doses, at 12 and 18 months of age.

[Thousands diagnosed with HIV, hepatitis B and C following programme](#)

An emergency department opt-out testing programme for bloodborne viruses has helped to diagnose thousands of people with serious infections.

[NICE draft updated guideline recommends more treatment choices for menopause symptoms](#)

New evidence shows that cognitive behavioural therapy (CBT) can help reduce menopause symptoms including hot flushes and night sweats, depressive symptoms and problems sleeping NICE has said in its draft updated guideline on menopause published today (17 November 2023).

[A showcase of research in eating and weight disorders celebrates the launch of CREW](#)

A packed one-day showcase of inspirational talks and activities marked the opening of the new Centre for Research in Eating and Weight Disorders (CREW) at IoPPN on 7 November 2023.

[Multi-university collaboration leads the way on improving student mental health through Nurture-U project](#)

Nurture-U is a collaboration of six universities, led by University of Exeter, including King's College London, Cardiff, Oxford, Newcastle, and Southampton. Early data from their national survey involving more than 6,000 students has found around 35 percent reported clinical levels of anxiety and depression. Meanwhile, more than 50 per cent reported high levels of loneliness and around a quarter say they don't have a healthy work-life balance.

[How music heals us, even when it's sad – by a neuroscientist leading a new study of musical therapy](#)

There is a renewed fascination with the memory-stimulating and healing powers of music. This resurgence can primarily be attributed to recent breakthroughs in neuroscientific research, which have substantiated music's therapeutic properties such as emotional regulation and brain re-engagement. This has led to a growing integration of music therapy with conventional mental health treatments.

[Mounjaro has been authorised for weight loss in the UK – here's how it compares to Wegovy](#)

The type 2 diabetes drug tirzepatide (better known by its brand name Mounjaro) has recently been authorised by the UK's medicines regulation authority for use in weight loss and weight management. The decision was made on the same day the US Food and Drug Administration (FDA) approved a version of tirzepatide called Zepbound for weight management.

[Chickenpox vaccine recommended for NHS – here's why a jab is better than getting the disease](#)

The chickenpox vaccine is already offered as part of childhood immunisation programmes in several countries, including Canada, the US, Australia and New Zealand. Now the UK government's Joint Committee on Vaccination and Immunisation (JCVI) has recommended it be included as part of the routine immunisations children receive in the UK.