

## Guidance

[Addressing health inequalities across allied health professional \(AHP\) services: a guide for AHP system leaders](#)

Guidance developed with AHP leaders to support the planning, implementation and evaluation of actions to reduce health inequalities in AHP services.

## Statistics

[Health trends in England: May 2024](#)

This report presents trends in data on the health of people in England. Themes covered include risk factors, disease prevalence and outcomes.

## Reviews

[Health equity impacts of climate change](#)

This rapid mapping review identifies and categorises evidence on the health equity impacts of climate change in the UK.

## Blogs

[Ageing in Place: Nursing Older People at Home](#)

This blog discusses the importance of providing nursing care to older individuals in their homes, particularly for geriatrics, community health, and home care professionals. It highlights the benefits of quality care delivery and promotes well-being and independence.

[Mental Health Awareness Week: let's create exercise opportunities for all](#)

We're pleased to see that Mental Health Awareness Week's theme this year is 'movement: moving more for our mental health' and look forward to discussing how we make exercise accessible to everyone.

[Moving for our mental health](#)

This Mental Health Awareness Week, psychologists Dr Kajal Gokal and Professor Amanda Daley report on how incorporating bite-sized pieces of physical activity into our everyday lives can help lift our mental health.

[Stress reduction and the natural world](#)

Clinical psychologist Stuart Whomsley looks at the benefits of taking a walk and spending time in the natural world to mark Mental Health Awareness Week 2024.

[My experience: the vicious cycle of money and mental health problems](#)

Hello, I'm Rob. In my previous life, I was an award-winning consultant, an industry-leading Executive Coach, former International President of my professional body, a trainer, lecturer, supervisor and expert in psychological wellbeing at work.

["No longer living, just existing": mental health and negative budgets](#)

Last month, the FCA launched its latest report on people's experiences of the cost-of-living crisis. Their headline figures show that fewer people are struggling to manage the higher living costs than before. Still, challenges remained for some groups. The increased cost of living continues to affect the mental health of more than four in ten of us.



## News

### [Progressing the Patient and Carer Race Equality Framework – Improving mental health care for racialised communities](#)

Last Autumn, NHS England launched the Patient and Carer Race Equality Framework (PCREF) to support mental health Trusts and providers improve experiences of care for racialised communities by embedding new practices to promote anti-racism. All mental health providers must implement the framework by March 2025 and it will become part of the CQC inspection process.

### [NHS expands ‘soup and shake’ diets to thousands more patients with type 2 diabetes across England](#)

Over 10,000 more people living with type 2 diabetes and excess weight or obesity in England are to be offered NHS soup and shake diets this year to help them lose weight and significantly improve their health.

### [Birth trauma APPG: Health and Social Care Secretary speech](#)

Health and Social Care Secretary Victoria Atkins spoke at the All-Party Parliamentary Group (APPG) on birth trauma.

### [Movement: Moving more for our mental health](#)

This Mental Health Awareness Week, RCN Head of Nursing Practice Stephen Jones shares how nursing interventions can help individuals and communities understand the benefits of exercise for mental health.

### [Is it just MMR affected by a vaccination confidence crisis?](#)

An effective vaccination against measles – the MMR – has been provided for over 30 years, but the numbers of children receiving the vaccine have recently declined. In this chart of the week, Bea Taylor takes a closer look at whether there is a crisis in confidence around the MMR vaccine in particular, or if it is instead part of a broader trend in childhood immunisations.

### [The joy of birdwatching: research shows it can improve mental health and foster a sense of wellbeing](#)

While birdwatchers are often portrayed as boring, it turns out that twitchers have been onto something all along. A study published in 2024 shows that even half an hour of bird watching could make us happier, healthier and help foster a deeper connection with nature.

### [Flavoured vapes may produce many harmful chemicals when e-liquids are heated – new research](#)

Vaping has become widely adopted as an alternative to traditional smoking. The latest figures show 4.5 million people in the UK regularly use e-cigarettes. However, there are many concerning unknowns about vaping’s long term health impacts, especially for the younger, “never-smoked” generations – for whom flavoured vapes are the most attractive and common entry point.

### [Why is whooping cough surging in the UK? Falling vaccination rates may be the answer](#)

A large outbreak of pertussis (more commonly known as whooping cough) has been ongoing in the UK since the beginning of 2024. There have been 2,793 confirmed cases so far this year. Sadly, five infant deaths due to whooping cough have been confirmed, with unconfirmed reports that a sixth infant may have died in the last week of the bacterial infection.

### [Expansion of life-saving opioid overdose treatment](#)

New 10-year plan to expand and improve the drug and alcohol workforce published.

### [New 5-year plan to combat antimicrobial resistance](#)

The government has announced its new national action plan on antimicrobial resistance to protect people and animals from the risk of drug-resistant infections.





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[Patients to benefit from largest expansion of choice in a decade](#)

Patients requiring treatment outside of hospitals will be able to choose between multiple providers across the NHS and independent sector.

