

## Reports

### [A Portrait of Modern Britain: Health - The Public's Priorities for the NHS](#)

This new report from Policy Exchange – based on bespoke polling of 2,000 representative Britons by Redfield & Wilton Strategies in 2024 – examines the perceptions of & priorities the British public have for the NHS.

## Statistics

### [Service users' experience of community mental health services](#)

We explore service users' experience of community mental health services.

### [Violence in the NHS](#)

The NHS Constitution sets out the rights and responsibilities of patients, the public and staff to ensure the NHS operates fairly and effectively. The staff pledges define what the NHS expects from staff and what staff can expect from NHS employers. One of the pledges is to provide support and opportunities for staff to maintain their health, wellbeing and safety. Patients and the public have the right to be cared for in a safe and secure environment and the responsibility to treat NHS staff and other patients with respect.

## Studies

### [Incentives for smoking cessation](#)

Financial incentives (money, vouchers, or self-deposits) can be used to positively reinforce smoking cessation. They may be used as one-off rewards, or in various schedules to reward steps towards sustained smoking abstinence (known as contingency management). They have been used in workplaces, clinics, hospitals, and community settings, and to target particular populations. This is a review update. The previous version was published in 2019.

## Blogs

### [No plan without mental health](#)

The UK Government elected earlier this year has recently published two major papers setting out its approaches to improving living standards and achieving its stated 'missions'. The Get Britain Working white paper and Plan for Change together paint a picture of the Government's priorities at this time.

### [Rebel with a cause: how Health Equals took the message to the public in 2024](#)

Back in November 2021, the Institute of Public Policy Research published a report Making Change: What works? As the country came out of the pandemic and the cost-of-living crisis loomed, the report was a timely offering. It looked at four areas of social injustice to understand what worked in delivering change for some and why others have seemingly failed. One area was health inequalities – an issue that rises and falls in terms of political interest but has thus far been stubbornly resistant to change.

### [How can we improve support for mid-life women who are rethinking their drinking practices?](#)

Alcohol consumption among mid-life women aged 40-65 is a growing concern in the UK, with one in five now drinking at levels that put their health at risk. In this blog, Dr Emma Davies and Fiona Matley from Oxford Brookes University shares how a new project is hoping to improve support for mid-life women looking to cut down on alcohol.

### [The UK wants to lose weight - and backs government action to make food healthier](#)

In England, almost two thirds of people are living with excess weight or obesity. The statistics are similar for Scotland, Wales and Northern Ireland.



### [New Year's resolutions: getting a mentally healthy start to 2025](#)

For many of us, the start of a new year means self-improvement and the promise of, 'new year, new me'. This mindset often fuels our New Year's resolutions. This can help us stay motivated during January, which can be a tough month following the holidays, with spring still feeling far away. But the expectations and pressure we put on ourselves aren't always helpful.

## News

### [Hundreds of thousands of older people to get urgent care at home this winter](#)

Hundreds of thousands of older and frail patients will receive urgent treatment from home this winter, as part of NHS plans to manage additional pressure this winter. Rapid teams based in local neighbourhoods will attend less clinically urgent calls within two hours and treat patients for a range of conditions and issues at home.

### [NHS tackles problem gambling amid growing demand](#)

The NHS in England is facing an "uphill battle" with demand for gambling addiction help more than doubling since last year.

### [Hospital patients with flu quadrupled to over 5,000 ahead of New Year](#)

New NHS data covering the Christmas and New Year period shows flu cases have continued to skyrocket, with over 5,000 patients hospitalised with the virus at the end of last week.

### [Busiest year on record for emergency services as winter flu pressure rages on](#)

NHS staff experienced the busiest year on record for A&E and ambulance services last year, new figures show today, as flu continues to pile pressure on hospitals into 2025.

### [Reforming elective care for patients](#)

Our new plan sets out how the NHS will reform elective care services and meet the 18 week referral to treatment standard by March 2029. Under this plan elective care will be increasingly personalised and digital, with a focus on improving experience and convenience, and empowering people with choice and control over when and where they will be treated.

### [7.5 million referrals on waiting lists doesn't include mental health patients, cautions RCPsych](#)

Today, the Government has published its plan to reduce NHS waiting lists for elective care by providing people with thousands of additional appointments. Elective care is considered to be pre-planned and non-urgent treatment.

### [Parents and carers urged to help children start New Year healthy](#)

UKHSA urges parents and carers to take these simple steps to ensure children make the healthiest start to the New Year.

### ['Finding new ways of providing care that can ease the pressure on hospitals is absolutely essential'](#)

Rory Deighton responds to NHS England's announcement that hundreds of thousands of older and frail patients will receive urgent treatment from home.

### [Nursing must be at heart of government adult social care commission, says RCN](#)

Social care reform is long overdue, but the issues affecting the nursing workforce can't wait 3 years for change.

### [Families to receive £126 million in early years support](#)

Thousands of parents and children across England will be able to give their child the best start in life thanks to a £126 million government funding boost.



[‘Radical overhaul’ of mental health inpatient services is needed to shift towards community care, says report](#)

A radical overhaul of mental health care is needed to achieve the Government’s goal of shifting treatment from hospitals to communities, a new report from Centre for Mental Health said today.

[Experts urge health secretary to “stop the needless suffering” as alcohol deaths spiral](#)

Public health groups have called on Wes Streeting, Secretary of State for Health and Social Care, to make addressing alcohol harm a top priority in 2025. This follows alarming new statistics that show, in just the last four years, there has been a catastrophic 42% rise in deaths in England caused solely by alcohol. Such a devastating rise in death rate has never been seen before.

[New reforms and independent commission to transform social care](#)

Immediate investment and reforms to improve adult social care, and Louise Casey appointed to head independent commission and build cross-party consensus.

[Record numbers complete NHS Couch to 5K app](#)

The free running app has been downloaded over 7 million times since it launched in 2016, with 9.3 million NHS Couch to 5K runs started this year.

[BPS welcomes Children's Wellbeing and Schools Bill](#)

"It is absolutely vital we put an end to families falling between the gaps in services to help prevent them reaching crisis point," says BPS.

[GP reforms to cut red tape and bring back family doctor](#)

The measures are backed by the biggest boost to GP funding in years, an extra £889 million on top of the existing budget for general practice.

[Quit for a week and save a day, say health experts](#)

Smokers who choose to quit on 1 January could save a whole day of their life by 8 January, according to new research.

[Biggest investment into hospices in a generation](#)

£100 million boost for adult and children’s hospices and £26 million to support children and young people’s hospices.

[Weight loss drugs help with fat loss – but they cause bone and muscle loss too](#)

For a long time, dieting and exercise were the only realistic options for many people who wanted to lose weight, but recent pharmaceutical advances have led to the development of weight loss drugs. These are based on natural hormones from the intestine that help control food intake, such as GLP and GIP.

[Five healthy diet staples that may interact with prescription drugs](#)

One of the most popular new year’s resolutions is making a commitment to healthier eating. Whether that’s eating more fruits and vegetables, cutting down on meat consumption or even becoming a vegetarian or vegan a few days a week.

[Want to quit vaping this year? Here’s what the evidence shows so far about effective strategies](#)

Lots of people who vape want to quit, but there’s very little guidance on how best to do so. In the U.S., recent reports estimate that 5.9% of youth and 4.5% of adults currently vape. This proportion varies worldwide, however. In Britain, an estimated 7.8% of youth and 11% of adults vape. Vaping nicotine is addictive, and more and more research is being done to find out how best to quit.





14 January 2025

[Want to get active? Try using Virtual Reality](#)

Exercising while using a Virtual Reality (VR) headset can increase an individual's work rate, overall enjoyment, and elicit improved psychological responses compared to a non-VR equivalent.

[Picker responds to the Government's Elective Reform Plan](#)

The government has announced the Elective Reform Plan, which outlines a strategy to reduce the backlog of patients currently waiting for assessment and treatment.

