

Studies

[What are the benefits and harms of mobility training for older community-dwelling people with frailty?](#)

In older adults living in the community with frailty, mobility training (including gait, balance and functional exercises, strength or resistance training, endurance training, or a combination of these) resulted in improved mobility and better function when compared with usual care, based on high- to moderate-certainty evidence.

[Women's Health: Why do women feel unheard?](#)

The recent Women's Health Strategy for England reported that more than 4 in 5 (84%) women responding to their survey had at times felt that their healthcare professionals were not listening to them. The finding was echoed by recent focus groups. We need to understand why this happens. Why don't women feel listened to? What can be done to improve their conversations with healthcare professionals?

[Volunteering and caring for grandchildren protects from loneliness for the over 50s](#)

Caregiving for a spouse or partner is associated with higher loneliness for those over 50 years of age, a new systemic review of published research on the issue shows.

[Adults living in areas with high air pollution are more likely to have multiple long-term health conditions](#)

Exposure to traffic related air pollution is associated with an increased likelihood of having multiple long-term physical and mental health conditions, according to a new study of more than 364,000 people in England.

[Why maternal deaths in the UK are rising](#)

In high-income countries such as Denmark and the Netherlands, pregnancy is comparatively safe. But maternal deaths still happen and in places like the UK are increasing. Understanding why is important, not only for the family a woman leaves behind but for the services who provided her care and society more broadly. Maternal deaths have long been considered an indicator of the quality of the health system where they occur.

Reports

[Changes to the childhood immunisation schedule: JCVI statement](#)

This document sets out the JCVI's final advice on changes to the childhood immunisation schedule. The changes are needed because the Menitorix® (Hib/MenC) vaccine is being discontinued.

[No time to lose: changing the trajectory for people living with long-term health conditions](#)

This report draws together data, insight, and patient stories from The Richmond Group's 12 member charities, with wider evidence, about the impact of the pandemic on people living with long-term, chronic or complex illnesses, who were amongst the hardest hit and still now find themselves lagging far behind in terms of recovering their health and well-being. Our analysis highlights the issues for this group of people before the pandemic, the impact of the pandemic and cost-of-living crisis, and the ongoing and long-term effects.

[Delayed Diagnosis and Unequal Care: our second annual COPD report](#)

Our report provides key insights into the experience of people with COPD over the last year. It reveals a worrying picture of delayed diagnosis, substandard care, and a disproportionate impact of inequalities on people with COPD.

[Dying in poverty: Exploring poverty at the end of life in the UK](#)

Every hour, ten people die in poverty in the UK.

The rising cost of living will only make things worse for dying people and their loved ones. We need urgent government action.

[HIV monitoring and evaluation framework](#)

Public health analysis of progress towards meeting the aims of England's HIV Action Plan.

[Re-envisioning urgent and emergency care](#)

Five measures that could reimagine urgent and emergency care, manage demand and improve patient care, experience and outcomes.

Briefings

[Making the most of urgent community response services](#)

Supporting community providers to maximise the potential of urgent community response services and examples of where this is being done well.

Guidance

[Health and wellbeing boards: guidance](#)

This guidance sets out the role of health and wellbeing boards following the Health and Care Act 2022. It replaces previous draft guidance.

Consultations

[Consultation launched to protect patients from silent pandemic of antimicrobial resistance](#)

New consultation launched to inform next stage of tackling antimicrobial resistance building on 20-year vision.

Statistics

[Musculoskeletal health: trends, risk factors and disparities in England, November 2022](#)

National level data presenting trends and disparities in the prevalence of long term musculoskeletal conditions and their risk factors.

[NHS Digital publishes new primary care statistics: statistical press release](#)

[Appointments in General Practice](#) contains data about appointments that took place in general practice in England from August to October 2022. The report includes details about the type of healthcare professionals appointments took place with, the appointment mode, and time between booking an appointment and attending.

Guides

[Co-producing accessible health information](#)

We worked with Thinklusive to develop easy-read resources that explain how patient data is used, and a best practice guide for co-producing accessible health information. Both are openly available for teams to use in their work.

Public Advice

[Eligible people urged to get vaccinated as flu season officially under way](#)

Flu cases have risen to levels not seen before COVID-19 pandemic, with all eligible people now urged to come forward.

[Government to use Vaccine Taskforce model to tackle health challenges](#)

Patients will benefit from cutting-edge new treatments as the government introduces a Vaccine Taskforce style approach to tackling health challenges.

[Parents of under-fives and pregnant women reminded of flu eligibility as hospitalisations rise](#)

Parents are being urged to protect their children against flu this winter following a surge in serious cases among under-fives. Figures suggest flu hospitalisations in young children are nearly 20 times as high as last year, with this week showing 230 under-fives hospitalised compared to just 12 at the same time last year.

[NHS encourages most vulnerable people to covid to get jabbed for winter](#)

England's most senior doctor is urging the public to check if they or a loved one are due a covid jab this winter because they have a condition that may put them at risk of serious illness.

[Winter wellbeing and how to stay positive when things seem bleak - advice and tips for winter](#)

Holding on to small moments of joy and positivity is going to be particularly important this winter, with the cost of living and energy crises likely to continue making things difficult for people across the UK.

Blogs

[How the cost of living crisis is affecting students' money and mental health](#)

There are over 2.5 million higher education students in the UK, studying at over 150 higher education providers. The majority of these students are aged 24 or under, and for many, university is the first time they have lived independently with responsibility for their own finances and time. The transition into higher education can often be a challenging experience. Homesickness, loneliness, academic pressures and financial difficulties are all common issues faced by students, and these can intensify at certain times during the academic year.

However, the current cost of living crisis means that at present, many students are experiencing continuous, intense concern around their financial wellbeing, which is having knock-on negative impacts on their mental health.

News

[NHS launches NHS 111 online campaign ahead of winter](#)

The NHS is launching its annual NHS 111 Online campaign today, encouraging people to get the help they need from the convenience of their own homes ahead of winter.

[NHS offers second monkeypox jab to everyone eligible](#)

Almost 68,000 people have been vaccinated against monkeypox since the first cases in this outbreak were identified in England in May this year. The second monkeypox vaccination offers long-lasting protection, and can be given from around two-to-three months after the first dose. People will be invited by their sexual health clinic when they are due for their second jab.

[UKHSA update on scarlet fever and invasive Group A strep](#)

The latest data from the UK Health Security Agency (UKHSA) shows that scarlet fever cases continue to remain higher than we would typically see at this time of year.

[CQC tells Greater Manchester Mental Health NHS Foundation Trust to make significant improvements](#)

The Care Quality Commission (CQC) has published a report following an inspection of services provided by Greater Manchester Mental Health NHS Foundation Trust. CQC found a deterioration in how well-led the trust was, which was having a significant impact on the standard of care being delivered to people using their services.

[CQC reports serious concerns monitoring the Mental Health Act](#)

The Care Quality Commission (CQC) is highlighting the ongoing impact of historic and current system pressures on mental health services, their staff and the people using them.

[A Fresh Shot: The future for vaccines policy in England](#)

The UK has a strong pedigree in vaccines – from the first smallpox vaccine developed by Edward Jenner to the team at Oxford University behind one of the first COVID-19 vaccines. Yet uptake of Covid and flu jabs has declined in the past twelve months, risking a knock-on effect for the healthcare system as a whole, meaning busier A&E departments and longer backlogs for routine care. Coverage rates for routine programmes offered on the NHS meanwhile (such as for MMR, shingles and HPV) have been in decline since 2013.

This report sets out fifteen recommendations to reverse the decline to ensure the UK remains a world-leader in both vaccine development and delivery.

[Overweight women may be at highest risk of long COVID – new research](#)

While hundreds of thousands of people are still getting COVID every day across the globe, reassuringly, the number of people dying as a result of the infection has dropped significantly thanks to effective vaccines and treatments.

Yet for many people, the consequences of COVID continue well beyond the initial infection, in the form of long COVID. We wanted to understand what factors might make people more or less susceptible to ongoing symptoms. In a new study we found that women who are overweight are at highest risk of developing long COVID.

[Long COVID stigma may encourage people to hide the condition](#)

An estimated 2.1 million people are living with long COVID in the UK alone. We recently asked 888 people in the UK with long COVID about their experiences of stigma, and 95% of them said they had experienced stigma related to their condition.