



Knowledge Service

Inclusion Bulletin

August 2026

This bulletin contains a selection of articles from a variety of sources on issues of inclusion.

LGBTQ+ issues are covered in more depth in the Pride+ Bulletin produced by our colleagues at United Lincolnshire Teaching Hospitals Trust. Spirituality and Mental Health issues are covered in more depth in the Spirituality and Mental Health Bulletin produced by our colleagues at Greater Manchester Mental Health Trust. If you would like to be added to the mailing list for either of these bulletins then please email Sinead Stringwell (sinead.stringwell1@nhs.net).

The Knowledge Service endeavours to use the most appropriate and recent resources available but is subject to the content and accuracy of databases and the limitations of the search process. The items included in the Bulletin reflect a selection of the current information that is available on these topics. Items may use terms that are deemed outdated. Inclusion of an item in the Bulletin is not an endorsement of the item nor the terms that are used within it. The Knowledge Service assumes no liability for the interpretation or application of these items and they are not intended to provide advice or recommendations on patient care. Professional judgement should be used to decide whether any item is relevant to current practice within Pennine Care.

If you require a more in-depth search on a particular topic then please complete the literature search request form that can be found here:

<https://www.intranet.penninecare.nhs.uk/knowledge-service/request-literature-search>

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Carers

Carers UK

[New NHS patient standards are a positive step for carers](#)

Carers UK welcomes the new patient standards published today, which set out what patients and unpaid carers should expect when they, or the person they care for, are referred for planned (non-urgent) NHS care in England.

Carers UK

[Carers urged to respond to government's call for evidence on Carer's Allowance](#)

On Tuesday 7th July the Government has launched a call for evidence, inviting unpaid carers and organisations to share their views on how to improve Carer's Allowance.

Carers UK

[Carers UK responds to the interim Timms Review](#)

Sir Stephen Timms published his interim review of Personal Independence Payments, finding that Personal Independence Payment is no longer fit for purpose and is failing to keep pace with how disability, health and work have changed over the past decade.

Carers UK

[Carer-focused amendments not adopted during Health Bill Committee Stage - but stronger laws are still needed](#)

Yesterday several amendments firmly supported by Carers UK to the Health Bill were discussed at Committee Stage. These were not included to stand as part of the Health Bill.

Carers UK

[Carers UK responds to Work and Pensions Committee "Transition to State Pension Age" report](#)

The cross-party Work and Pensions Committee has released a new report, "Transition to State Pension Age" and is supporting calls for the Government to increase Universal Credit for 66-year-olds to prevent hardship as the State Pension age rises to 67.

Carers UK

[Care Quality Commission publishes report on assessments by Local Authorities](#)

The Care Quality Commission (CQC) has today published a report titled Local Authority Assessments 2023–2026: Emerging Themes and Findings drawing together findings from the first-ever national programme of assessments of local authorities in England, including the identification and support offered to unpaid carers.

Carers UK

[Launch of cross- government Carers Action Plan](#)

The Government has launched a cross-government Carers Action Plan signed by four Ministers, across health and social care, welfare, work and education. It includes a number of significant developments for carers in the last couple of years – taking action for carers further than before.

Carers UK

[Prime Minister's commitment marks a vital step towards social care reform for unpaid carers](#)

Emily Holzhausen CBE, Director of Policy and Public Affairs at Carers UK has responded to the Prime Minister's speech on social care.

Carers Trust

[NHS England sets out for first time minimum standards for patients and carers waiting for planned care](#)

The Chief Executive of NHS England, Sir Jim Mackey, set out for the first time the benchmark for patients and their carers to know what is happening and who to turn to while waiting for, and during, elective care. Carers Trust was pleased to be involved in shaping these new standards to ensure the experiences and needs of carers were reflected in them.

Carers Trust

[Carers Trust welcomes Government review of Carer's Allowance](#)

The Department of Work and Pensions (DWP) has today announced a review of Carer's Allowance that addresses cliff-edge payments, the interaction between Carer's Allowance and Universal Credit, and the 21 hour rule that has made it harder for many young adult carers to combine their caring responsibilities with further education.

Carers Trust

[Work and Pensions Committee recommends abolition of 21-hour rule](#)

An influential group of MPs has called for the abolition of the 21-hour rule for Carer's Allowance in a new report on the number of young people not in employment, education and training. In their report, the Committee expressed its concern that the 21-hour study rule risks young adult carers 'having to choose between their education and their carer's allowance payments'.

Children & Society

[Negotiating Caring and Education: A Small-Scale Study of Young Carers and Their Transitions Towards Independence and Adulthood](#)

This article reports on findings from a pilot study with eight young carers, aged 15–21, in the Midlands region of England. The study looked at the impact of caring responsibilities on young carers' life worlds as they negotiated transitions towards independence and adulthood.

Dementia

[The Importance of the Social Environment for People Living with Dementia and Their Carers: Qualitative Evidence from DETERMIND and PriDem on the Impact of COVID-19 Service Changes and Restrictions in England and Wales](#)

This paper presents evidence from multiple perspectives on the impact of changes to health and social care service delivery, and the related social environment, for people living with dementia and their carers during the COVID-19 pandemic.

Dementia Community

[Dementia UK launch film featuring young carers talking candidly about their experiences](#)

Dementia UK has launched a film with two young people talking about their experiences of being young carers. The film features Izzy and Cici, who talk openly and honestly about their experiences of being young carers as a result of their dads' living with young onset dementia.

Department of Health & Social Care (& others)

[Unpaid carers action plan: recognise, refer, reach](#)

Unpaid carers form a core part of our communities. They provide vital support to family, friends and neighbours. This can be both rewarding and challenging. We must do more to recognise this contribution and ensure unpaid carers receive the right support at the right time. This is why the government is acting now, and this plan sets out how.

[Millions of unpaid carers to get recognition and earlier support](#)

First ever cross-government action plan to support unpaid carers published.

[Unpaid carers action plan: recognise, refer, reach](#)

This action plan aims to improve the lives of unpaid carers in England.

Health & Social Care in the Community

[Understanding the Needs and Barriers Experienced by Unpaid Carers of Veterans in England](#)

This paper presents findings from an external evaluation of two projects from a wider national program funded by NHSE/I that sought to understand the needs of unpaid carers in vulnerable communities in order to reduce health inequalities. The two projects focused on in this paper included unpaid carers of veterans in England.

Healthcare Today

[NHS virtual wards shift part of patient-safety burden onto families, study finds](#)

The emotional labour of carers must be considered, a study examining the role of virtual wards recommends, as the NHS looks to amp up the scheme amid hospital bed shortage.

NHS Employers

[Consultation on employment rights for unpaid carers and parents of seriously ill children](#)

Government's consultation on employment rights for unpaid carers and parents of seriously ill children, and how employers can shape our response.

Research in Gerontological Nursing

[Practical Challenges in Assisting with Mealtimes for People with Dementia: A Qualitative Content Analysis of Caregivers' Experiences](#)

The current study aimed to explore the practical challenges encountered by family caregivers when assisting community-dwelling people with dementia during mealtime.

Please request: pcn-tr.kmteam.penninecare@nhs.net

Faith & Beliefs

BBC News

[Why an anti-sacrilege law in India's Punjab has sparked controversy](#)

A recent attempt by the government in India's northern state of Punjab to introduce a tougher law punishing sacrilege against the Sikh holy scripture, the Guru Granth Sahib, has triggered a controversy.

BMJ Open

[Healthy Madrasas: a qualitative study using normalisation process theory and co-production approach to explore translation of a childhood obesity prevention intervention in Islamic religious settings from one UK city to another](#)

Childhood obesity remains high in the UK, with a higher prevalence among children from ethnic minority groups. The 'Healthy Madrasa' programme was developed and implemented in Bradford, UK, to support obesity prevention in Muslim children by working with Islamic religious settings such as madrasas.

Journal of Religion and Health

[Hope as a Therapeutic Resource: Systematic Evidence of its Impact on Mental, Physical, and Spiritual Health](#)

Hope is a multidimensional construct that plays a fundamental role in the human experience and in the processes of health and illness. Previous research has demonstrated its association with greater resilience, improved coping, and better treatment adherence; however, evidence regarding the effectiveness of interventions designed to promote hope remains heterogeneous. Therefore, this study aims to analyze the effect of hope-based interventions on health outcomes

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PLOS One

[Gendered perspectives of yoga in the Key Stage 1 classroom: Qualitative content analysis indicates contrasting views of teachers and pupils](#)

The gendering of physical activities is ubiquitous, with those involving strength, endurance, and physical contact considered masculine, and those involving concentration, presentation, and flexibility considered feminine. Yoga, for instance, tends to be regarded by adults and adolescents as a feminine activity for women/ girls, however, it is not known whether younger children share this view.

Psychology of Religion and Spirituality

[The impact of general and religious/spiritual minority stressors on LGBTQ+ individuals' spiritual health](#)

A great deal of research has examined the impact of minority stress on the mental and physical health of LGBTQ+ (lesbian, gay, bisexual, transgender, and queer) individuals, but little is known about how this minority stress impacts LGBTQ+ individuals' spiritual health. The purpose of this study is to examine the unique impact of proximal and distal stressors that occur in general versus religious/spiritual (R/S) settings on LGBTQ+ individuals' spiritual health.

Please request: pcn-tr.kmteam.penninecare@nhs.net

Qualitative Health Research

["Unlocking Healthier Ways of Living and Being": Black Same Gender Loving Men's Insights into Developing a Spirituality-Based Holistic Health Intervention](#)

Black same gender loving (SGL) men in the United States continue to experience mental, physical, relational, and financial health inequities due to the impact of various systems of oppression. Despite this fact, there are few health interventions developed specifically for Black SGL men that address health outcomes beyond sexual health.

Religion & Development

[Religion and Development in Times of Global Crises](#)

This editorial introduces Religion & Development Volume 4, Issue 2/3. One central theme of the articles is that they all address different aspects of current global crises. They do so explicitly or implicitly, each from a different perspective and with a different approach.

LGBTQ+

Alice House Hospice

[Hospice Recognition at LGBT Alliance Awards](#)

Alice House Hospice received the Positive Impact on LGBTQ+ Health Award at this year's LGBT Alliance Awards.

BMA

[The A in LGBTQIA+](#)

Cristina Costache explores asexuality, aromanticism and why aro and ace people must be recognised, believed and included at Pride.

BMA

[Knowing I was different, but not knowing why](#)

After years of trying to fit in, Cristina Costache reflects on discovering she is aro-ace, finding the words to explain her feelings, and learning to accept herself.

BMA

[Juggling childcare: are you aware of unpaid parental leave?](#)

Lizzie Schofield explores how unpaid parental leave could offer salaried GPs more flexibility when it's needed most.

British Journal of Psychiatry

[Barriers and facilitators to accessing addiction treatment services for sexual minority \(LGBQ+\) people: systematic review](#)

Sexual minority (lesbian, gay, bisexual, queer and other non-heterosexual) people experience significant disparities in addiction problems compared with heterosexual people.

Centre for Ageing Better

[Invisible identities: why the lack of national data on the lives of older LGBTQ+ people matters](#)

The older LGBTQ+ population has seen much change in their lifetime but it is a group that continues to be overlooked. Our Research and Analysis Manager Sarah Wilkinson explains why their absence from official datasets matters, beyond just counting their numbers.

Mental Health Review Journal

[Mental health practitioners' experiences of discrimination from service users and carers in the UK](#)

This study aims to explore the experiences of mental health practitioners who were discriminated against due to their perceived race, gender or sexual orientation by service users or carers in the UK, and the support sought and received from their employing organisations.

Personnel Today

[Gap in sexual harassment training puts employers at risk](#)

One in five managers have received no training on preventing sexual harassment, a survey by learning company VinciWorks has found.

Personnel Today

[EHRC publishes updated draft code of practice](#)

The Equality and Human Rights Commission has published its updated draft code of practice for services, public functions and associations after a motion by MPs to disapprove it failed to stop its progress.

Pink News

[English schools told to ban trans pupils from single-sex toilets under new guidance](#)

Schools in England will be required to stop transgender pupils from using toilets and changing rooms that do not match their “biological sex” from September, under new statutory safeguarding guidance.

Pink News

[Rising number of Brits think it's acceptable to make gay jokes, study shows](#)

A new study worryingly reveals that British people think it's increasingly acceptable to make jokes about gay people.

Pink News

[England player Harry Kane's long history as an LGBTQ+ ally](#)

England captain and Bayern Munich striker Harry Kane has always been a staunch LGBTQ+ ally.

Pink News

[Major British body acknowledges failures as they make commitment to trans folk](#)

The British Association for Counselling and Psychotherapy (BACP) has affirmed their commitment to trans, non-binary and gender-questioning people (TNBGQ) after admitting they have failed the community.

Pink News

[Puberty blockers trial can go ahead as court throws out challenge](#)

The High Court has ruled that the PATHWAYS puberty blockers trial can go ahead, after a judge threw out a challenge from campaigners.

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Social Science & Medicine

["If we were a straight couple": Laboring to navigate LGBTIQ+ reproductive bioprecarity in UK fertility clinics](#)

This paper uncovers how LGBTIQ+ + service users navigate fertility clinics in the UK whilst under conditions of reproductive bioprecarity.

Zero Suicide Alliance

[New LGBTQ+ Suicide Awareness Training launched to support safer, more inclusive conversations](#)

The Zero Suicide Alliance (ZSA), in partnership with Liverpool City Council, has launched a new LGBTQ+ Suicide Awareness Training course designed to help people feel more confident supporting LGBTQ+ individuals who may be struggling with their mental health. The free online training brings together lived experience, community voices and clinical insight to highlight the unique factors that can affect suicide risk within LGBTQ+ communities, and offers practical guidance on how to have supportive, compassionate conversations.

Men's Wellbeing

BBC Futures

[Why the penis is a barometer of men's health - and we need to wake up to its warnings](#)

Erectile dysfunction can be an early warning of a heart attack, stroke, diabetes and dementia. It's time that patients and doctors alike started taking notice, according to researchers.

BBC News

[How car meets are helping men discuss mental health](#)

A motor enthusiast said he has been organising car meets to encourage other men to talk "openly and honestly" about their mental health and challenge any stigma.

BBC News

[Funding boost to expand men's mental health group](#)

A men's mental health group in Stratford-upon-Avon has been given a £40,000 grant to expand its work, a year after it first began.

BBC News

[MenB vaccine offers men no protection from gonorrhoea, claims major study](#)

The Meningitis B vaccine does not prevent gonorrhoea infections despite being offered to at-risk men, scientists say.

BBC News

[Ice on testicles and donating blood - the myths sold to men trying to boost their sperm](#)

Male fertility experts around the world say they have seen an increase in the number of men requesting semen analysis and expressing concerns about their future fertility....Meanwhile, an industry of influencers and products are emerging in response, capitalising on this anxiety.

BBC News

[Men's Shed finds permanent home after two-year hunt](#)

A community group offering people the chance to learn new skills and build connections is opening a new permanent home after a lengthy search.

BBC News

[Mental health chat grows into UK-wide lifeline](#)

What started as a WhatsApp group for men to share their feelings has grown into a nationwide support network, with organisers saying demand continues to rise five years on.

BBC Sounds

[Why more young men are trying to quit porn](#)

Loads of young men watch porn and there are plenty of studies that suggest it can be bad for mental health and relationships. Some governments have restricted access to porn sites, and there's a growing movement towards cutting out porn.

BMA

[Juggling childcare: are you aware of unpaid parental leave?](#)

Lizzie Schofield explores how unpaid parental leave could offer salaried GPs more flexibility when it's needed most.

Frontiers in Health Services

[Developing an implementation strategy to scale a community-based football intervention for Men's health: an implementation science study](#)

Men experience poorer health outcomes than women and are less likely to engage with traditional healthcare services, highlighting the need for gender-responsive, community-based approaches. The Football Cooperative (FC) initiative in Ireland uses recreational football as a socially engaging setting to support men's health and wellbeing. Although football-based initiatives demonstrate strong acceptability and health benefits, translating locally successful models into sustainable systems capable of large-scale delivery remains challenging.

Insight - Opinions

[Young men need compassion when engaging with health care providers](#)

Approaching young men with curiosity, patience and compassion during GP consultations may be one of the most effective ways to improve their engagement in health care services.

Journal of Men's Health

[The role of human resource management practices in promoting men's health: a systematic review](#)

Men experience disproportionately higher rates of cardiovascular disease, occupational injuries, mental health stigma, and reduced healthcare utilization compared to women, yet workplace health initiatives often overlook gender-specific needs. Human Resource Management (HRM) practices represent a critical organizational mechanism for addressing men's health disparities.

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NICE Clinical Knowledge Summaries

[Prostate cancer](#)

NICE have updated the Clinical Knowledge summary for prostate cancer.

Personnel Today

[Gap in sexual harassment training puts employers at risk](#)

One in five managers have received no training on preventing sexual harassment, a survey by learning company VinciWorks has found.

Personnel Today

[Call to expand paternity leave to encourage more shared parenting](#)

The government is being urged to extend statutory paternity leave and make it more generous, as part of its ongoing review into parental leave.

The Guardian

[Men's average testosterone levels have halved in last 50 years, say scientists](#)

Men's average testosterone levels have halved over the past 50 years, according to scientists, who say society is facing a male fertility crisis.

UK Government

[Loneliness, isolation and social connection among boys and young men in England](#)

Boys and young men face specific risks linked to loneliness, yet wider research suggests they may be less likely to report these experiences because of stigma.

Neurodiversity

Autism in Adulthood

[Learning from the Experiences of Autistic Professionals Working in Health and Education](#)

Background: This study aimed to explore the experiences of autistic professionals working in the public sector in Scotland and investigate the factors that supported them in achieving employment in their chosen career.

BBC News

['I'm struggling alone waiting for ADHD diagnosis'](#)

A woman who says she has struggled since school with suspected ADHD says having to wait for a diagnosis continues to affect her daily life and her job.

BBC News

[Woman realised she had ADHD during early menopause](#)

A woman who was diagnosed with ADHD at the age of 43 said she only realised she had the condition after going through early menopause due to her breast cancer treatment.

BBC News

[Unmasked: The autistic women authoring a better future](#)

Masking, camouflaging, trying to blend in - this is what women with autism have been practising to navigate a world that for decades did not even recognise their existence. Having finally been diagnosed as adults, many have taken to print to shed light on the reality, variety and complexity of these once hidden lives.

BBC News

[How my period is supercharging my ADHD](#)

Conversations are rife on social media and chat forums about women's menstrual cycles exacerbating their ADHD symptoms. A first of its kind study by Queen Mary University and Kings College in London is putting that link to the test, by asking 50 women who have ADHD and are taking medication for it, to track their menstrual cycle and the impact it has on their ADHD symptoms, and daily life more broadly.

Business Disability Forum

[Business Disability Forum's new neurodiversity guidance helps managers support every employee to thrive](#)

Research suggests that an estimated 15% of the UK population is neurodivergent, yet many managers are still unsure about how to provide the right support for their employees. To help change this, Business Disability Forum (BDF) has launched new guidance to provide practical advice to employers on how to support neurodivergent colleagues in the workplace.

Care Quality Commission

["A way out": CQC-led reviews support autistic people and people with a learning disability out of long-term segregation](#)

The Care Quality Commission (CQC) has published its report Learning from Independent Care (Education) and Treatment Reviews in 2024 and 2025. It shows that 40% (35 out of 88) of people with a learning disability or autism diagnosis whose care was reviewed, were supported to be able to leave long-term segregation (LTS) through the review process and access more appropriate care.

Clinical Child Psychology and Psychiatry

[Exploring Parents' and Carers' Views About the use of Digital Tools in Neurodevelopmental Assessment](#)

Children's services are struggling to meet increasing demand for neurodevelopmental (ND) assessment and support. Early identification enhances the appropriate delivery of services tailored to meet the needs of children and families. In the face of increased waiting lists, the integration of digital tools may improve efficiency, but only if they are acceptable to the people using them.

Exceptional Individuals

[Neurodivergent Career Advice: Choosing a Career When You're Neurodivergent](#)

This article explores why traditional career paths and workplace expectations can disadvantage neurodivergent people, from recruitment barriers to sensory, communication, and executive functioning challenges. It also explains how a more neuroaffirming approach to career planning can help people focus on strengths, energy patterns, and practical adjustments to build careers that are more sustainable, inclusive, and realistic.

Exceptional Individuals

[Culture Eats Policy for Breakfast: Why Neuroinclusive Workplace Culture Needs More Than a Checklist](#)

A neuroinclusive workplace culture is not created by a checklist alone. It is built through mindset, empathy, clear communication, manager confidence, practical adjustments and repeated everyday choices.

Exceptional Individuals

[Autism Workplace Adjustments That Improve Retention](#)

This article is intended for employers, managers, HR professionals and anyone interested in creating more inclusive workplaces by exploring common workplace barriers and practical adjustments that can support autistic employees.

Healthwatch

[What do autistic people want from health services?](#)

As the Government develops a new mental health strategy, the experiences of autistic people show change is needed.

The HR Director

[Revealed first meta-analysis of every published ADHD employment tribunal decision in Britain](#)

The first meta-analysis of every published ADHD employment tribunal decision in Britain has found that employer outcomes are almost entirely determined by manager behaviour, not claimant condition — with claimants winning up to 100% of cases in certain management failure scenarios.

Journal of Autism and Developmental Disorders

[Trends in Self-Reported Autism Among Adults in England: Analysis of a Repeated Cross-Sectional Patient Survey Series of 5,999,433 Adults](#)

Whether autism is increasing is a subject of growing interest to researchers, health and social care professionals, policymakers, and the general public. We examined trends over time in the proportion of adults in England self-reporting as autistic, utilising data from an annual repeated cross-sectional survey series of adults registered with a General Practice in England.

Please request: pcn-tr.kmteam.penninecare@nhs.net

National Autistic Society

[MotionInput Football Practice kicks off on the Microsoft Store](#)

MotionInput Football Practice has been designed for autistic and neurodivergent players and uses webcam-based motion tracking, allowing players to interact through physical movement rather than a mouse, keyboard or controller.

Neurodiverse Connection

[Creativity, Collaboration and Connection](#)

Reflecting on their time as a Neurodivergent Lived Experience Advisor on the Culture of Care Programme, Antonia Aluko shares how bringing lived experience into a professional role transformed her confidence, fostered connection, and reinforced the power of lived experience to drive meaningful change.

Neurodiverse Connection

[Autism, Neurodivergence, Lived Experience, Health and Inclusion — What's New in July](#)

This month's research roundup from Ann Memmott highlights a diverse collection of new studies and resources exploring Neurodivergence across health, communication, support, and lived experience.

Personnel Today

[Consultation launched on equal pay reform](#)

The government has launched a 15-week consultation to gather views on its next steps around equal pay reform. In particular, the Office for Equality and Opportunity (OEO) has said it is seeking views on the government's approach to make the right to equal pay more effective for ethnic minority and disabled people.

[Pay transparency: employers to publish salaries in job adverts under equal pay reforms](#)

Employers will have to publish salary information in job adverts under government proposals designed to tackle pay discrimination and strengthen equal pay protections.

[‘Employers must prepare for biggest changes in equal pay for years’](#)

Some employers fear proposals within the government’s new consultation on equal pay will enable competitors to poach their staff and entwine them with more red tape. Others see the new measures as the law catching up with best practice.

NHS England

[Supporting autistic people and people with a learning disability to live well in their communities](#)

This publication sets out the essential components that help autistic people and people with a learning disability to live good, meaningful lives in their communities. It is designed to support local systems plan and deliver this support across all ages.

The Donaldson Trust

[Top tips for creating a neuro-inclusive workplace](#)

It’s estimated that around 15–20% of people in the workplace are neurodivergent. The real figure is probably higher when you include people who aren’t diagnosed or don’t disclose. Here are some small, practical actions that can help organisations become more inclusive for everyone.

The Mental Elf

[Autism and restrictive eating disorders: a battle of the senses](#)

For many autistic people I’ve met while working in an eating disorder charity, food restriction is less about appearance and more about survival. One individual described eating as “*a battle with every sense*”, illustrating how restriction can become a way to cope with an overwhelming world. Yet these experiences rarely appear in traditional models of Restrictive Eating Disorders (REDs), particularly Anorexia Nervosa (AN), which is often framed through weight and shape concerns (Kinnaird et al., 2019).

The Mental Elf

[The Goldilocks zone: getting ADHD medication ‘just right’](#)

Neurodivergence, including Attention Deficit-Hyperactivity Disorder (ADHD), remains an area of great interest across social media, with high levels of misinformation being spread on different online platforms (Carter et al., 2026), as blogged recently by Higson-Sweeney (2026). Despite this, there have been no elves blogging on the treatment of ADHD since our last adventure into the woodland earlier this year (Budgen & Suetani, 2026; Zhang et al., 2025).

Transfusion

[The neurodivergent blood donor: Fairness, discrimination, screening, and behavior](#)

We broaden the ongoing drive to diversify blood donor panels by proposing and testing a framework to explore neurodivergence and blood donation.

Please request: pcn-tr.kmteam.penninecare@nhs.net

Positive Ability

BBC News

[Jurors, lawyers and social workers face 'resilience test' in inaccessible courts](#)

By the time disabled social worker Vikki Walton-Cole arrived at court, she was already "in pain and unable to walk".

BBC News

[Disability benefit not fit for purpose, minister leading review says](#)

A key disability benefit is not working for millions of disabled people or the government and needs fundamental change, a review has said.

British Journal of General Practice

[Disparities in the uptake of learning disability \(intellectual disability\) annual health checks](#)

People with intellectual disabilities (referred to as learning disabilities in the United Kingdom) face considerable health inequalities. One attempt to address these in England has been through incentivising General Practices to complete annual health checks with people with a learning disability aged 14 or over. We aimed to examine recent trends in learning disability registers and the uptake of learning disability annual health checks in England.

Business Disability Forum

[Global Conference shows how disability inclusion can drive change](#)

Business Disability Forum (BDF)'s fifth Global Conference – 'Delivering disability-inclusive change in global organisations' – certainly lived up to its name as hundreds of delegates from nearly 40 countries gathered to share ideas, learn from one another and explore how organisations can continue making progress on disability inclusion in an increasingly challenging environment.

Business Disability Forum

[BDF conference unites global voices to lead change on disability inclusion](#)

Business Disability Forum's global conference brought together business leaders and top employers to debate how global change can be used to deliver global disability inclusion (7 July).

Business Disability Forum

[The Innovation Fund: new ideas on disability at work](#)

The Government announced the creation of its Pathways to Work Innovation Fund. The fund is an initiative that invites all types and sizes of organisations to pitch ambitious, creative ideas to help disabled people and those with health conditions get into and on at work. A wide range of ideas is expected to be funded. Projects can be about using technology, joining up support, or something completely different.

Carers UK

[RNIB seek feedback of blind and partially sighted people](#)

RNIB are conducting research around the rising cost of living. They are running a survey to gain the feedback of blind and partially sighted people to inform this work and allow them to speak to decision makers. The survey closes on the 15 August 2026.

Centre for Ageing Better

[Making Workplaces Work for Everyone: Closing the Gap Between Ambition and Action for Disabled Older Workers](#)

A newly-published Ageing Better survey reveals an alarming gap between employers' belief in the importance of inclusive employment practices and their implementation of them.

Department of Health and Social Care, Disability Unit and Office for Equality and Opportunity

[British Sign Language \(BSL\) 5-year plan: Department of Health and Social Care](#)

In July 2025, all ministerial departments published a 5-year BSL plan, setting out how they plan to improve the use of BSL within their departments.

Disability & Rehabilitation: Assistive Technology

[Adoption intentions and barriers to emerging technologies among people with disabilities: a systematic review of attitudes, accessibility, and inclusion](#)

Emerging technologies, ranging from robotics and artificial intelligence to assistive innovations, hold transformative potential for improving the quality of life among people with disabilities. Yet, despite decades of research, systematic evidence on their adoption intentions, attitudes, and accessibility barriers remains fragmented.

Please request: pcn-tr.kmteam.penninecare@nhs.net

Disability Rights UK

[Disabled people forced to skip meals as food poverty survey reveals “systemic failure”](#)

Most Disabled people are struggling to afford enough food, with many skipping meals every week and seeing their health suffer as a result, according to new research from the Disability Poverty Campaign Group (DPCG).

Disability Rights UK

[Disability Pride Month: Resistance in Action](#)

This Disability Pride Month, we reflect on the what pride means to us amidst the roll-back of our rights and how movements from the past can inspire us to keep resisting.

Disability Rights UK

[Fill in our Survey for Physical Activity Providers on Inclusive Provisions for Disabled People](#)

Disability Rights UK, supported by the Disability and Physical Activity Impact Collective, is inviting physical activity providers to complete a short baseline survey about inclusive physical activity provision for Disabled people. The survey questions have been co-designed with members of the Disability and Physical Activity Impact Collective.

Disability Rights UK

[Evidence highlights potential of flexible working to close the disability employment gap](#)

Disability Rights UK worked with Catherine Hale, to submit a response to The Women and Equalities Committee (WEC) inquiry “Equality at work: flexible working and disability.”

Disability Rights UK

[Exploring the Relationship Between Horror and Disability](#)

Aaliyah Bates, our DPO Development Officer, writes for Disability Pride Month about the complex relationship between disability and horror. They explain how, despite historically harmful depictions of Disabled people, horror can subvert narratives and disrupt convention in ways that push Disabled portrayals out of the same stale roles we're used to.

Disability Rights UK

[Baywatch Campaign – Are Supermarkets Meeting the Needs of Disabled People?](#)

Across the UK, Disabled people continue to face barriers to independence and participation in everyday life. Disabled parking bays in private car parks remain poorly enforced and frequently abused. To tackle this issue, Disabled Motoring UK's (DMUK's) Baywatch campaign returns this summer. The campaign shines a spotlight on the misuse of accessible parking bays in supermarket car parks, while calling for greater accountability from supermarkets and parking operators.

Health Affairs Scholar

[Associations between disability status, workplace accommodations, and well-being among practicing physicians and trainees](#)

Physicians with disabilities face persistent barriers to inclusion, with downstream effects on well-being, performance, and workforce retention. While disparities in burnout and professional fulfillment are increasingly documented, the role of workplace accommodations in shaping these outcomes remains insufficiently examined.

House of Commons Library

[Capital funding for Changing Places toilets](#)

Changing places toilets are specifically designed for people with multiple and complex disabilities who cannot use standard accessible toilets designed for independent use by an individual. They include height-adjustable, adult-sized changing benches, ceiling track hoists and enough space for multiple carers. There are currently 2,665 active Changing Places Toilets registered in the UK. This is an increase from around 140 in 2007. An interactive map providing information on how to access each facility is available on the Changing Places Toilets website.

Personnel Today

[Consultation launched on equal pay reform](#)

The government has launched a 15-week consultation to gather views on its next steps around equal pay reform. In particular, the Office for Equality and Opportunity (OEO) has said it is seeking views on the government's approach to make the right to equal pay more effective for ethnic minority and disabled people.

[Pay transparency: employers to publish salaries in job adverts under equal pay reforms](#)

Employers will have to publish salary information in job adverts under government proposals designed to tackle pay discrimination and strengthen equal pay protections.

['Employers must prepare for biggest changes in equal pay for years'](#)

Some employers fear proposals within the government's new consultation on equal pay will enable competitors to poach their staff and entwine them with more red tape. Others see the new measures as the law catching up with best practice.

Scope

[Disability Pride is about taking back control of the narrative](#)

"I was born with Arthrogryposis Multiplex Congenita (AMC), and I've used a wheelchair my whole life. I've played wheelchair rugby for over 15 years, including competing for Great Britain at the London 2012 Paralympics. Alongside that, I work in adult social care and write a blog, The Adventures of a Guy Called Mylo. I write about life, dating, disability, and everything in between."

The Health Foundation

[PIP reform must reflect changing needs of disabled people](#)

This is the response to the interim report of Stephen Timms' review of Personal Independence Payment by David Finch, Interim Director of Health and Inequalities at the Health Foundation,

Race Equality

BBC News

[Sussex NHS trust joins scheme to tackle racism](#)

An NHS trust has announced its selection for a national pilot to tackle racism in mental health services.

BBC News

[South Asian donor shortage leaves long organ waits](#)

More than 20 times as many patients of South Asian heritage are waiting for an organ transplant as there were the number of deceased donors from the same background last year, NHS figures show.

Black Equity Organisation

[Your Voice Can Help Transform the Future of Black People at Work](#)

Black Equity Organisation (BEO) has launched one of the most comprehensive studies ever undertaken into the workplace experiences of Black people across the UK.

BMA

[BMA elects president who aims to empower all doctors](#)

Pioneering surgeon and champion of medical diversity Professor Farah Bhatti OBE has been elected by BMA members to serve as the association's latest president.

British Journal of Healthcare Management

[Experiences of NHS staff involved in employee relations processes: a qualitative study](#)

Employee relations processes are established to ensure that conflicts are managed in a fair, equitable and consistent manner. This semi-quantitative and qualitative study aimed to explore the experiences of NHS staff members involved in formal employee relations processes in an ethnically diverse trust, to inform potential interventions to reduce or eliminate avoidable harm in these processes.

Please request: pcn-tr.kmteam.penninecare@nhs.net

Care Quality Commission

[Research: How can the Care Quality Commission become an anti-racist organisation?](#)

This research looks at how CQC colleagues understand and experience racism and anti-racism at CQC, how current systems and processes support or limit progress, and what needs to change.

Community Mental Health Journal

[Perceptions and Experiences of Personal Recovery for Ethnic Minority People with Severe Mental Illness: A UK-informed Qualitative Systematic Review](#)

A qualitative systematic review was conducted to investigate how ethnic minority people with severe mental illness (SMI) perceive and experience personal recovery.

Dementia

[Hounslow Health Inequalities in Dementia Care \(HHInD\): Experiences of South Asian Ethnic Minority People Living With Dementia and Their Carers, and the Role of Arts, Heritage and Cultural Interventions](#)

Despite increasing dementia prevalence among minority ethnic populations in the UK, culturally appropriate post-diagnostic support remains limited. South Asian ethnic groups face distinct barriers in accessing care, including a lack of tailored arts, heritage, and cultural interventions that could support engagement, wellbeing, and social connection.

Department of Health and Social Care, NHS England and Karin Smyth MP

[NHS sets first-ever staff standards to tackle racism and violence](#)

New NHS staff standards will make employers accountable for tackling racism, violence and sexual harassment, with results published in league tables.

Emergency Medicine Journal

[Black-white implicit bias among healthcare workers in UK emergency departments: findings from the multicentred BiasED Study](#)

Addressing racial bias in healthcare is crucial for ensuring equitable treatment and outcomes. We aimed to explore implicit (unconscious) racial bias among healthcare professionals in UK emergency departments (EDs).

Please request: pcn-tr.kmteam.penninecare@nhs.net

Greater Manchester Mental Health NHS Foundation Trust

[No Space for Racism in Health and Care – Greater Manchester Takes a Stand](#)

The Greater Manchester Integrated Care Partnership (GM ICP), which brings together all the health and social care services, local councils and community organisations across Greater Manchester, has launched its own anti-racism campaign, with real staff sharing how racism has affected them.

House of Commons Library

[Unemployment by ethnic background](#)

1.80 million people aged 16+ were unemployed in January to March 2026. Of these, 1.18 million were from a White ethnic background and 615,000 were from minority ethnic backgrounds.

Mental Health Review Journal

[Mental health practitioners' experiences of discrimination from service users and carers in the UK](#)

This study aims to explore the experiences of mental health practitioners who were discriminated against due to their perceived race, gender or sexual orientation by service users or carers in the UK, and the support sought and received from their employing organisations.

Nuffield Trust

[One in five women attend A&E in the year after giving birth, with stark inequalities rooted long before pregnancy](#)

A new Nuffield Trust report shows that around one in five mothers attend A&E in the year after they give birth, while 6% have an emergency hospital admission. Black women, those from the most deprived areas, and those with mental health conditions are among more likely to receive emergency care.

Nursing & Midwifery Council

[NMC seeks more views on fairer, more equitable nursing and midwifery education](#)

The Nursing and Midwifery Council (NMC) is encouraging more people from Black, Asian and ethnic minority backgrounds to help shape the future of nursing and midwifery education, with a focus on practice learning – before the regulator's consultation on proposed changes to its standards closes on 23 July.

Nursing & Midwifery Council

[Over a third of the nursing and midwifery workforce is Black, Asian and ethnic minority for the first time](#)

New data from the Nursing and Midwifery Council (NMC) show that, for the first time, more than a third of professionals on the Register are Black, Asian and ethnic minority professionals – 293,778 out of a record total of 867,935 people now on the Register (33.8%).

Nursing & Midwifery Council

[South Asian Heritage Month: Shaida Ghazala Akhtar shares her nursing journey](#)

To mark South Asian Heritage Month, Shaida Ghazala Akhtar, Founder and President of the Pakistani Nurses and Midwives Association (PNMA-UK), reflects on her journey into nursing, the influence of her parents and the importance of representation for South Asian professionals.

Nursing & Midwifery Council

[South Asian Heritage Month: Walter Burog reflects on Unity in Diversity](#)

To mark South Asian Heritage Month, Walter Burog, Head of Professional Practice at The London Clinic, reflects on his Filipino heritage, the value of malasakit and what this year's theme, "Unity in Diversity", means to him. He also shares how embracing different cultures and lived experiences can strengthen nursing, leadership and the care people receive.

Personnel Today

[Consultation launched on equal pay reform](#)

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Some employers fear proposals within the government's new consultation on equal pay will enable competitors to poach their staff and entwine them with more red tape. Others see the new measures as the law catching up with best practice.

PLOS Mental Health

[Reducing ethnic inequalities in experiences and outcomes of mental illness: A realist informed national programme evaluation](#)

Black and minority ethnic communities are more likely to receive coercive mental health care, and involuntary admissions via crisis and criminal justice agencies. Lived experience informed interventions may be better able to address structural determinants, overcome resistance, and motivate innovations. The Synergia Collaborative Centre (SCC) sought to drive systems reform through insights from lived experience data, evidence syntheses, co-design and creative communications. We report a qualitative study of the SCC, applying a realist-informed secondary analysis method to interview data from an independent evaluation.

Race Equality Foundation

[The Race Equality Foundation awarded £5m for project to tackle structural racism and health inequity](#)

The Race Equality Foundation has been awarded £5 million over five years by the National Lottery Community Fund. The funding will be used to establish three pilot 'Anti-Racism Collaboratives' with Co-Production Panels in Manchester, Lambeth and Barking & Dagenham tackling the structural causes of health inequities.

Runnymede Trust

[Homes not Harm](#)

London's housing system breaches basic standards of humanity, with racism embedded at its core. Homes, not harm evidences the staggering housing crisis behind everyday life in London, and across the UK.

Runnymede Trust

[Exploring Britain's mixed-race history](#)

Britain's mixed-race history has long been overlooked: it's time we explored this major part of our national story, writes Lucas Fothergill, a documentary filmmaker and author of Everyone Everywhere: 21 Stories of Mixed Race Britain.

The King's Fund

[The King's Fund responds to NMC's findings that over a third of the nursing and midwifery workforce is Black, Asian and ethnic minority for the first time](#)

Sarah Woolnough, Chief Executive of The King's Fund gives a response to the Nursing and Midwifery Council's (NMC) findings that over a third of the nursing and midwifery workforce is Black, Asian and ethnic minority for the first time,

The Mental Elf

[Windrush Voices: Silence, Racism and Resilience Across Generations](#)

They review research by Blumsom et al. (2025) who offer a vital contribution, using narrative inquiry to illuminate how stories of racism and resistance are carried intergenerationally, and how they continue to shape the emotional landscapes of families and communities of the Windrush Generation today.

Women's Wellbeing

Anaesthesia, Critical Care and Pain Medicine

[Gender bias: Reality or perception? Proposed solutions to create equitable and inclusive workplaces](#)

This article reflects on deeply ingrained societal biases with regard to gender. Patriarchal structures and gender socialization have created a perceived incongruity between traditional leadership qualities and traits associated with women.

Please request: pcn-tr.kmteam.penninecare@nhs.net

BBC News

[Endometriosis could be diagnosed by blood test, research suggests](#)

Endometriosis could be diagnosed by a blood test for hormone differences instead of surgery, new research suggests.

BBC News

[Women hit fertility tipping point at 49 - even with young donor eggs](#)

Older women face a lower chance of fertility treatment working, even when using young donor eggs - with a marked drop-off from around the age of 49, new research suggests.

BBC News

[Why heatwaves hit women harder](#)

Extreme heat can affect anyone. But heatwaves are a "stress-test" for women's cardiovascular systems, and hit them harder than men, Dr Nighat Arif, an NHS GP who specialises in women's health, told the BBC.

BBC News

['Endometriosis tests would have given me years back'](#)

"I was told that my symptoms were just part of being a woman." These are words that are likely to be familiar to scores of women who have suffered years of seeking a reason for their extreme pain and heavy periods, before finally being told they have endometriosis.

BBC News

[Endometriosis groups 'crying out' for cut in diagnosis time](#)

"With endometriosis, most people end up minimising their pain, gaslighting themselves so they don't reach out for help," Abbie Filer explains.

BBC News

['Fibroids left me in excruciating pain'](#)

This is from a Woman's Hour discussion.

BBC News

['You are not alone with endometriosis pain'](#)

"I am on the highest dose, it eases my pain. I take it two to four times a day," Christiana Hansen explains, showing the array of medications used daily to help her deal with her endometriosis.

BBC News

[I'll lose my bowel because my pain was dismissed until my husband spoke up](#)

An operation nearly 20 years ago left Donna Davies in constant pain but she only felt believed by medics after her husband spoke up.

BBC News

[I had to stop modelling because I kept passing out from crippling endometriosis](#)

Carla Cressy worked as a model from the age of five until she was 17, but kept collapsing on shoots.

BBC News

[Doctors failed to spot my hidden condition for so long I was left permanently disabled](#)

When Daneka Etchells was 12, her period arrived - and she immediately knew something wasn't right. Unlike many of her friends, hers were extremely heavy and she experienced excruciating pain.

BBC News

[Female veterans support group makes national impact](#)

A mental health support service for female veterans founded one year ago could be replicated across the country.

BBC News

[Hundreds of thousands of women get morning-after pill via free pharmacy service](#)

Hundreds of thousands of women have used a new, free morning-after pill service at high street pharmacies in England, figures reveal.

BMA

[Juggling childcare: are you aware of unpaid parental leave?](#)

Lizzie Schofield explores how unpaid parental leave could offer salaried GPs more flexibility when it's needed most.

British Menopause Society

[MHRA has added to the license for Elinzanetant](#)

The Medicines and Healthcare products Regulatory Agency (MHRA) has extended the licence for Elinzanetant, an NK1/NK3 receptor antagonist, for the treatment of moderate to severe vasomotor symptoms in women receiving adjuvant endocrine therapy for breast cancer.

British Menopause Society

[International Menopause Society survey: ovarian ageing, menopause, premature ovarian insufficiency and genetics](#)

The British Menopause Society (BMS) is supporting an International Menopause Society (IMS) survey to inform a new IMS Special Interest Group on ovarian ageing, menopause, POI and genetics.

British Menopause Society

[Have your say on VVA: a new survey for healthcare professionals](#)

Healthcare professionals who see menopausal women with vulvo-vaginal atrophy (VVA), as part of genitourinary syndrome of menopause (GSM), are invited to take part in a new University of Melbourne survey exploring how this condition is diagnosed, discussed and treated in practice.

Centre for Ageing Better

[Men named Chris or talking animals more likely to be star of the film than older women](#)

More of the UK's top films from the past three years feature a lead actor called Chris than have a female lead actor over the age of 60, new analysis from the country's first national anti-ageism campaign reveals.

Community Health Equity Research & Policy

[The Enablers and Barriers to Accessing Women's Health and Wellbeing Services for Women Aged 40-65 Years: A Qualitative Study](#)

Midlife women, aged 40–65 years, are an under-researched population with poor and inequitable access to Women's Health and Wellbeing Services (WHWS). This study, which was supported by a Patient and Public Involvement group, explored the enablers and barriers to WHWS, with a focus on sexual health and wellbeing services, cervical and breast screening, menopause care, contraception, and incontinence services.

Endometriosis UK

[Response to NICE draft NHS recommendations of non-invasive diagnostic tools for endometriosis](#)

NICE have today shared draft NHS recommendations of two non-invasive diagnostic tools for endometriosis.

House of Commons Library

[Lobular breast cancer](#)

Lobular breast cancer begins in the glands that make milk during breastfeeding. Charities and patient groups have called for more research on diagnosis and treatment of this cancer.

Mental Health Review Journal

[Mental health practitioners' experiences of discrimination from service users and carers in the UK](#)

This study aims to explore the experiences of mental health practitioners who were discriminated against due to their perceived race, gender or sexual orientation by service users or carers in the UK, and the support sought and received from their employing organisations.

National Maternity and Neonatal Investigation

[Final Reports](#)

Baroness Amos has published the final report and recommendations of the Independent National Maternity and Neonatal Investigation. The final report highlights key areas of concern, identifies barriers to delivering change and sets out a robust package of eight recommendations aimed at delivering long-term systemic and cultural transformation in maternity and neonatal care for the 21st century.

NHS England

[Hundreds of thousands of women access free morning-after pill at NHS pharmacies in first 5 months](#)

Hundreds of thousands of women have accessed the morning-after pill at high street pharmacies in the first 5 months since the NHS made it available free-of-charge.

NICE

[Polyendocrine Metabolic Ovarian Syndrome \(PMOS\)](#)

You can now review and comment on this draft guideline. The consultation closes on **Tuesday 11 August 2026** at 5pm.

NICE Clinical Knowledge Summaries

[Ectopic pregnancy](#)

This NICE Clinical Knowledge summary on ectopic pregnancy has been updated.

Nuffield Trust

[One in five women attend A&E in the year after giving birth, with stark inequalities rooted long before pregnancy](#)

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Personnel Today

[Gap in sexual harassment training puts employers at risk](#)

One in five managers have received no training on preventing sexual harassment, a survey by learning company VinciWorks has found.

Personnel Today

[Eight in 10 mothers forced back to work early by SMP 'cliff edge'](#)

Eight out of 10 new mothers (82%) feel forced to go back to work earlier than they would like because they cannot afford to live off statutory maternity pay, a survey has warned.

Personnel Today

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Personnel Today

[Hormone-related conditions driving attrition, survey finds](#)

More than a quarter of women have considered quitting work because of hormone-related symptoms, according to new research.

Personnel Today

[Men use external job offers to negotiate better pay](#)

The study, led by Prof Peter Fredriksson from Uppsala University in Sweden, argues that gender differences in negotiation behaviour are the most likely explanation. "While men's wages increase when exposed to outside job offers, women's wages remain largely unaffected," said the authors. "This discrepancy contributes significantly to the persistence of the gender pay gap, even within the same firm and occupation."

Practice Nurse

[Renewed women's health strategy: what general practice nurses need to know](#)

The new Women's Health Strategy aims to address the unique, and often poorly-recognised health needs of women across the country, and has been broadly welcomed – but many want to know just how it will be put into practice.

The King's Fund

[Improving maternal and infant outcomes and reducing inequalities](#)

Reviews of maternity services have repeatedly exposed poor-quality care and unacceptable failures during pregnancy and childbirth. Improving maternity services and ensuring that timely, high quality, compassionate and safe care is the norm must become an urgent NHS priority. However, much more needs to be done if the UK is to improve maternal and infant outcomes and tackle the persistent inequalities that contribute to its poor international ranking on maternal and infant outcomes.

The Mental Elf

[Endometriosis and self-compassion: breaking the pain catastrophising cycle](#)

They review a prospective study followed participants in Aotearoa New Zealand over a six-month period.

Verity

[Research request: Have you had positive or negative experiences with healthcare services?](#)

Researchers at King's College London would like to recruit individuals with a diagnosis of a long-term condition, including PCOS, to take part in a study that is assessing the experiences of being dismissed by healthcare services.

Verity

Research request: Do you live with chronic pelvic pain?

This research explores the way that people with chronic pelvic pain understand their identity. In particular, it explores whether this is linked to social support, mental health, pain beliefs, living according to values and the impact of pain on day-to-day life.

Verity

Research request: How do young women engage with help seeking behaviours for PCOS?

This study involves discussing personal experiences of PCOS, which include sensitive topics such as symptoms, personal concerns, and negative encounters with the healthcare system.

Verity

Research request: Is your diagnosis impacting your relationship with food?

This research aims to understand how appearance concerns, illness duration, and type of health condition relate to eating behaviours. The project is being carried out as part of an MSc in Clinical Psychology at the University of Bath.

Women's Budget Group

Green and Caring Homes for Gender Climate Justice

Joint briefing by WBG and Women's Environmental Network (Wen) with the involvement of Wen's Climate Sisters programme