



Knowledge Service

Inclusion Bulletin

September 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 Items may use terms that are deemed outdated.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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General

Good Things Foundation

[Digital Nation 2026](#)

What is the state of the UK's digital divide? Each year, Good Things Foundation gathers new facts and stats to reveal the reality of digital exclusion

Carers

BBC News

[Carers 'face breakdown' as dementia services cut](#)

Users of a dementia care centre in Dudley say services in the borough are being cut back without proper consultation.

BBC Sounds

[The Briefing Room. Part 1: How do we reform social care?](#)

This first of 2 episodes looks at what the Casey review is likely to find and its impact on all of us, we'll look at what we mean by social care, its history and who gets it.

Carers UK

[Sandwich carers 'pulled in all directions' as 84% struggle to take a break and protect their own health](#)

High numbers of sandwich carers are feeling the strain of caring for an adult relative, partner or friend, whilst also looking after dependent children, with many unable to take a break from their caring responsibilities to protect their own health and wellbeing.

Demos

['I'm beyond stressed': Trends in online conversations about poverty and social care](#)

The focus of this report is social care. This report is the eighth instalment of a research project that provides insights into the experiences of people living in financial hardship through an analysis of discussions in online support spaces. It is the first installment of a series of three waves of research throughout 2026, with each wave deep diving into a different policy area.

Independent Commission on Adult Social Care

[The Big Conversation on Care](#)

Baroness Casey of Blackstock has today (29 July) launched The Big Conversation on Care, the most ambitious public conversation in a generation, handing the public a direct role in shaping the future of adult social care in England.

PLOS Digital Health

[Evaluating the quality, reliability and readability of digital and artificial intelligence resources for adults with cancer who have significant caregiving responsibilities for children](#)

Families often report searching the internet for guidance on how best to support children when a significant adult has cancer. This study aimed to identify and evaluate the quality, reliability,

readability and content of websites, videos, and artificial intelligence (AI) resources available to adults with cancer who have caregiving responsibilities for children.

Psycho-Oncology

[The Psychological Impact of Caring for a Parent with Cancer on Adult Children of South Asian Heritage: A Reflexive Thematic Analysis](#)

This study aims to explore the psychological impact of caring for a parent with cancer on adult children of South Asian heritage.

Social Care Institute for Excellence

[How care inequities shape social care experiences](#)

This report presents a rare, in-depth qualitative study of how people drawing on care and support, and unpaid carers, experience inequities in social care in England. Commissioned by SCIE and conducted by Thinks Insight & Strategy, it builds on SCIE's wider work on care equity, including the Care Equity Evidence Hub.

Faith & Beliefs

BBC News

[Semenyo on the importance of his faith](#)

Manchester City's Antoine Semenyo talks about the importance of his Christian faith and how he and team-mates Jeremy Doku and Marc Guehi have become "brothers in Christ".

British Journal of Mental Health Nursing

[Barriers to facilitating spiritual care in mental health nursing](#)

Spiritual care is an important part of mental health care but remains a neglected aspect of training for mental health nurses. This article examines the tensions between documented benefits of spiritual engagement for service, and the gap in knowledge and confidence by mental health nurses.

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

EQUI

[Faith in the NHS: Better Health, Greater Trust, Lower Costs](#)

The NHS is under strain, and creative solutions are needed to keep delivering excellent care at a justifiable cost. For millions of Britons, faith is central to identity, and therefore to their care. Yet the 10 Year Health Plan for England makes no mention of faith or religion. This report shows how faith literacy, understanding and accommodating the faith of patients and staff, can help the NHS deliver better health, greater trust and lower costs, for people of all faiths and none.

EQUI

[Beyond the Clinic: Faith and Young People's Mental Health](#)

Contrary to common beliefs about the shrinking role of faith in British society, this report highlights an ongoing need to incorporate faith-literate approaches into young people's mental health care. Regardless of their faith or beliefs, 67% of young people polled agreed that acknowledging faith can

improve wellbeing support. A further 60% would like to see more mental health services that understand or apply faith-sensitive approaches. The report explores young people's views on the role of faith in mental health care.

House of Commons Library

[Funding for places of worship](#)

A briefing on sources of funding - both public and private - for places of worship in the United Kingdom, often for repairs and renovation.

Kent and Medway Mental Health NHS Foundation Trust

[Welcoming new chaplains to support mental health care across Kent and Medway](#)

Patients, carers and colleagues across Kent and Medway will have greater access to pastoral, spiritual and religious support as Reverend Shavaun Shodeinde and Melissa Jack join Kent and Medway Mental Health NHS Trust's chaplaincy team.

NHS Tayside

[Newly refurbished Sanctuary space opens at Ninewells Hospital](#)

NHS Tayside celebrated the opening of the newly refurbished Sanctuary at Ninewells Hospital this week, giving patients, families and staff a quiet place for rest and reflection.

Nottinghamshire Healthcare NHS Foundation Trust

[Trust's bereavement support groups praised for helping families to rebuild lives after loss](#)

A group of women who attended bereavement support groups based at John Eastwood Hospice have praised Nottinghamshire Healthcare's Chaplaincy and Psychology teams for helping them navigate one of the most difficult periods of their lives. Following the loss of loved ones, the groups provided invaluable support, while also enabling participants to form lasting friendships and supportive connections.

PLOS Mental Health

[Spirituality as a coping resource: Towards integration into mental health framework](#)

This essay explores how spirituality is experienced as a coping resource for mental well-being, highlighting mechanisms through which spiritual and religious practices support emotional regulation, resilience, and a sense of purpose.

Transcultural Psychiatry

[Understanding Generational Differences in Muslim American Mental Health Help-Seeking](#)

This study explores the disparities in mental health-seeking behavior between first- and second-generation Muslim Americans.

LGBTQ+

Ageing and Mental Health

[Concealing and revealing: an explanatory theory of the concealment experiences of older lesbians and gay men](#)

Concealment, in any form, can have a lasting negative impact on the health of individuals. This study draws on participant concealment experiences from a study on lifetime health experiences of older lesbians and gay men in the UK.

BBC News

[Puberty blockers trial can start recruiting children after judge rejects legal challenge](#)

A high-profile clinical trial of drugs that can delay puberty in children questioning their gender can go ahead after the High Court rejected a legal challenge by campaigners.

BBC News

[Wales NHS gender surgeries paused for review into referral numbers](#)

The Welsh Gender Service has paused scheduled and new referrals for gender-affirming surgeries, after the health board in charge reported "concerns" about the number of referrals being made.

Bulletin of Applied Transgender Studies

[The Cass Review and Gender Ahistoricism Rewriting Trans Pasts to Attack Trans Futures](#)

This article provides a critical appraisal of the Cass Review from a heritage position through the lenses of archaeology, heresiology, myth, and literature.

Centre for Ageing Better

[State of Ageing Spotlight: Older LGBTQ+ people](#)

This State of Ageing Spotlight addresses the invisibility of older LGBTQ+ people in our data and in discussions about our ageing population.

Centre for Ageing Better

[Fears over lack of support for LGBTQ+ population](#)

The Centre for Ageing Better's new State of Ageing report shines a spotlight on the older LGBTQ+ community – a population that is often overlooked in data, policy and service provision.

Critical Social Policy

[Queering human rights-based approaches to suicide prevention: A case study of Scotland's time space compassion introductory guide](#)

Human rights-based approaches to suicide have gained global traction after the United Nations' 2019 call for suicide prevention as an obligation of human rights. These approaches shift from viewing suicide as an individual problem to one rooted in socio-political conditions and societal injustice. In the UK, Scotland is notoriously progressive in its national suicide prevention strategies, championing human rights-based approaches that centre trauma-informed care, multi-sectoral engagement, and lived/living experience.

Psychology and Psychotherapy

[Supporting sexual minority adolescents: A critical realist thematic analysis of psychological therapists' experiences](#)

Sexual minority adolescents experience elevated rates of psychological distress, influenced by societal stigma and heteronormativity. Psychological therapists can play a key role in supporting identity development and advocating for systemic change. This study explored therapists' lived experiences of working with sexual minority adolescents, attending to both reported experiences and deeper social mechanisms.

QueerAF

[The transgender refugees finding sanctuary in the North of England](#)

Adrian Collins heads to Bradford, to speak with Trans+ refugees and migrants to find out what it's like on the intersections of being Trans+ and a migrant.

Surgery

[What it takes to be great: ChatGPT's top 5 descriptors of great surgeons by race, ethnicity, gender, and sexual orientation](#)

ChatGPT's descriptors of a "great" surgeon varied by demographic identifiers, suggesting that it reflects implicit biases present in human communication. These findings highlight potential stereotypes influencing perceptions of underrepresented-in-medicine surgeons.

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

TransActual

[TransActual launches biggest survey of trans community yet](#)

TransActual, the UK's leading trans-advocacy organisation, has launched its biggest survey yet on the experiences of trans people living in the UK. The Trans Lives Survey 2026 aims to gather crucial data on trans peoples' experiences of accessing gendered spaces, employment, medical care and transphobia. The data will be used to help improve understanding of what it is like to be a trans person living in the UK in 2026. The survey is open to every trans person over the age of 18 living in the UK. The survey will be open until 12 November 2026.

TransActual

[Statement on NHS Wales pausing gender surgeries](#)

TransActual is deeply concerned by the decision to pause gender affirming surgeries for people referred via the Welsh Gender Service (WGS). Trans people using their service are now left without any NHS pathway to receiving the surgical care they need, in an extraordinary violation of NHS Wales' duties as a provider of care.

Men's Wellbeing

Addiction Research & Therapy

[Are you struggling to keep it up?': problematic content in day-trading adverts targeted at men on Instagram](#)

Masculine insecurities around wealth and status may be exploitable through social media advertising. Investment day-trading is potentially marketed as a high-status activity despite being a high-risk 'gambling-like' activity associated with financial losses. Little research has examined how these advertisements position day-trading within masculine identity narratives or what insecurities they may produce and frame as resolvable through trading.

BBC News

['Some of these guys wouldn't be here' if not for football chats](#)

Chatting about football is nothing new, but using soccer to talk about what's really going on in your life is proving to be even better for some.

BBC News

[What's driving men to get penis fillers, despite the risks?](#)

Jason didn't want a "Coke can" – that's the nickname for a penis that has been enlarged with so much filler it resembles a stubby drink can.

BBC News

[Why don't men talk about using weight-loss drugs?](#)

I have always been a big lad. From being a child I was what you would call "well nourished".

BBC News

[Sanitary bins introduced in male toilets](#)

An initiative providing sanitary bins in men's toilets to help those who experience incontinence has been introduced in Cornwall.

BBC News

[Chris Hoy says men must understand their prostate cancer risk](#)

[Video]

BBC News

[Using football to talk about mental health](#)

[Video]

BBC News

[Swim group a 'reset button' on men's mental health](#)

Members of a men's sea swimming group say the activity encourages them to open up and helps their mental health.

BBC News

['I thought diet clubs weren't for men'](#)

Having struggled with his weight for most of his adult life, Mark Hall thought he had turned a corner when he joined a local slimming club.

BBC Sounds

[Confessions of a Performative Male by Darren McGarvey](#)

Book of the Week. The Orwell Prize-winning author asks hard questions about the crisis of masculinity, probing the fears and uncertainties that arise from self-examination.

European Cancer Organisation

[Community 365 Roundtable | 'Men and Cancer: Distinct Challenges, Distinct Opportunities](#)

This ECO Community 365 Roundtable will bring together policymakers, healthcare professionals, patient representatives, researchers and other stakeholders to examine the need for stronger gender-informed men's health and cancer policies and programmes. Taking place during Ireland's Presidency of the Council of the European Union, the discussion will also draw on Ireland's experience as the first country to introduce a national men's health policy.

Global Action on Men's Health

[Men & Self-Care: A Critical Gap in Health Policy & Practice](#)

Our new report, Men and Self-Care: A critical gap in health policy and practice, presents a comprehensive, evidence-informed framework for policymakers at global and national levels to improve men's self-care. The report, endorsed by the Global Self-Care Federation (GSCF), argues that improving men's self-care is essential to achieving stronger, more equitable and more sustainable health systems. It presents a comprehensive, evidence-informed framework for policymakers at global and national levels, combining structural reform, behavioural insight and service redesign.

Journal of Men's Health

[Workplace determinants of mental health disorders in men: a narrative review of risk and protective factors](#)

This review examines how workplace environments influence men's psychological well-being by identifying key risk and protective factors and exploring the role of masculine norms, such as stoicism and self-reliance, in shaping help-seeking behaviors and mental health disclosure.

Journal of Men's Health

["I also take my car to a specialist garage." factors that facilitate treatment entry among men with depression: a qualitative study](#)

Men with depression seek professional treatment less frequently and at a later stage than women. Previous studies have primarily focused on barriers to accessing treatment, which is why the present study investigates factors facilitating therapy initiation in men with depression.

MAN Sweden

[Understanding how men seek psycho-social support](#)

A new report highlights that dominant norms around masculinity – which value independence, emotional control, and strength – discourage men from showing vulnerability or asking for help. As a result, help-seeking is either avoided entirely or often postponed until problems have become severe.

NHS England

[NHS inviting 500,000 men to join major prostate cancer research programme](#)

The NHS will begin contacting half a million men from this week inviting them to join a major research programme to improve early detection and treatment of prostate cancer.

NICE Clinical Knowledge Summaries

[Contraception - assessment](#)

A literature search was conducted in June 2026 to identify evidence-based guidelines, UK policy, systematic reviews, and key randomized controlled trials published since the last revision of the topic. The topic has been aligned with the 2025 College of Sexual and Reproductive Health (CoSRH) UK Medical Eligibility Criteria for Contraceptive Use (UKMEC).

Public Health Challenges

[Gendered Patterns of Engagement with NHS Health Checks in a Super-Diverse City: Community Perspectives and Implications for Equity](#)

NHS Health Checks are a national preventive programme in England designed to reduce cardiovascular disease and related long-term conditions, yet uptake remains uneven. Gender differences persist, with men, particularly from racially marginalised and socioeconomically deprived communities, engaging less with preventive services, potentially reinforcing health inequalities.

Neurodiversity

Autism

[“There’s No Greater Feeling”: Empowerment and Achievement Through Neurodivergent Co-Design](#)

This study explores what it is like for neurodivergent adults to take part in designing virtual reality (VR) learning technologies, not just as research subjects, but as paid members of a development team.

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

Autism in Adulthood

[Employment and Career Development Among Autistic Adults: Self and Caregiver Perceptions](#)

The number of autistic individuals seeking employment has been rising, but many autistic individuals struggle to achieve optimal employment outcomes. Workplace barriers (e.g., insufficient on-the-job training) have impacted the ability of autistic adults to obtain and maintain employment. Drawing from neurodiversity-affirming practices to highlight the unique strengths that each autistic adult can bring to the workplace, we examined autistic interns and their caregivers’ perspectives regarding employment and career development.

Autism in Adulthood

[Sharing an Example of Neurodiversity Affirmative Hiring](#)

Hiring processes often unintentionally disadvantage neurodivergent candidates by expecting neuronormative performances without due scrutiny of their merits. We offer reflections as a neurodiverse research group on our experiences of hiring a researcher colleague while aligning with compassionate and neurodiversity affirmative frameworks. We make recommendations informed by our learning through this process.

Autism in Adulthood

[Autism Terminology Preferences Among Autistic and Non-Autistic Adults in North America](#)

There is widespread debate about the language used to describe autistic people; many professionals prefer person-first language (e.g., "person with autism"), and many autistic people prefer identity-first language (e.g., "autistic person"). Although prior surveys of the autism community's terminology preferences have reported participants' evaluations of individual terms, limited research has directly compared evaluations of discrete categories of identity- and person-first terms. Additionally, there is a need to more fully understand participants' evaluations of terms relevant to autistic people outside of the identity- and person-first debate.

BBC News

[Cartoon illustrates importance of inclusivity in schools with autistic lead character](#)

A new Belfast-made cartoon series aims to encourage and empower children in classrooms to be more inclusive and to create a space for minds of all kinds.

BBC News

[NHS bosses warn of chaos in ADHD and autism care](#)

Autism and ADHD care is at risk of descending into chaos, NHS bosses are warning, as costs spiral out of control and unregulated private providers capitalise on the huge demand for help.

British Journal of Psychology

[Neurodivergence and well-being: The fulfilment of fundamental psychological needs, work-related stress and life satisfaction](#)

This paper presents two complementary studies on the impact of neurodivergent conditions such as autism, AD(H)D, dyslexia/dyscalculia and giftedness on well-being.

Disability and Society

[Reasonable adjustments for neurodivergent students in higher education: generative AI, accessibility, and mediated authorship](#)

Neurodivergent students face significant disadvantages in higher education, where assessment often privileges neuro-normative written expression. This article argues that Large Language Models (LLMs) should be framed as accessibility tools that scaffold expression while preserving the student's intellectual authorship, reframing the debate from academic integrity to equity.

Journal of Autism and Developmental Disorders

[Autism Stigma and Employment: A Scoping Review](#)

Despite the growing awareness of neurodivergence, autistic adults continue to face disproportionately low employment rates worldwide compared to the neurotypical population. This scoping review investigates the impact of social stigma on the employment outcomes of autistic individuals, aiming to understand the experiences of autistic adults in the workplace with the research question: How does the stigma surrounding autism affect the employment outcomes of autistic individuals?

Journal of Autism and Developmental Disorders

[“I Try to Act Like a Neurotypical so it Makes Customers More Comfortable”: A Mixed Methods Analysis of Autistic Camouflaging at Work](#)

As many as 75% of autistic individuals report camouflaging to appear less autistic, with workplace camouflaging linked to poor mental health, thwarted advancement, and early job departure. However, few studies have investigated why and how autistic adults camouflage at work.

Journal of Autism and Developmental Disorders

[Are There Sex or Gender Differences in Autistic Characteristics? An Umbrella Systematic Review](#)

The aim of this umbrella systematic review was to synthesise evidence about sex/gender differences in autism across existing systematic reviews, meta-analyses, and scoping reviews.

Journal of Autism and Developmental Disorders

[Developing an Inventory of Workplace Stress Coping Strategies Among Autistic Adults: A Grounded Delphi Study](#)

The aim of this study is to capture coping strategies applied by autistic adults at work and develop a pilot version of a coping inventory.

Midwifery

[Autistic and non-autistic midwives' experiences of caring for autistic women and birthing-people](#)

Autistic service-users experience elevated rates of poor mental wellbeing, healthcare inequalities, and sensory, communication, and interactional challenges during maternity care. Despite growing evidence of autistic maternity care needs, autism-specific perinatal guidelines and mandatory maternity autism training remain limited. Whilst shared neurotypes may enhance understanding, no previous research has explored autistic and non-autistic midwives' experiences of supporting autistic service-users.

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National Autistic Society

[What's Next? Podcast launches to support autistic adults](#)

The first episode of the National Autistic Society Scotland's new podcast, What's Next? is out now on YouTube and Spotify.

National Autistic Society

[Autism assessment waiting times](#)

As of June 2026, there were 294,792 patients with an open referral for suspected autism, latest NHS data has revealed. This is a 15% increase from June 2025.

Neurodiverse Connection

[Autism, ADHD, Neurodivergence, Diagnosis and Support — What's New in August](#)

In this research roundup, Ann Memmott brings together recent August papers exploring Autism, ADHD and Neurodivergence.

Neurodiversity

[Development of a Narrative-Based Assessment for Autism in Adult Females](#)

This paper introduces an autistic-led and developed narrative-based assessment protocol addressing the paradigmatic and systematic underdiagnosis of autism in adult females.

Personnel Today

[Disability claims up 79% as neurodiversity awareness grows](#)

Disability discrimination claims have risen by 79% as mental health issues and neurodiversity awareness continue to grow, according to analysis by a law firm.

Personnel Today

[Disability inclusion shows regional differences – survey](#)

Disability inclusion can look very different depending on where in the UK someone works, according to research by educational technology company Everway.

Research in Practice

[Transitions out of school for autistic young people: what does the evidence tell us?](#)

Leaving school is one of the biggest transitions in a young person's life. It's not a single event but a process, involving decisions about further education, employment and independence.

Research Involvement and Engagement

[Patient and public involvement and engagement in co-designing guidance for mental health professionals supporting neurodivergent children and young people in child and adolescent mental health services](#)

This paper describes a programme of Patient and Public Involvement and Engagement (PPIE) and professional contribution activities undertaken to co-develop practical guidance for mental health professionals supporting neurodivergent children and young people.

Royal College of Psychiatrists

[ADHD: Your questions answered](#)

Few conditions attract as much commentary as ADHD, and it can be difficult to know what information is accurate or not.

Royal College of Psychiatrists

[RCPsych statement on Channel 4 ADHD documentary](#)

Professor Subodh Dave, President of the Royal College of Psychiatrists, has commented on the recent Channel 4 documentary.

The Clinical Teacher

[Supporting neurodiversity in surgery: Exploring the experiences of dyslexic ENT trainees and their trainers](#)

[No abstract available]

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The Conversation

[ADHD diagnoses and prescriptions have increased globally across all age groups, our review shows](#)

Diagnoses for attention deficit hyperactivity disorder (ADHD) have increased in many countries across all age groups, our latest review has found. We have also shown that prescriptions for ADHD treatments have seen similar increases across all age groups. Our latest review, published in the Journal of Psychopharmacology, drew together the recently published research on ADHD diagnoses and prescriptions across the world.

The Mental Elf

[ADHD and the road to adulthood: what young people tell us about identity, support and transition](#)

Lauren Powell critically appraises Jessie Tierney, Ann-Marie Morrissey, Dimitrios Adamis, Margo Wrigley, & Katie Robinson (2026). "It has tentacles into every single aspect of me" a qualitative evidence synthesis of the lived experiences and perceptions of ADHD youth.

The NHS Alliance

[ADHD and autism costs running "out of control"](#)

Rebecca Gray comments on the pressures local NHS leaders face as the cost of ADHD assessments and support mounts.

Women's Health in Primary Care

[The misdiagnosis of women: development of gendered clinical assumptions](#)

The focus of this commentary is on two key patterns of misdiagnosis: the risk of overdiagnosis of emotionally unstable personality disorder and the under recognition of neurodevelopmental conditions in women.

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Positive Ability

Academic Medicine

[Thriving in the UK landscape: learning how to support graduates with disabilities together](#)

The General Medical Council does set a standard that these employers are expected to follow with regards to doctors with disabilities, but it is not difficult to see how this guidance can get lost in such a fragmented system, where it is easier to believe that it is "someone else's problem."

BBC News

[The boxing coach on a mission to help disabled children](#)

A builder-come-boxer whose video of him training his autistic brother went viral has gone on to open a gym dedicated to helping people with disabilities.

Cancer Research UK

[Cancer in the UK: Age](#)

Age plays a significant role in shaping cancer outcomes – from cancer risk and screening to treatment access, survival and mortality. Our 2026 report Cancer in the UK: Age aims to support a more nuanced understanding of how cancer prevention, diagnosis, treatment and outcomes vary by age. This will help inform future service planning, research and policy development, in order to improve cancer outcomes for people of all ages.

Center for Aging Better

[Work should adapt as people's lives and health change](#)

Our new report highlights the persistent gap between intent and action when it comes to supporting older Disabled people.

Digital Medicine

[Aging with autonomy: sensor-based smart wheelchairs for independent living](#)

Smart wheelchairs enhance mobility and independence for individuals with physical impairments, including older adults. However, challenges remain in sensor reliability, affordability, and real-world applicability. This systematic review analyzed 57 studies.

Disability News Service

[DWP quietly reveals how universal credit flaws were linked to multiple claimant deaths and serious harm](#)

The Department for Work and Pensions (DWP) has been forced to publish details of multiple flaws within its universal credit working-age benefits system that led to deaths and serious harm to claimants. The DWP report is available [here](#).

Disability Rights UK

[PM urged to improve the living standards of Disabled people](#)

The Disability Poverty Campaign Group (DPCG) has written to the new Prime Minister, Andy Burnham, urging him to continue his disability allyship by tackling disability poverty and rebuilding trust between the community and the government.

Disability Rights UK

[When Access to Work Stops Working](#)

Kamran Mallick writes about a recent Access to Work decision that cut his support after over 15 years, and how it demonstrates the wider assault on Disabled people. Despite the Government cutting benefits for Disabled people under the claim they want more of us in work, for those who are able to work, Kamran speaks about facing the same form of cuts, reassessments and unjust decisions.

Disability Rights UK

[Government Removes Time Restrictions for Disabled Person's Bus Pass - The Clock is Ticking for Real System Change](#)

The Government has announced an end to time restrictions for the Disabled Person's Bus Pass in England but Disabled people's travel is still under threat from a complex postcode lottery of eligibility and access.

House of Commons Library

[Qualifying periods for disability benefits](#)

Social security benefits are available to help with the extra costs arising from a disability or health condition. For each of the 'extra-costs' benefits, claimants must usually have satisfied the disability conditions for a period before payment can begin - a 'qualifying period.'

Independent Commission on Adult Social Care

[The Big Conversation on Care](#)

Baroness Casey of Blackstock has today (29 July) launched The Big Conversation on Care, the most ambitious public conversation in a generation, handing the public a direct role in shaping the future of adult social care in England.

Journal of Occupational Health Psychology

["Oh my gosh, you're too young to be sick!": Unpacking the consequences of workplace mistreatment for young adults with disabilities](#)

Despite comprising a significant percentage of the workforce and being susceptible to mistreatment, young adults with disabilities have not been widely focused on in the workplace mistreatment literature. In this study, we take an intersectional approach as we examine the specific workplace mistreatment-related ramifications that this cohort of the workforce experiences.

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Journal of Occupational Rehabilitation

[Navigating Discomfort: The Role of Negative Affect in Requesting Workplace Accommodations for Employees with Disabilities in the United States](#)

Workplace accommodations play a critical role in promoting equitable employment outcomes for people with disabilities (PWDs), yet the accommodation request process remains complex and emotionally charged. Drawing on Social Cognitive Theory (SCT) and Social Cognitive Career Theory (SCCT), this study examined how negative affect influences workplace accommodation request intention through self-efficacy and outcome expectancy.

Medical Education

[Understanding how disability and ethnicity impact UK undergraduate and postgraduate medical training: A critical review](#)

In recent years, the challenges associated with having a disability and being from a minority ethnic background have emerged from the literature in terms of medical training, career choice and progression, but how these characteristics intersect is less known. Understanding this intersection may improve support mechanisms, promote diversity and enhance workforce retention. This critical review aimed to evaluate all published empirical evidence regarding the impact of disability and

ethnicity on the training of UK medical students and qualified doctors, with a specific focus on their intersection.

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Personnel Today

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UK Government

[Keep Britain Working review update: June 2026](#)

June 2026 update on implementing the independent review of employers' role in tackling health based economic inactivity and promoting healthy and inclusive workplaces.

Centre for Ageing Better

[Employer views on supporting older Disabled workers and people with long-term health conditions](#)

This report highlights employers' views on the importance and feasibility of policies to support Disabled older workers.

Race Equality

BLISS

[Equity for every baby: tackling inequalities in neonatal care linked to ethnicity and socioeconomic deprivation](#)

This report reveals inequity related to ethnicity and socioeconomic deprivation is present throughout the whole of a baby's neonatal journey. It brings presents evidence that shows how minoritised ethnicity and social deprivation contribute to a double-disadvantage: babies are more likely to be admitted to neonatal care and more likely to have worse outcomes – including a higher risk of death – because of their demographics and circumstances.

Friends, Families and Travellers

[New Council of Europe Strategy for Roma and Traveller Inclusion Launched](#)

Friends, Families and Travellers (FFT) welcomed the launch of the Council of Europe's Strategy for Roma and Traveller Inclusion (2026–2030) at a cross-party parliamentary event hosted by the All-Party Parliamentary Group for Gypsies, Travellers and Roma (APPGGTR).

Friends, Families and Travellers

['They know the issues, they don't care': Living conditions on local authority Gypsy and Traveller sites](#)

This research exposes substandard living conditions endured by residents on Gypsy and Traveller sites, alongside a troubling lack of action from landlords to resolve serious health and safety concerns. These failures underscore an urgent need for robust protections that enable residents to hold landlords accountable and enjoy the right to safe, dignified, and habitable accommodation.

Frontiers in Digital Health

[Culturally sensitive approaches in digital mental health research: lessons learned from co-developing the core mental health dataset](#)

Cultural sensitivity is central to ethical and valid mental health research, yet we observed it is often insufficiently embedded in digital research tools. Drawing on qualitative work conducted during the co-development of the Core Mental Health Dataset (CMHDS), this commentary reflects on the practical challenges we encountered and the considerations which shaped our approach to culturally sensitive data collection in digital mental health research.

Journal of Racial and Ethnic Health Disparities

[An Evaluation of the Implementation of Co-produced Strategies for Inclusion of Newly Qualified Physiotherapists from Racially Minoritized Backgrounds in a Large, Urban NHS Trust, UK](#)

Evidence for inclusion strategies in the workplace is limited. In our previous research we identified challenges for newly qualified racially minoritized physiotherapy staff within a large UK urban NHS Trust. In this study we evaluated the impact of strategies co-created to facilitate their inclusion.

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

Medical Education

[Understanding how disability and ethnicity impact UK undergraduate and postgraduate medical training: A critical review](#)

In recent years, the challenges associated with having a disability and being from a minority ethnic background have emerged from the literature in terms of medical training, career choice and progression, but how these characteristics intersect is less known. Understanding this intersection may improve support mechanisms, promote diversity and enhance workforce retention. This critical review aimed to evaluate all published empirical evidence regarding the impact of disability and ethnicity on the training of UK medical students and qualified doctors, with a specific focus on their intersection.

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

NHS Race & Health Observatory

[New Study Highlights Impact of Long COVID on Healthcare Workers](#)

The Observatory has published comprehensive findings on the prevalence and impact of long COVID among UK NHS healthcare workers (HCWs) from diverse ethnic backgrounds and occupational roles.

Public Health Challenges

[Gendered Patterns of Engagement with NHS Health Checks in a Super-Diverse City: Community Perspectives and Implications for Equity](#)

NHS Health Checks are a national preventive programme in England designed to reduce cardiovascular disease and related long-term conditions, yet uptake remains uneven. Gender differences persist, with men, particularly from racially marginalised and socioeconomically deprived communities, engaging less with preventive services, potentially reinforcing health inequalities.

Royal College of Paediatrics and Child Health

[State of Child Health 2026](#)

This review provides a clear and comprehensive overview of children's health across the four nations of the UK, analysing progress against twelve key child health indicators. Nearly ten years on from the first review, outcomes for children in England have either worsened or stalled across almost all key indicators. The impact is felt most sharply in deprived areas and among ethnic minority communities.

Runnymede Trust

['We have built before. We can do it again'](#)

Communities of colour have always organised, built assets and created solutions to economic injustice, yet too often these histories are overlooked or forgotten. The latest report from Power to Prosper (P2P) – a three-year Runnymede Trust and New Economics Foundation project – aims to redress the balance. It uncovers stories of community organising, collective action and community wealth-building across P2P's four hubs in Lambeth, Greater Manchester, Newham and Nottingham, writes report author Serena Robinson.

Surgery

[What it takes to be great: ChatGPT's top 5 descriptors of great surgeons by race, ethnicity, gender, and sexual orientation](#)

ChatGPT's descriptors of a "great" surgeon varied by demographic identifiers, suggesting that it reflects implicit biases present in human communication. These findings highlight potential stereotypes influencing perceptions of underrepresented-in-medicine surgeons.

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The Conversation

[Heatwaves: why ethnic minorities in the UK are more vulnerable, and what to do about it](#)

Temperatures in the UK recently breached 40°C for the first time in recorded history. The country is set to experience more frequent and more extreme heatwaves as carbon emissions continue to accumulate in the atmosphere.

The NHS Alliance

[Survey racism findings "deeply disturbing"](#)

Matthew Hopkins responds to survey findings from the Society of Radiographers highlighting incidents of racism.

Women's Wellbeing

American Journal of Lifestyle Medicine

[Perimenopause and Lifestyle Medicine: A Window of Opportunity](#)

Given that lifestyle interventions present a promising but underutilized nonpharmacological support for midlife women, this review synthesizes the current literature on the role of five lifestyle medicine pillars (nutrition, physical activity, social connection, sleep, stress management) in reducing symptoms and improving quality of life for perimenopausal women.

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BBC News

['Breastfeeding welcome' signs to help mums feel more comfortable](#)

"Even though you know you have the legal right to breastfeed anywhere, I don't think that's particularly well-known and some people are uncomfortable seeing it." Stacey Murray, a mother of two, said breastfeeding in public could make some mothers feel uncomfortable.

BBC News

[Lucy Davis urges women to check their breasts for cancer - here's how](#)

Signs of breast cancer are not always a lump in the traditional sense, so what should you look for? Actress Lucy Davis, who played Dawn Tinsley in the original UK version of the popular TV series The Office, has revealed she has incurable breast cancer.

BBC News

[Why Gen Z women know more about periods than their mums](#)

Terms such as "cycle syncing" and "going luteal" have become part of everyday vocabulary for many young women.

BBC News

[Doctors said I was too young to have endometriosis at 13 - I had to take morphine to cope](#)

Every month, at about the time of her period, Grace has to be taken to hospital. She is often in so much pain her parents have to carry her to the car. She can wait hours to be seen in A&E, only to be sent home in tears with more strong painkillers. For a long time, Grace - who's now 14 and is from Yorkshire - felt doctors were dismissive of her pain. "I feel like I was seen as a girl who didn't want to go to school and was being dramatic," she says.

BBC News

[Mum says painful condition 'overlooked' during pregnancy](#)

A mum who suffered from pre-eclampsia during pregnancy said she felt her symptoms were "overlooked" due to her underlying sickle cell disease.

BBC News

[HPV home-testing kits available for women in England who have missed cervical screening](#)

Women who have missed a cervical screening appointment in England are to be offered HPV self-testing kits by the NHS.

BBC News

[Heavy periods study to create world's largest biobank](#)

A major new research project aiming to transform care for women with heavy periods is to create the world's largest menstrual fluid biobank.

BBC News

[PMOS clinics 'good start, but more can be done'](#)

The launch of a pilot health check clinic for women with polyendocrine metabolic ovarian syndrome (PMOS) in Jersey has been described as "a good start", but "more... can be done" for the condition, the head of a health group has said.

BBC News

[Mum opens play cafe to fight postpartum loneliness](#)

A mum is opening a new social space for parents and children following her own experiences dealing with a lack of postpartum support.

British Journal of Haematology

[Implementation and value of providing a multidisciplinary haematology and gynaecology service for individuals with bleeding and thrombotic disorders: A British Society for Haematology & United Kingdom Haemophilia Centre Doctors' Organisation Good Practice Paper](#)

The management of gynaecological issues forms a significant part of the care of girls and women with haematological diagnoses, with differing needs relating to specific life stages such as menarche, need for contraception, fertility, pregnancy and management of menopause.

British Journal of Nursing

[The experience of menopause in the workplace](#)

Ian Peate FRCN OBE, Editor in Chief, British Journal of Nursing, reports from a Worshipful Company of Nurses roundtable event on how nurses experiencing menopause can be supported at work

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

CoppaFeel!

[Alive to do those things. CoppaFeel!'s 2026 Policy Report](#)

"Alive to do those things. That's the vision CoppaFeel! was founded on - a world where every young person is alive to do whatever "those things" are for them. A world where breast cancer is caught early, treated fast, and no young person is left behind because the system wasn't built for them."

House of Commons Library

[Changes to the law on abortion in England and Wales](#)

An overview of how the law on abortion in England and Wales has changed following the assent of the Crime and Policing Act 2026.

House of Commons Library

[UK aid and women and girls](#)

The development challenges facing women and girls, how much UK and global aid is spent on gender equality, and UK policy and action.

House of Commons Library

[Maternity services in England](#)

This briefing gives an overview of women's experiences of maternity services in England, including disparities in the care received by women from minority ethnic groups. It provides details of investigations into maternity units at individual NHS trusts, the government-commissioned national maternity and neonatal investigation, and policies to improve care. This briefing supplements the Library paper Quality and safety of maternity care (England) which contains information on key policy documents and developments (until February 2025).

House of Commons Library

[e-petition relating to crimes motivated by misogyny and hate crime law](#)

An e-petition about recording crimes motivated by misogyny as hate crimes is being debated in Westminster Hall on 7 September 2026. The debate will be opened by Tony Vaughan MP.

Journal of Occupational Health Psychology

[Sick of sexism? Ambivalent sexism, work–family conflicts, and physical health of working mothers](#)

Working mothers encounter persistent sexism in the workplace. This study draws on ambivalent sexism theory to examine the mediated relationships of supervisors' hostile and benevolent sexist behaviors and working mothers' physical health via conflicts in the work–family interface.

Midwifery

[Autistic and non-autistic midwives' experiences of caring for autistic women and birthing-people](#)

Autistic service-users experience elevated rates of poor mental wellbeing, healthcare inequalities, and sensory, communication, and interactional challenges during maternity care. Despite growing evidence of autistic maternity care needs, autism-specific perinatal guidelines and mandatory maternity autism training remain limited. Whilst shared neurotypes may enhance understanding, no previous research has explored autistic and non-autistic midwives' experiences of supporting autistic service-users.

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NHS England

[NHS rolls out discreet home-testing kits against cervical cancer for millions of women](#)

Nearly 4 million women will be offered HPV self-testing kits if they have not attended cervical screening appointments following invitations from the NHS in England.

NICE Clinical Knowledge Summaries

[Breastfeeding problems](#)

A literature search was conducted in May 2026 to identify evidence-based guidelines, UK policy, systematic reviews, and key randomized controlled trials published since the last revision of the topic. No major changes to recommendations have been made.

NICE Clinical Knowledge Summaries

[Contraception - assessment](#)

A literature search was conducted in June 2026 to identify evidence-based guidelines, UK policy, systematic reviews, and key randomized controlled trials published since the last revision of the topic. The topic has been aligned with the 2025 College of Sexual and Reproductive Health (CoSRH) UK Medical Eligibility Criteria for Contraceptive Use (UKMEC).

NICE Clinical Knowledge Summaries

[Menorrhagia \(heavy menstrual bleeding\)](#)

Menorrhagia (or heavy menstrual bleeding) is defined as excessive menstrual blood loss which interferes with a woman's physical, social, emotional, and/or material quality of life. It can occur alone or in combination with other symptoms.

Nuffield Trust

[Who needs emergency care in the year after giving birth?](#)

Having a baby is among the most significant physical and emotional experiences of a person's life, and for most women, the year that follows is one of profound adjustment, recovery and vulnerability. It is a period that has rarely had the same attention in discussion about maternity services as the pregnancy and birth that precede it.

RE:State

[Counting the cost: the economic impact of underserving women's health](#)

Women's health is not a niche policy concern. It affects half the population, causing individual suffering and carrying significant implications for society. Yet, women's health remains systemically underserved, with longstanding inequalities continuing to shape health outcomes – and, in turn, the economy.

Royal College of Obstetricians and Gynaecologists

[New report reveals continuing shifts in birth trends in Great Britain](#)

A new State of the Nation report published by the National Maternity and Perinatal Audit (NMPA), analyses data from 593,475 women and birthing people who gave birth to a singleton baby in NHS maternity services across Great Britain in 2024 and shows continuing shifts in how babies are being born.

Sexual and Reproductive Healthcare

[Menopause matters: a qualitative exploration of knowledge acquisition and menopause care among midlife women in Ireland](#)

Women's experiences of accessing information and navigating healthcare during menopause remain underexplored in the Irish context. While menopause-related information is increasingly available through diverse sources, variations in access, quality, and healthcare support may shape women's experiences. This study aimed to examine menopause knowledge among midlife women in Ireland, investigate how they acquire this knowledge, and explore their experiences of seeking and receiving menopause-related care.

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The Kings Fund

[Beyond 'how can I help?': the Ockenden and Amos maternity reviews and compassionate leadership](#)

Last summer, we asserted that just four simple words – 'how can I help?' – capture the essence of compassionate leadership in health and social care. We reflected on the growing reality of moral injury in health and care and made the case that compassion is not an optional extra; it is a necessary condition for delivering high-quality care and supporting a thriving workforce.

Women's Health in Primary Care

[The misdiagnosis of women: development of gendered clinical assumptions](#)

By understanding the history of how healthcare was developed combined with societal expectations of women and girls, we can analyse how gendered clinical assumptions have contributed to misdiagnosis or dismissal of symptoms. Diagnostic frameworks, research, and healthcare guidance all underpin the healthcare system; however, for centuries, these have been developed predominantly around male experiences and interpretations. For women, the consequences can be significant, ranging from delayed treatment to iatrogenic harm. The focus of this commentary is on two key patterns of misdiagnosis: the risk of overdiagnosis of emotionally unstable personality disorder and the under recognition of neurodevelopmental conditions in women.

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

Women's Health in Primary Care

[Endometriosis and the missed diagnosis: a discussion on women's experiences and nursing practice](#)

This article discusses the ongoing challenges faced by women living with endometriosis and examines the broader implications of delayed recognition and management.

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Work

[Unpacking women's worries about leadership: The interplay of perceived sexism and organizational support](#)

Despite significant advancements in workplace equality, gender-based discrimination continues to hinder women's leadership aspirations and potential. In many non-Western societies, cultural and institutional structures intensify the influence of sexism on women's professional experiences. This study explores how benevolent and hostile sexism, together with perceived organizational support, affect female employees' worries about leadership roles. It also examines whether organizational support moderates the relationship between sexism and leadership-related anxieties.