

THE JOURNAL OF THE COMMUNITY PRACTITIONERS' AND HEALTH VISITORS' ASSOCIATION

COMMUNITY PRACTITIONER

MARCH / APRIL 2026

COMMUNITYPRACTITIONER.CO.UK



Toxic attitudes and abuse in teen couples are now common; the time to help fix that is now



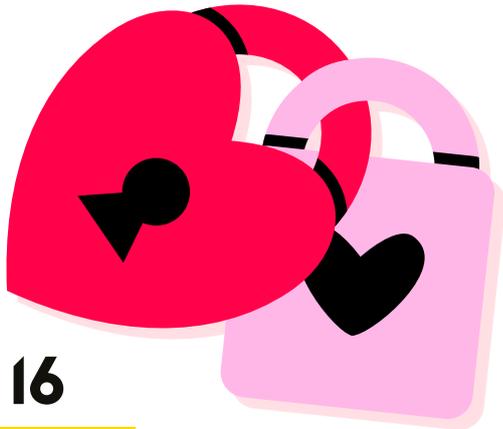
CONTENTS

March / April 2026 | Vol 99 | No 02



26

Vaccination: the main changes and issues



16

COVER STORY



22

Worrying trends in alcohol use among women

32

Empowering self-esteem



NEWS

- 6 **NEWS IN NUMBERS**
Your quick guide to the stats that count
- 7 **PROFESSIONAL UPDATE**
Your latest round-up of sector news
- 8 **PUBLIC HEALTH**
Significant reports and new campaigns to keep you in the know

10 BIG STORY

Social media ban for kids: can it really work in the UK and is it the best form of protection?

REFLECTION

14 RIGHTS AT WORK

Richard Munn highlights the HVs in Wales forced to go on strike, the reasons why, and the impact on all of the UK

15 TIME TO CELEBRATE

The key dates that led to Unite-CPHVA as you know it today, in CPHVA's 130th year

FEATURES

16 COVER STORY

Support healthy bonds: why is abuse in teenage relationships so prevalent and how can we help teenagers now?

PRACTICE

22 #WINEMUM?

How worried should HVs be about the rise in, and normalisation of, alcohol use among women?

26 YOUR VACCINE UPDATE

A look at the recent changes to the universal child and adolescent vaccination programme, and issues of concern

PRACTICE

30 PUBLISH YOUR WORK HERE

How to submit work to this journal with enhanced guidelines

32 EMPOWERING CHANGE

A group-based intervention to foster self-esteem and healthy relationships is discussed

36 BACK TO BASICS

Urinary tract infections: latest updates, plus how to help clients

THE EVIDENCE

39 RESEARCH DIGEST

A round-up of research news, including puberty and wellbeing

40 TEACHING SCPHN STUDENTS COMPLEX DECISION-MAKING THROUGH INTERPROFESSIONAL SIMULATION FOR SAFEGUARDING

Jen Menzies and colleagues explore students' experiences of simulated safeguarding learning in a mixed-method study

PROFESSIONAL PAUSE

44 RESILIENCE TO BEAT STRESS

Psychologist Derek Mowbray gives CPs invaluable guidance on the skills for a healthier work life

WELCOME

from your editor, Aviva



It's no coincidence that the topics explored in *Community Practitioner* are highly relevant to society as a whole, as well as to CPs. Or that the topics are high up on the main news agenda or even ahead of it. That's because CPs are on the frontline of public health, and that's particularly evident this issue – in CPHVA's 130th year, no less (page 15).

The Big story on page 10 considers if a social media ban for under 16s can really work in the UK and if it's indeed the best way to protect young people from harm. The area is fast moving, with a government consultation under way and increasing happenings revealing why the question needs to be addressed quickly.

Related is the cover story on page 16 that asks how abuse in teenage relationships has become so disturbingly common. The feature explores the much-needed focus on teaching healthy relationships, consent and addressing harmful attitudes that lead to relationship abuse (now government strategy), plus how we can all help young people.

Other hugely topical subjects this issue include: the normalisation of alcohol use

among women and the HV's role (page 22); the latest on vaccine uptake (page 26); the importance of empowerment (page 32); and a prevalent affliction impacting women, aka UTIs (page 36).

Thanks as always to all contributors – your insights are as vital as ever. We've now made it even easier for members to submit work with enhanced author guidelines (page 30).



JOIN THE CONVERSATION



aviva@communitypractitioner.co.uk



twitter.com/CommPrac

COMMUNITY PRACTITIONER

Unite-CPHVA

Existing Unite-CPHVA members with queries relating to their membership should contact 0845 850 4242 or see unithetheunion.org/contact_us.aspx for further details.

To join Unite-CPHVA, see unithetheunion.org

Unite-CPHVA is based at 128 Theobald's Road London WC1X 8TN O20 3371 2006

Community Practitioner

Unite-CPHVA members receive the journal free. Non-members and institutions may subscribe to receive it.

Non-member subscription rates

Individual (single use)	£75
Institution (single use)	£159
Unlimited	£249

Subscription enquiries may be made to 01580 883844, cp@c-cms.com

The journal is published on behalf of Unite-CPHVA by CPL One, 1 Cambridge Technopark, Newmarket Road, Cambridge, CB5 8PB, UK

Editorial advisory board

Obi Amadi Pippa Atkinson
Barbara Evans Meury Febres
Laura Gibney Ethel Rodrigues
Christopher Sweeney Janet Taylor

Production

Editor Aviva Attias
Lead designer Robyn McCurdy
Executive editor (Unite) Ethel Rodrigues
Clinical editor Pippa Atkinson

Advertising
advertising@communitypractitioner.co.uk

Unite health sector officers

National officer
Richard Munn
Lead professional officers
Ethel Rodrigues Gavin Fergie
Obi Amadi Jane Beach
and Dave Munday

© 2026 Community Practitioners' and Health Visitors' Association
ISSN 1462-2815

The views expressed do not necessarily represent those of the editor nor of Unite-CPHVA.

Paid advertisements in the journal do not imply endorsement of the products or services advertised.

Any Unite-CPHVA member wishing to change their contact details must get in touch with their local Unite office.

