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| Week 21 - 27 March 2022 |
|  | **Warning about HMRC scams**If someone contacts you saying they’re from HMRC and wants you to transfer money urgently or give personal information, never let yourself be rushed. There are many different types of scam. Some threaten you with immediate arrest for tax evasion, others offer a tax rebate. Do not panic. We will never phone threatening you with arrest, only criminals do that. |
| Take your time and check 'HMRC’s advice about scams' on GOV.UK before you do anything. You can also phone us directly, but make sure you use our contact details on GOV.UK. The National Cyber Security Centre has a helpful guide on how to stay secure online and protect yourself or your business against cyber crime, which you can find at <https://www.ncsc.gov.uk/cyberaware/home>  |
|  | **Vaccinations** **CQC on lifting of mandatory vaccination regulations**Care Quality Commission (CQC) has [issued a statement](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjAzMjIuNTUyNjI2MDEiLCJ1cmwiOiJodHRwczovL3d3dy5jcWMub3JnLnVrL2d1aWRhbmNlLXByb3ZpZGVycy9hbGwtc2VydmljZXMvdmFjY2luYXRpb24tY29uZGl0aW9uLWRlcGxveW1lbnQtaGVhbHRoLXNvY2lhbC1jYXJlLXVwZGF0ZSJ9.V4PRW4MIQeHrQmZ6l4TmsBZpG2p5dNkU6E0qtS1fBSM/s/1509276145/br/128463057337-l) in response to the lifting of regulations requiring vaccination against COVID-19 as a condition of deployment.<https://www.cqc.org.uk/guidance-providers/all-services/vaccination-condition-deployment-health-social-care-update>  |
| Meanwhile, the Department of Health and Social Care (DHSC) has updated it’s [question and answer paper](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMjAzMjIuNTUyNjI2MDEiLCJ1cmwiOiJodHRwczovL2NvbnRlbnQuZ292ZGVsaXZlcnkuY29tL2F0dGFjaG1lbnRzL1VLQ1FDLzIwMjIvMDMvMTgvZmlsZV9hdHRhY2htZW50cy8yMTA3MzI1L1B1Ymxpc2hhYmxlJTIwVkNPRCUyMFFBJTIwJTI4dXBkYXRlZCUyMDE3LjAzLjIwMjIlMjkucGRmIn0.vVMBUloHFOO7-so-0d2Heo0DzG-uGR5yinF8jUXz_Q0/s/1509276145/br/128463057337-l) on the subject (17 March). <https://content.govdelivery.com/attachments/UKCQC/2022/03/18/file_attachments/2107325/Publishable%20VCOD%20QA%20%28updated%2017.03.2022%29.pdf>  |
| **Booster resources**Resources about the spring booster dose for those who are eligible is now available in different languages: links to translated versions in other languages were added on 16 March. The ‘if you have not had all your vaccinations’ section in the guide was updated on 18 March. <https://www.gov.uk/government/publications/covid-19-vaccination-spring-booster-resources>  |

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| Week 21 - 27 March 2022 |
| mind logo |  **Managing money, alternative therapies, spring clean** |
| Help manage your mental health around moneyWhen living with a mental health problem we understand it can be harder to manage money or even earn a living. You may feel like this is the only thing you are thinking or hearing about now, especially with the rising costs across household bills, energy, and essentials.Here are a few ways to help manage your money:1. Create a simple budget tracker to monitor your spending habits.2. Understand your mood better by writing down your feelings when making purchases.3. Treat yourself to a relaxing activity once you’ve completed a money task e.g., paying a bill.If you’re finding budgeting and managing your money difficult, visit our website for support, and check what benefits you could get.<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health?utm_source=MIND%20%28THE%20NATIONAL%20ASSOCIATION%20FOR%20MENTAL%20HEALTH%29&utm_medium=email&utm_campaign=13090422_General%20Supporter%20Email%20Mar%2022&dm_i=CZC,7SKMU,1XDR1O,VSGMX,1> |

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| Date  | Topic | Website |
| 22 March | Government guidance**Visiting arrangements in care homes**Updated to reduce the duration of outbreak management in care homes from 14 days to 10 days.Government guidance**Coronavirus (COVID-19): admission and care of people in care homes**How to protect care home residents and staff during the coronavirus outbreak.Updated to reduce the duration of outbreak management in care homes from 14 days to 10 days. | <https://www.gov.uk/government/publications/visiting-care-homes-during-coronavirus?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=231aa2f9-4faa-4fac-9642-39712bffaafa&utm_content=daily#full-publication-update-history> <https://www.gov.uk/government/publications/coronavirus-covid-19-admission-and-care-of-people-in-care-homes?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=2311c22c-9368-4dc5-babd-86b4a2be7ba3&utm_content=daily#full-publication-update-history>  |
| 22 March | Government guidance**COVID-19: arranging or attending a funeral or commemorative event**Guidance for arranging or attending a funeral or commemorative event during the coronavirus (COVID-19) pandemic.Updated guidance in line with the removal of legal requirements to self-isolate on 24 February. | <https://www.gov.uk/government/publications/covid-19-guidance-for-managing-a-funeral-during-the-coronavirus-pandemic?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=55cba77c-e1b7-4c0c-8140-8b25517a9c18&utm_content=daily#full-publication-update-history>  |
| 23 March | Government guidance**Coronavirus (COVID-19): antibody testing**Amended wording in 'Who can get an antibody test kit'The antibody testing service has now closed. You can no longer register for an antibody test kit. | <https://www.gov.uk/government/publications/coronavirus-covid-19-antibody-tests?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=9bf206d4-f307-43cf-89d0-aa7761c030f2&utm_content=daily#full-publication-update-history>  |
| 24 March | Government guidance**COVID-19 vaccination: British Sign Language resources**British Sign Language (BSL) videos on COVID-19 vaccinationAdded three new BSL videos. | <https://www.gov.uk/government/publications/covid-19-vaccination-british-sign-language-resources?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=8aab2d58-1848-4a31-b31e-2c7f4721ae26&utm_content=daily#full-publication-update-history>  |
| 24 March | Promotional material**COVID-19 vaccination: for people with a weakened immune system**Added links to British Sign Language video, English large print, audio, braille and translated versions. | <https://www.gov.uk/government/publications/covid-19-vaccination-for-people-with-a-weakened-immune-system?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=240ef34a-fcae-4afb-b968-ab15b226c5e3&utm_content=daily#full-publication-update-history>  |

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| Date  | Topic | Website |
| 24 March | Government News story**National flu and COVID-19 surveillance reports published**Weekly national influenza and coronavirus (COVID-19) report, COVID-19 activity, seasonal flu and other seasonal respiratory illnesses. | <https://www.gov.uk/government/news/national-flu-and-covid-19-surveillance-reports-published?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=a1caaa53-f22b-41b3-877e-d070da5ba6f2&utm_content=daily#full-publication-update-history>  |
| 24 March | Government Press release**Over half of pregnant women have now had one or more doses of COVID-19 vaccines**Latest UK Health Security Agency (UKHSA) data shows that 53.7% of pregnant women in England have been vaccinated with at least one dose of coronavirus (COVID-19) vaccine. | <https://www.gov.uk/government/news/over-half-of-pregnant-women-have-now-had-one-or-more-doses-of-covid-19-vaccines?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=0f92b450-5898-4d81-9a38-3414c71de5ff&utm_content=daily>  |
| 25 March | Government Research and analysis**COVID-19 variants: genomically confirmed case numbers**Added data up to 23 March 2022.  | [COVID-19 variants: genomically confirmed case numbers - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/covid-19-variants-genomically-confirmed-case-numbers?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=f5d24b4e-7bbf-4f01-9275-8f99865b2bd2&utm_content=daily) |
| 25 March | Government Official Statistics new publication **Coronavirus (COVID-19) Infection Survey: UK: 25 March 2022** | [Coronavirus (COVID-19) Infection Survey: UK: 25 March 2022 - GOV.UK (www.gov.uk)](https://www.gov.uk/government/statistics/coronavirus-covid-19-infection-survey-uk-25-march-2022?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=21192aca-e56a-4dd0-9220-84e92a71c42d&utm_content=daily) |
| 25 March | Government guidance **The R value and growth rate** The R range for England is 1.1. to 1.4 and the growth rate range for England is +3% to +6% per day as of 18 March 2022. | [The R value and growth rate - GOV.UK (www.gov.uk)](https://www.gov.uk/guidance/the-r-value-and-growth-rate?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=b64db157-17b2-434c-b45a-463336d40e3f&utm_content=daily#full-publication-update-history)  |
| 25 March | Government News story **COVID-19 variants identified in the UK** Latest updates on SARS-CoV-2 variants detected in the UK.Government guidance **SARS-CoV-2 variants of public health interest** Added latest update. | <https://www.gov.uk/government/news/covid-19-variants-identified-in-the-uk><https://www.gov.uk/government/publications/sars-cov-2-variants-of-public-health-interest>  |
| 25 March | Research and analysis**Coronavirus (COVID-19) vaccines adverse reactions**A weekly report covering adverse reactions to approved COVID-19 vaccines | [Coronavirus (COVID-19) vaccines adverse reactions - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/coronavirus-covid-19-vaccine-adverse-reactions?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=0e9dc869-c664-4931-b294-f51de7b04056&utm_content=daily) |