|  |
| --- |
| Week 3 – 8 May 2022 |

|  |  |
| --- | --- |
|  | **Mental Health Awareness week – 9 – 15 May 2022**  1 in 4 of us will experience a mental health problem each year. We all need support on our mental health journey. But many of us don’t know where to reach out for support. Or how to share what we’re going through.  MIND is determined to change that and showing the different ways people talk about their experiences |
| Find out more here <https://mind.turtl.co/story/mindwork-april-2022/page/3/1?utm_source=MIND%20(THE%20NATIONAL%20ASSOCIATION%20FOR%20MENTAL%20HEALTH)&utm_medium=email&utm_campaign=13173102_Comms_Mind@work_Apr_29_22_manual_regular_EH&utm_content=Covid%20Insights&dm_i=CZC,7UCFI,1XDR1O,W0H1U,1>  This year’s theme will explore the impact of **loneliness** and how we can tackle it, following recent research by the Mental Health Foundation that showed that many people have increasingly been suffering from feelings of isolation and loneliness which has led to harmful consequences. They also discovered an increased demand from the public to see loneliness being addressed as a serious topic requiring urgent action.  Loneliness has no common cause. Sometimes it can be triggered by a life event or change in situation, or it may not be triggered by anything at all. We all experience feeling lonely in different ways. This means there are a range of ways we can try to overcome loneliness, and we need to identify the help and support that works for us. It's really important to remember that loneliness and difficult feelings can pass.  While loneliness is a feeling we can all relate to, sometimes admitting we feel lonely is much harder. We want people to talk more openly about feeling lonely and the impact that loneliness can have.  Sometimes it can feel easier to reach out to someone else who may be feeling lonely. There are plenty of simple actions you can take to help lift someone out of loneliness and in doing so, it might help you to feel less lonely too.  Find out more about the steps you can take to help yourself and those around you and where you can find further support.  <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/> | |

|  |  |  |  |
| --- | --- | --- | --- |
| **Summer** | | **Make driving a breeze this summer - How to cope with everything from traffic to tractors**  **As we are nearing the start of Summer (hopefully the weather will soon reflect this!), the summer season can mean high temperatures, increased stress levels, and extra demands on your car.**  **Find out AA’s advice to help with the bigger challenges of summer driving here: -**  <https://www.theaa.com/driving-advice/seasonal/summer> | |
| Date | Topic | | Website |
| 4 May | Government guidance  **Finding and choosing a private coronavirus (COVID-19) test provider**  Updated and randomised the general list of providers. | | <https://www.gov.uk/government/publications/list-of-private-providers-of-coronavirus-testing?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=1248210e-9e6b-48ac-83f9-965c2cda96c2&utm_content=daily#full-publication-update-history> |
| 4 May | Government guidance  **Using the NHS COVID Pass to demonstrate COVID-19 status**  Updated to tell users that from 12 May 2022 the domestic NHS COVID Pass will no longer be available and new medical exemption applications will not be accepted from this point. | | <https://www.gov.uk/guidance/nhs-covid-pass?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=f1d19254-813a-4174-9a64-2d4e3766ac71&utm_content=daily#full-publication-update-history> |
| 5 May | 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=79934397-621f-4c1a-857e-5287bd86a25d&utm_content=daily> |
| 6 May | Government Official Statistics – new publication  **Self-reported long COVID after infection with the Omicron variant** | | <https://www.gov.uk/government/statistics/self-reported-long-covid-after-infection-with-the-omicron-variant?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=40449556-2d7f-4861-b163-246718feb375&utm_content=daily> |
| 6 May | Government guidance  **SARS-CoV-2 variants of public health interest**  Details of the variants of public health interest  Added latest update. | | <https://www.gov.uk/government/publications/sars-cov-2-variants-of-public-health-interest?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=830bb5d0-48d7-4c2b-959d-4f28f34c455d&utm_content=daily#full-publication-update-history> |
| 6 May | Government News story  **COVID-19 variants identified in the UK**  Latest updates on SARS-CoV-2 variants detected in the UK. | | <https://www.gov.uk/government/news/covid-19-variants-identified-in-the-uk?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=b25bd27f-fda0-4b75-91d6-4567ea83f7c7&utm_content=daily#full-publication-update-history> |
| 6 May | Government guidance  **COVID-19 Response: Living with COVID-19**  The government’s plan for removing the remaining legal restrictions while protecting people most vulnerable to COVID-19 and maintaining resilience.  Added easy read version of 'COVID-19 Response: Living with COVID-19'. | | <https://www.gov.uk/government/publications/covid-19-response-living-with-covid-19?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=49868b50-2b54-4370-bda1-0ac5341a9b98&utm_content=daily#full-publication-update-history> |