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| **August 2024 – General Articles** |
| Image result for NHS Healthy start | **NHS Healthy Start programme**If someone is in receipt of benefits who’s pregnant or has a young child, they could be entitled to up to £34 a month to buy healthy food and milk.The financial help is available through the Healthy Start scheme.The scheme is for people who are more than 10 weeks pregnant or have a child under four and are on a low income.Recipients are sent a Healthy Start card, which comes with money pre-loaded on it. The card is automatically topped up every four weeks. |
| They can be used in some UK shops to buy:* plain liquid cow’s milk
* fresh, frozen, and tinned fruit and vegetables
* fresh, dried, and tinned pulses
* infant formula milk based on cow’s milk.

The card can also be used to collect free:* Healthy Start vitamins to support people during pregnancy and breastfeeding
* vitamin drops for children from birth to 4 years old.

Information on how to apply, answers to frequently asked questions and tips for healthier eating on the Healthy Start website <https://www.healthystart.nhs.uk/>  |
| Carers UK | **Carers UK to present Carer’s Allowance overpayments report to Minister detailing the experiences of unpaid carers** Unpaid carers will share the devastating impact of Carer’s Allowance overpayments on their lives in a report due to be handed to Sir Stephen Timms, the new Minister for Social Security and Disability at the Department for Work and Pensions (DWP) on Monday 29th July. Read more here: - |
| <https://www.carersuk.org/press-releases/carers-uk-to-present-carer-s-allowance-overpayments-report-to-minister-detailing-the-experiences-of-unpaid-carers/?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=14594812_NEWSL_HMP_Library%202024-08-02&dm_i=21A8,8OTFG,2NYYES,102TU2,1>  |
| Centre for Mental Health logo | **The hidden link between poverty and children’s mental health**In partnership with the Children and Young People’s Mental Health Coalition and Save the Children UK, this report explores the impact of poverty and benefit conditionality on families’ mental health. Based on research with parents and children, and a review of the evidence, the report finds that children are being failed by the state’s inability to combat the dual crises of poverty and mental health.Read more here: - <https://www.centreformentalhealth.org.uk/publications/a-dual-crisis/?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=14587030_NEWSL_HWB_2024-08-05&dm_i=21A8,8ONFA,2NYYES,1026PN,1>  |

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| **August 2024 – General Articles** |
|  | **Labour never loved the idea of a cap on care costs – now it must decide what to do instead**Labour never loved the idea of a cap on care costs – now it must decide what to do instead. Read the blog in full here: - <https://www.kingsfund.org.uk/insight-and-analysis/blogs/labour-cap-on-care-costs?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=14599798_NEWSL_WeeklyUpdate_050824&utm_content=Button_SimonBlog&dm_i=21A8,8OX9Y,2NYYES,1037EH,1>  |
|  | **Let's talk about social prescribing**A podcast about big ideas in health and care. We talk with experts from The King’s Fund and beyond about the NHS, social care, and all things health policy and leadership. New episodes monthly. Follow to get new episodes for free as soon as they're available on Apple Podcasts or Spotify. Access via the link: - <https://www.kingsfund.org.uk/insight-and-analysis/podcast/let-s-talk-about-social-prescribing?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=14587030_NEWSL_HWB_2024-08-05&dm_i=21A8,8ONFA,2NYYES,101VZ8,1>  |
| Closed Door Security - Phishing attacks: Definition, types, and prevention  techniques. | **The Sneaky Tricks of AI-Powered Phishing:**Phishing attacks have always been a thorn in our digital sides. But with the rise of AI, these cyber scams are getting much trickier to spot. Imagine a digital master of disguise. It’s using the latest technology to impersonate your boss or bank. It can instantly fake a style of writing or even a voice. Here's how AI is amping up phishing attacks, and what you can do to stay safe - the Sneaky Tricks of AI-Powered Phishing: |
| * Goodbye Broken English, Hello Natural Language: Forget the typos and awkward phrasing of old-school phishing emails.
* Subject Line Savvy: AI can analyse your online habits and tailor subject lines that pique your curiosity or urgency.
* Hyper-Personalised Attacks: AI knows what you buy, watch, and post online, and can use it to personalise phishing attempts.

Combating the AI Threat - Your Phishing Defence Kit:* Sharpen Your Scrutiny Skills: Double-check sender addresses, hover overlinks to see the real URL, and be wary of urgency tactics.
* Educate Yourself (and Others): Learn about the latest phishing tactics and share this information.
* Use Strong Security Software: Security software with anti-phishing features can help you identify and block malicious emails.
* Be Wary of Unusual Requests: If you receive an unusual or unexpected request, contact the stated sender directly.

Yes, AI is making phishing attacks more dangerous. But staying vigilant and using common sense can help you stay safe. |
|  | **Department of Health & Social Care Blog - Getting a head start on flu and other infections**The flu season is inevitable, so let's be fully prepared. Deborah Sturdy, chief nurse for adult social care, has written a new blog – read it here: -<https://socialcare.blog.gov.uk/2024/08/20/getting-a-head-start-on-flu-and-other-infections/> |
| **August 2024 – General Articles** |
| Local Government Association | **Men’s health: The lives of men in our communities** Men in the most deprived areas in England live nearly 10 years fewer than those in the least deprived. It is clear working in partnership is the key to addressing men’s health – and councils are ideally placed to lead and foster that. Men’s health is a national concern. On average, they die nearly four years earlier than women with a number of physical and mental health conditions disproportionately affecting them. This includes some cancers, heart disease and type 2 diabetes. They are also more likely to die by suicide – with four out of every five suicides by men. |
| Read more here: - <https://www.local.gov.uk/publications/mens-health-lives-men-our-communities?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=14632072_NEWSL_HMP_Library%202024-08-30&dm_i=21A8,8PM6G,2NYYES,106S4O,1>  |

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| **Infection Prevention guidance and updates**  |
| 1 August 2024 | UK Health Security Agency Government Guidance**Flu vaccine supply: when you should get your flu vaccination**Information on where and when eligible people can get their flu vaccinationAdded the new version for the flu season 2024 to 2025. | <https://www.gov.uk/government/publications/flu-vaccine-supply-when-can-you-get-your-vaccination?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=76e2f997-7dd9-44a8-aaf2-cf28470fd931&utm_content=daily> |
| 2 August  | Department of Health and Social Care Press release**Government accepts advice on 2024 autumn COVID-19 vaccine programme** Minister Andrew Gwynne has accepted advice from the Joint Committee on Vaccination and Immunisation (JCVI). | <https://www.gov.uk/government/news/government-accepts-advice-on-2024-autumn-covid-vaccine-programme?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=c4d64e58-c942-4b07-be0a-c163552abeb6&utm_content=daily>  |
| 6 August  | Cabinet Office Research and analysis**UK Covid-19 Inquiry: Resilience and preparedness (Module 1) Report**The UK Covid-19 Inquiry has published its first report, setting out findings and recommendations following its investigation into the United Kingdom’s resilience and preparedness (Module 1) | <https://www.gov.uk/government/publications/uk-covid-19-inquiry-resilience-and-preparedness-module-1-report?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=001059e3-3d95-4815-8286-aa9340668aa7&utm_content=daily>  |
| 8 August | UK Health Security Agency Press release**Whooping cough cases rise to over 10,000**UKHSA urges pregnant women to get vaccinated to protect their newborn babies as whooping cough cases rise to over 10,000. The latest data for England shows cases of whooping cough peaked in May but continue at high levels, with 2,427 cases reported in June. | <https://www.gov.uk/government/news/whooping-cough-cases-rise-to-over-10000?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=a6f0a123-9d46-4746-b56f-74c85114c830&utm_content=daily#full-publication-update-history>  |

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| **Infection Prevention guidance and updates**  |
| 13 August | UK Health Security Agency Press release**New RSV vaccine could prevent 5,000 infant hospitalisations**Study shows new RSV vaccine for pregnant women could prevent 5,000 hospitalisations and 15,000 emergency department attendances for infants. | <https://www.gov.uk/government/news/new-rsv-vaccine-could-prevent-5000-infant-hospitalisations?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=5492a518-75c8-4598-8df3-ab147d6d1705&utm_content=daily>  |
| 15 August | UK Health Security Agency Guidance**Occupational pertussis vaccination of healthcare workers**Information for NHS occupational health departments on pertussis vaccination of healthcare workers.Change made:Updated occupational pertussis vaccination of healthcare workers guidance. | <https://www.gov.uk/government/publications/pertussis-occupational-vaccination-of-health-care-workers/occupational-pertussis-vaccination-of-healthcare-workers>  |
| 16 August | UK Health Security Agency Guidance**Flu vaccination: who should have it this winter and why**This explains the importance of the influenza (flu) vaccination this winter: 2024 to 2025.Updated for the 2024/2025 flu season | <https://www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=0714cf6c-2f88-465f-9b24-5b6805038efa&utm_content=daily#full-publication-update-history>  |
| 21 August  | UK Health Security Agency Press release**Students urged to protect themselves from deadly meningitis**The UK Health Security Agency is encouraging students to make the healthiest start to their studies possible. | <https://www.gov.uk/government/news/students-urged-to-protect-themselves-from-deadly-meningitis?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=2420ddff-44d5-49fa-a305-8d577015f319&utm_content=daily>  |
| 29 August  | UK Health Security Agency Press Release**UKHSA warns of back to school measles surge**The measles vaccination is part of the NHS Routine Childhood Immunisation Programme – with 1 dose offered at 1 year and a second dose at 3 years 4 months. | <https://www.gov.uk/government/news/ukhsa-warns-of-back-to-school-measles-surge?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=dbb26547-547d-4946-a8e8-2ff555ab8488&utm_content=daily>  |

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| **Other Topics - updates** |

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| 2 August | Foreign, Commonwealth & Development Government Guidance**Foreign travel insurance**If you’re travelling abroad, you should take out appropriate travel insurance before you go.Guidance fully reviewed and updated, including updated costs of emergency treatment. New 'Specialist health and medical insurance' section added. | <https://www.gov.uk/guidance/foreign-travel-insurance?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=1b0e8d0a-b27e-47e5-8877-e81fd2c009d6&utm_content=daily> |
| 7 August | Disclosure & Barring Service Guidance **DBS guidance leaflets** Guidance leaflets relating to eligibility and other DBS services and products. Addition of the following leaflets: 'The legal duty to refer to DBS' and 'How to make a good quality barring referral'. | <https://www.gov.uk/government/publications/dbs-guidance-leaflets?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=bb7c80dd-da70-4011-ab37-56d7e1817c7f&utm_content=daily#full-publication-update-history>  |
| 7 August | Department for Work and Pensions Guidance**Pension Credit: closure of Tax Credits for people over State Pension age**Information about Pension Credit and the closure of Tax Credits for people over State Pension age. Factsheet amended to explain that Tax Credits are ending in April 2025, the impact that the closure of Tax Credits has on people aged over State Pension age and how Pension Credit will be calculated for those moving from Tax Credits to Pension Credit. | <https://www.gov.uk/government/publications/pension-credit?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=ef79a475-7604-4216-88be-a94c12377b23&utm_content=daily#full-publication-update-history>  |
| 15 August | Medicines and Healthcare products Regulatory Agency Guidance**Herbal medicines granted a traditional herbal registration (THR)**A list of herbal medicines currently holding a traditional herbal registration (THR) granted by the Medicines and Healthcare products Regulatory Agency (MHRA). | <https://www.gov.uk/government/publications/herbal-medicines-granted-a-traditional-herbal-registration-thr?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=2347c43d-4ec9-404a-af36-38c7accf0a9c&utm_content=daily>  |

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| 30 August | Department for Work and Pensions Guidance **Universal Credit if you have a disability or health condition** The support that is available for Universal Credit claimants who have a disability or health condition. Added confirmation that you do not need to submit a fit note if you're moving from Employment and Support Allowance (ESA) to Universal Credit without a break, if you meet the listed criteria. | <https://www.gov.uk/government/publications/universal-credit-if-you-have-a-disability-or-health-condition-quick-guide?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=7d51db38-abbc-4a8a-897b-b2338283c757&utm_content=daily>  |