

## WOMEN'S HEALTH

### Cervical Cancer Prevention Week

Cervical screening can stop cervical cancer before it starts but almost 1 in 3 women and people with a cervix don't attend them.

Jo's cervical cancer trust are raising awareness of cervical screening by encouraging women to share their stories to ensure as many people as possible have reliable information and support about smear tests.

[Link](#)

## PHYSICAL HEALTH

### Healthy Future course

Mind Manchester are offering free virtual and in person training for anyone living with a long-term physical condition (e.g. Arthritis, back pain, Fibromyalgia, Diabetes, Heart disease, Asthma, Crohn's, Epilepsy) and who want to find ways of managing and improving their psychological wellbeing.

The course will teach different stress and mood management skills, ways to better handle fears and worries, relaxation techniques.

[Link](#)

## DEMENTIA

### Report highlights ways to help improve the lives of those with dementia

In December 2021, Dementia United published a report in collaboration with the University of Manchester. The report highlights seven recommendations that together can help improve the lives of

people living with dementia, carers and loved ones in Greater Manchester.

[Link](#)

## COVID-19

### New changes to the guidelines

The government has announced that the measures put in place under plan B in England will be lifted from 27/2/22.

[Link](#)

## MENTAL HEALTH

### Samaritans campaign to get people talking

Monday marked Blue Monday, supposedly the most difficult day of the year, but Samaritans, the leading suicide prevention charity, says feeling low can happen on any day of the year. In a bid to uplift the nation as pandemic uncertainties continue, their #BrewMonday campaign encouraged people to get their mugs out and lend an ear to loved ones.

[Link](#)

## TRAINING

### Book your place on the buzz Better Information Programme

Do you want to be better at spotting fake news and misinformation? Do you write health information, or explain to clients, communities and service users about their health? Then this free online training is for you. Find out more and book onto one of our sessions using the link below.

[Link](#)

