

## MENTAL HEALTH

### Free one-to-one Trauma informed counselling

TRC Sexual Abuse & Rape Support Greater Manchester are providing free one-to-one trauma informed counselling. There are face-to-face, telephone or video therapy options. Up to 26 sessions are being offered with trauma informed counsellors.

[Link](#)

## PARKINSON'S

### Free webinar looking at digital approaches to Parkinson's

This webinar will provide insights into three ongoing projects focusing on mobile health applications to address everyday actions, behavioural control, and falls management in Parkinson's. A key element of each project is the involvement of people living with Parkinson's in developing and evaluating content and functionality, to ensure that the approaches are acceptable and meaningful for potential users. Wednesday 2 March 2-3pm.

[Link](#)

## CEREBAL PALSY

### Genetic link to some causes of cerebral palsy

One in four people with cerebral palsy have an underlying genetic condition, according to new research that has the potential to change the overall approach to their care.

Based on their results, the researchers urge parents and clinicians to consider a genetic cause for any child that has cerebral palsy without known risk factors or has cerebral palsy-like features but whose

condition is worsening, and to investigate or refer accordingly.

[Link](#)

## COVID-19

### Tips for wellbeing when self-isolating

It's just as important to look after your mind as well as your body when self-isolating with COVID-19. Healthwatch have put together some tips on how to look after your mental health while self-isolating with COVID-19

[Link](#)

## YOUNG PEOPLE

### Paper highlights climate crisis implications for young people

This Special Issue from Child and Adolescent Mental Health journal examines the implications of the climate crisis for children and young people in relation to their mental health and well-being, and the implications for mental health professionals.

[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](#)

