

COVID-19

My Long COVID Needs

The British Lung Foundation have created the 'My Long COVID Needs' assessment tool that will help sufferers to understand current Long COVID symptoms, their needs, what to do next and what help they can get.

[Link](#)

HIV

Ageing with HIV

Advances in antiretroviral therapy mean more people are living – and ageing – with HIV. However, challenges exist, from the biological interplay of HIV and ageing to the impacts of stigma, and delayed presentation for care on health-related quality of life for older people with HIV. This Series aims to explore these issues and how healthcare systems can adapt to the evolving needs of people ageing with HIV.

[Link](#)

RAPE SUPPORT

TRC Sexual Abuse and Rape Support Greater Manchester new Live Chat service

Trafford Rape Crisis (TRC) Sexual Abuse and Rape Support Greater Manchester have launched a live chat service covering the Greater Manchester area. This service operates on Wednesdays from 11.30am – 2 pm.

[Link](#)

LEARNING DISABILITIES

New guidance to support disabled children and young people to be more active

The UK's Chief Medical Officers have published new guidelines to support disabled children and young people to be more active. The guidance recommends 120 to 180 minutes of aerobic exercise per week at moderate to physical intensity (such as walking or cycling).

[Link](#)

BRAIN TUMOURS

How biopsies are offering hope to children with aggressive brain tumours

March is brain tumour awareness month. This article details research that is being conducted on a rare type of brain tumour known as Diffuse Intrinsic Pontine Glioma (DIPG). This occurs almost only in children, when they're about 6 to 8 years old and currently has a poor prognosis. Through the use of samples, they have seen initial success and hope to take their findings to a clinical trial.

[Link](#)

TRAINING

Health Literacy Awareness

Do you write health information, or explain to clients, communities, and service users about their health? Did you know that almost 50% of adults struggle to understand the health information they're given? This free online training shares tips on how to communicate health information more effectively.

[Link](#)

