

## PHYSICAL ACTIVITY

### Wider impacts of COVID-19 on physical activity, deconditioning and falls in older adults

This study looks at how the wider impacts of COVID-19 have affected older people (over 65 year olds), with a focus upon deconditioning and falls. It models the likely effect of the decrease in strength and balance activity observed during the pandemic on people who experience a fall, the number of falls and associated health and social care costs.

[Link](#)

## CHILDREN

### The good childhood report 2021

Our Good Childhood Report 2021 shows the latest trends in children's well-being. The research seeks to understand how young people feel about different aspects of their lives. This year it has found that school, friendships and appearance continue to cause the greatest dissatisfaction in adolescence.

[Link](#)

## COMMUNITIES

### New social eating guide

Evidence increasingly shows that communal eating promotes social bonding and feelings of well-being. It also enhances people's connections to their communities. Ambition for Ageing alongside Talk, Listen, Change (TLC) have produced a useful practical guide for groups and organisations wishing to set up social eating activities.

[Link](#)

## DISABILITIES

### Free training on visual impairment for businesses and organisations

Henshaws enable people of all ages living with sight loss to make informed choices about their future. For many years, they have offered their Visual Impairment Awareness Training courses to anyone who wants to know more about life with a visual impairment. Their new online e-learning module now means that people can join the course at any time, day, or night. Find out more here.

[Link](#)

## CANCER

### 'Help Us, Help You, cancer campaign

The new head of the NHS in England has encouraged people with potential cancer symptoms to come forward for lifesaving checks. Launched on 16<sup>th</sup> August, the next phase of the 'Help Us, Help You' campaign from NHS England, with support from Public Health England, aims to raise awareness of symptoms of cancers in the abdominal area, urological cancers, and lung cancer.

[Link](#)

## COVID-19

### When to self-isolate and what to do

Self-isolation rules have changed. You will not need to self-isolate in certain situations. The NHS website provides information on when to self-isolate and get a test. This page is regularly reviewed and updated to reflect the latest government guidance.

[Link](#)

