

## **Minister makes 'Easter at home' plea**

Health Minister Robin Swann has pleaded with the general public to stay at home over the Easter holiday weekend.

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## **Mallon and Poots announce working partnership to support the most vulnerable in rural areas**

Infrastructure Minister Nichola Mallon and Rural Affairs Minister Edwin Poots have put further measures in place to support people in rural areas that are isolated as a result of COVID-19.

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## **Murphy confirms £45 million for mental health, deprivation and broadband**

Finance Minister, Conor Murphy today confirmed £45 million of funding for mental health, deprivation and broadband in 2020-21.

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## **Executive agree additional £300 million for Covid-19 response**

The Executive today agreed further allocations of almost £300 million to tackle Covid-19.

This in addition to the £634.8 million already allocated bringing the total funding for the emergency Covid-19 response to £933 million.

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## Update from our friends at Feeling Strong



In response to the COVID-19 pandemic we are radically pivoting the work we do, providing community relief through 'Food & Care Packages', as well as moving our peer support service to a 'Video/Text Chat' model. We've also put together a one stop-shop site for COVID guidance, information, activities and local updates. We think we could make a really big difference in the community, so please share the below to support some of the most vulnerable people in Dundee.

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Feeling Strong are delivering 'Food & Care Packages' to those who are self-isolating as a result of COVID-19. These packages will provide vital products such as food, drinks and sanitary products that people who are self-isolating may not be able to get themselves, and the allocation of the packages will be conducted on a needs assessed basis. As an exception to Feeling Strong's normal services, the food packages are available to all ages. At a time like this we need to come together as a community and help those in need!

If you are in need of any of these items please fill out this form: <http://foodpackage.feelingstrong.co.uk/>

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Feeling Strong's Text Chat or Video Chat Service is a chance for young people (8-26) who live, work or study in Dundee to:

- Receive Peer Support from members of our team
- Talk about the difficulties of isolation, and ask for a food/care package to be delivered to you
- Talk about your mental health, recovery and self-care
- Learn about our services and what other mental health activities are going on in Dundee
- Meet other people who have lived experience of mental health and wellbeing challenges

We're open Tuesdays, Thursdays and Fridays from 1500-1800. Once you book an appointment we will send you a link to you with the details of how to join the video chat, which you can do here: [book.feelingstrong.co.uk](http://book.feelingstrong.co.uk)

Please Note: Young people aged 12 or under need to be accompanied by an adult. Feeling Strong is not an advice service, counselling, listening or therapy – we offer peer support.

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We've just launched a new website providing COVID-19 support! Check it out to access [\[link\]](#)

[\[link\]](#) Our latest services

[\[link\]](#) Latest NHS & local news

[\[link\]](#) Links & advice to help maintain mental health

[\[link\]](#) Suggestions of isolation activities

[covid.feelingstrong.co.uk](https://covid.feelingstrong.co.uk)