

New Every Mind Matters campaign

A new survey, commissioned by Public Health England (PHE) at the start of the current government restrictions, reveals the impact coronavirus (COVID-19) has had on adults' mental wellbeing across the country.

The research found that almost half (49%) felt that the pandemic has impacted negatively on their mental health and wellbeing (53% of women and 45% of men). Of those surveyed, significant proportions of the population said they had been experiencing more anxiety (46%), stress (44%), sleep problems (34%) and low mood (46%) over the course of the pandemic. The following were the most common reasons people thought the lockdown had negatively impacted their mental health:

- 56% missing friends and family; and loneliness 33%
- 53% uncertainty about the future; with financial and employment worries 27%
- 53% worried about family's safety and health

However, at the same time 3 in 5 (60%) of those asked say they feel hopeful about the future. Many adults (75%) reported that they are planning to take or have taken steps to look after their mental wellbeing, with exercising regularly (32%) eating well (29%) and talking more to family and friends (28%) being the main actions.

To support people during this time, PHE has launched a nationwide Better Health – Every Mind Matters campaign to support people to take action to look after their mental health and wellbeing and help support others such as family and friends. The campaign encourages people to get a free [NHS-approved Mind Plan](#) from the [Every Mind Matters website](#). By answering 5 simple questions, adults will get a personalised action plan with practical tips to help them deal with stress and anxiety, boost their mood, sleep better and feel more in control. Over 2.6 million Mind Plans have been created since it launched in October 2019.

The [Every Mind Matters COVID-19 hub](#) also includes practical tips and support on how adults can deal with uncertainty, how to cope with money and job worries and how to look after both their own and their family's mental wellbeing while staying at home.

The campaign is supported by a coalition of leading mental health charities, including Mind, Samaritans, Young Minds and Rethink.

Clare Perkins, Director of the Mental Health Programme at PHE said:

While the experience of the pandemic has been different for everyone, there's no doubt it has caused unprecedented challenges, and, not surprisingly, many of us are now experiencing poorer mental wellbeing.

Stress, anxiety and worry are very natural feelings in the face of the COVID-19 outbreak, and looking after our mental wellbeing has never been more important. The good news is that our Every Mind Matters COVID-19 resources have lots of excellent practical tips and advice, and I'd encourage you to get a free NHS Mind Plan, which will give you simple steps to help you navigate these challenging times.

Minister for Mental Health, Nadine Dorries, said:

It is understandable that many of us will be feeling fed up, worried and anxious about the weeks ahead. For most, these feelings will subside as we draw on our own resilience, adapt to new circumstances and take comfort from the hope of better days ahead. However, there are simple steps we can all be taking to improve our mental wellbeing.

Every Mind Matters' mental health resources include tailored advice, as well as practical tips on sleep and self-care. It enables you to create your own 'Mind Plan' by answering 5 simple questions to receive tips and practical advice tailored to you.

Whoever you are and whatever your situation, you are not alone and if you are struggling, there is support out there so I urge you to reach out and ask for help.

Dr. Max Pemberton, who is supporting the campaign, comments:

With all the changes going on in our lives, it can create a stressful time which will affect us all to some extent – but there are ways we can manage this uncertainty; reducing stress and helping us to cope better. Better Health – Every Mind Matters is there to support us and can equip us with the tips and advice to improve our mental wellbeing especially while we're at home. Advice including reframing your thoughts, focusing on the short term and finding a new rhythm, in the form of a new routine, is a powerful way to deal with uncertainty. You must remember that throughout all this, you are not alone – speak to your family and friends and we can continue to stay in good mental wellbeing throughout this lockdown.

The research also revealed differences in the negative mental health impacts the pandemic is having on younger people. Those aged 18 to 34 are more likely to report that COVID-19 has caused them more stress (51%) and made them feel more lonely (43%).

To support this age group, the campaign has sought the support of celebrities including footballer Wayne Bridge, Bridgerton actress Phoebe Dynevor,

presenter Vick Hope and Celebs Go Dating receptionist Tom Read Wilson. The supporters all recognise the importance of helping people improve their mental wellbeing during these uncertain times and have spoken openly about their own personal experiences of mental health and the steps they are taking to look after their own wellbeing.

Better Health – Every Mind Matters also offers information and videos to help young people look after their own mental health and provides dedicated support to help parents and guardians look after the mental wellbeing of the children and young people they care for.

For those who are struggling with anxiety or depression, NHS talking therapies are here to help. NHS mental health services have been open throughout the pandemic and continue to stay open during this lockdown. Speak to your GP for a referral, or you can self-refer via [nhs.uk/talk](https://www.nhs.uk/talk). NHS mental health staff can provide care via phone or online from the comfort of your home. Face to face appointments can also be arranged in many areas. These services are a free, and a confidential way to get effective help.

If you or a loved one face a mental health crisis, you can find your local NHS 24/7 helpline on [nhs.uk/urgentmentalhealth](https://www.nhs.uk/urgentmentalhealth).

For further information about the campaign or to set up interviews with case studies or PHE spokespeople, please contact:

[Foreign Secretary statement: Arrest of Alexey Navalny](#)

Press release

The Foreign Secretary has responded to the arrest of Alexey Navalny by the Russian authorities



It is appalling that Alexey Navalny, the victim of a despicable crime, has been detained by Russian authorities. He must be immediately released.

Rather than persecuting Mr Navalny Russia should explain how a chemical weapon came to be used on Russian soil.

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[Act now to keep your business moving in 2021, Business Minister urges](#)

- Firms urged to ensure they have ticked off checklist of six key actions, as UK begins its new start outside of the EU
- Business Minister warns “Business is changing: you must not delay any further”
- Department launches series of on demand videos – on subjects ranging from trade to data – to help companies understand the new rules

As the UK embarks on its new start as an independent trading nation, Business Minister Paul Scully has set out six key actions businesses must take to ensure they can seize all the opportunities on the horizon.

The zero tariff, zero quota trade deal the UK has struck with the European Union will help unlock investment and protect jobs across the United Kingdom and will allow businesses to benefit from new trade deals with partners all around the world.

However, there are a range of actions businesses must take in order to take advantage of these opportunities outside the customs union and single market. Today, Minister Scully is urging businesses who have not yet taken steps to prepare for the UK’s new start to act now to avoid any potential disruption to their operations.

Business Minister Paul Scully said:

The UK is finally out of the EU single market and customs union, and business is changing.

Many businesses have made great strides to get ready for the UK’s new start, but we know some are further behind. To avoid any potential disruption to your business, you must not delay – make your final preparations now.

The government will be here to help businesses navigate this change. You can use this checklist, watch our on demand videos, or visit gov.uk/transition to get personalised advice.

The six key actions many firms may need to take are:

1. Goods – if you import or export goods to the EU, you must get an EORI number, make customs declarations or employ an agent to do them for you, check if your goods require extra papers (like plant or animal products) and speak to the EU business you're trading with to make sure they're completing the right EU paperwork. There are also special rules that apply to Northern Ireland. Hauliers must obtain a Kent Access Permit and have a negative Covid test before they head to port in Kent
2. Services – if you deliver services to the EU, you must check whether your professional qualification is recognised by the appropriate EU regulator
3. People – if you need to hire skilled staff from the EU, you must apply to become a licensed sponsor
4. Travel – if you need to travel to the EU for business, you must check whether you need a visa or work permit
5. Data – if your goods are protected by Intellectual Property (IP), you will need to check the new rules for parallel exporting IP protected goods from the UK to the EU, Norway, Iceland and Liechtenstein. You risk infringing on IP rights if you do not follow the new rules
6. Accounting & Reporting – if your business has a presence in the EU you may need to change how you undertake accounting and reporting to ensure compliance with the relevant requirements

These six key actions should act as a guide for every business affected by the new rules, with more detailed, personalised advice available through the checker tool on gov.uk/transition.

To further support firms, today (Monday 18 January), the Business Department has launched a series of new, on demand videos to help businesses familiarise themselves with the new rules, which will be available via gov.uk/transition. Topics include importing and exporting, trade, data, and audit and accounting.

Businesses can select which videos to view from the list, or can choose their sector and see videos that are recommended for them.

Many actions related to EU exit needed to have been taken regardless of the outcome of negotiations, and are therefore unaffected by the trade deal the UK has negotiated with the EU. However, in some areas, such as tariffs and audit and accounting, there is new guidance that businesses will need to familiarise themselves with.

The Business Support Helpline (0800 098 1098) is a free service operating across England. It can provide information on a wide range of business issues, including starting up, business continuity, growth and access to finance, including the range of business support available from Government. Similar services are available in Northern Ireland, Scotland and Wales.

Social care to receive £269 million to boost staff levels and testing

The impact of the new variant is being felt across the country, with staff absence rates rising sharply both in care homes and among home care staff, due to testing positive or having to self-isolate.

The funding announced today will protect and support the social care sector, including care homes and domiciliary care providers, by increasing workforce capacity and increasing testing.

The vital infection prevention and control guidance on staff movement in care homes is also being reinforced, with a reminder to providers to continue following the rules and keep staff and residents safe.

The new £120 million funding will help local authorities to boost staffing levels, a direct ask of the sector. The funding can:

- provide additional care staff where shortages arise
- support administrative tasks so experienced and skilled staff can focus on providing care
- help existing staff to take on additional hours if they wish with overtime payments or by covering childcare costs

Health and Social Care Secretary Matt Hancock said:

This funding will bolster staffing numbers in a controlled and safe way, whilst ensuring people continue to receive the highest quality of care.

Since the start of the pandemic, we have taken steps to protect care homes, including increasing the testing available for staff and residents, providing free PPE, and investing billions of pounds

of additional funding for infection control.

Help is on the way with the offer of a vaccine, with over 40 per cent of elderly care home residents having already received their first dose.

Many local authorities across the country already have staffing initiatives in place to increase capacity and address staffing issues. These include care worker staff banks where new recruits are paid during training, re-deployment models where DBS checked staff are trained and moved into operational roles, and end-to-end training and recruitment services. The new £120m fund will ensure such initiatives can continue, and help other local authorities implement similar schemes.

The £120m fund is in addition to the £149 million announced in December, which will be used to support rapid testing of staff testing and facilitate visits from family and friends where possible. The funding will help care home providers with the costs incurred, including setting up safe testing areas, providing staff training and will contribute towards staff time spent administering and receiving tests.

This £149 million grant is ringfenced for lateral flow device testing in adult social care. Local authorities will be required to pass on 80 per cent of the funding to care homes on a per beds basis, with 20 per cent used at the local authorities discretion to support the care sector in delivering additional lateral flow device testing. All the funding will be available later this month, so local authorities can take action quickly to respond to the pandemic.

Minister for Care Helen Whately said:

This additional funding gives a boost to the social care workforce during some of the most difficult days of this pandemic so far.

Care workers have been doing the most amazing job throughout the pandemic. In challenging circumstances, they have been caring for some of the people most at risk from this virus with compassion and skill.

This additional £120 million will support social care to cope where there are pressing staff shortages due to the pandemic and comes on top of the £149 million to support safer testing.

We're continuing to listen to care providers to make sure they have the help they need, from free PPE to extra testing, along with all the work to vaccinate care home residents, staff and the wider social care workforce.

Increased staff testing remains a critical part reducing transmission. Care homes currently have access to 3 tests per week for their staff, with daily

testing for 7 days in the event of a positive case to protect staff and residents.

Care homes will have additional lateral flow devices to test individuals working in more than one setting before the start of every shift.

Restricting staff movement remains critical to minimising the risk of transmission. In response to the government's consultation, the sector called for an increase in staffing capacity instead of regulation to achieve this goal.

Professor Martin Green OBE, CEO of Care England, said:

As the largest representative body for independent providers of adult social care, Care England, is pleased the government listened to the sector regarding their deep concerns about banning staff movement.

We want to work with the department to ensure the staff capacity fund delivers to the front line and is suitably flexible to reflect the crisis whereby providers are struggling with staff illness and absenteeism in the same way as their colleagues in the NHS are.

Staff are our most precious resource and we want to do all that we can to support them especially in these incredibly difficult times.

Vic Rayner – Chief Executive of the National Care Forum said:

It is positive that the government has taken note of the extreme staffing pressure that care providers across the country are experiencing.

The funding announced and confirmed today is welcome news, but must be subject to continuous review.

Communities across the country desperately need care organisations to be properly supported now and in the future so that they are ready and able to face every twist and turn of this pandemic.

Around 40 per cent of people aged 80 and over and a quarter of older care home residents have now received their first vaccine dose. By the end of next week we aim to have offered a jab to all care home residents and staff.

New legal protection for England's heritage

- New legal safeguards introduced for historic monuments at risk of removal
- All historic statues, plaques and other monuments will now require full planning permission to remove, ensuring due process and local consultation in every case
- The law will make clear that historic monuments should be retained and explained
- The Secretary of State able to "call in" any application and ensure the law is followed
- The most significant new protection for England's heritage since the 1967 Civic Amenities Act established Conservation Areas
- Measures build on proposals that embed beauty, design and quality in England's planning system for the first time

New laws to protect England's cultural and historic heritage have been announced by Communities Secretary Robert Jenrick today (17 January 2021).

The new legal protections mean that historic statues should be 'retained and explained' for future generations. Individuals who want to remove any historic statue, whether listed or not, will now require listed building consent or planning permission.

Under the new regulations, if the council intends to grant permission for removal of a particular statue and Historic England objects, the Communities Secretary will be notified so he can make the final decision about the application in question.

Historic England and the Secretary of State will apply the new policy of "retain and explain", meaning historic statues will only be removed in the most exceptional circumstances.

Many unlisted heritage assets are of interest, significance and pride to the local communities in which they are erected and it is right that protections are put in place for them.

These new laws will protect 20,000 statues and monuments throughout England for future generations.

These landmark legal changes come in the tradition of previous landmark heritage protection laws such as the Civic Amenities Act 1967 and the Town & Country Planning Act 1947.

Communities Secretary Rt Hon Robert Jenrick MP said:

For hundreds of years, public statues and monuments have been

erected across the country to celebrate individuals and great moments in British history.

They reflected the people's preferences at the time, not a single, official narrative or doctrine. They are hugely varied, some loved, some reviled, but all part of the weft and weave of our uniquely rich history and built environment.

We cannot – and should not – now try to edit or censor our past. That's why I am changing the law to protect historic monuments and ensure we don't repeat the errors of previous generations, losing our inheritance of the past without proper care.

What has stood for generations should be considered thoughtfully, not removed on a whim, any removal should require planning permission and local people should have the chance to be properly consulted. Our policy in law will be clear, that we believe in explaining and retaining heritage, not tearing it down.

Culture Secretary Rt Hon Oliver Dowden MP said:

I strongly believe that we should learn from our past – in order to retain and explain our rich history.

The decisions we make now will shape the environment inherited by our children and grandchildren.

It is our duty to preserve our culture and heritage for future generations and these new laws will help to do so.

The new rules will also apply to unlisted historic plaques, memorials or monuments which will also require planning permission and Historic England to be informed.