



Be kind to yourself and others

This week is Mental Health Awareness Week and this year's theme is kindness. Small acts of kindness can make a real difference to someone's day and it's more important than ever to be kind to yourself and others.

We've set a 7-day #BeKind challenge with ideas for small acts of kindness. If you complete any of these activities please let us know and we'll share as many as we can ourtown@wigan.gov.uk

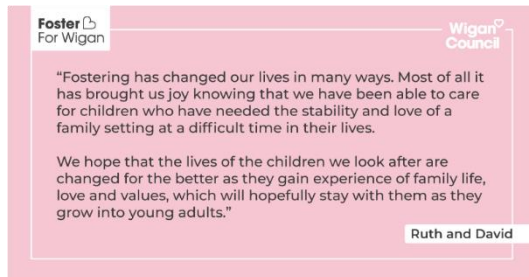
- Send a letter, postcard or gift to someone who may be isolated and lonely
- Donate to your local food bank via the collection points in your local supermarket
- Give an honest compliment
- Make time to call or text a friend you haven't spoken to for a while
- Let someone know you're proud of them
- Check in on someone you know if going through a tough time
- Do something for the planet – plant a new tree in your garden or swap a meal for a vegetarian one.



New symptom for self-isolation

The government has added anosmia (loss of or change of smell) to the list of key Covid-19 symptoms you should self-isolate with, along with a continuous cough or fever. Anosmia can also affect your sense of taste as the two are closely linked.

If you have any of these symptoms you should self-isolate for 7 days, or longer if you're still experiencing symptoms, and members of your household should isolate for 14 days. Read the full statement from the Chief Medical Officer [here](#).



It's Fostercare Fortnight and we'd love to hear from you if you've ever considered fostering. People's circumstances are changing due to Covid-19, so we urgently need more foster carers to support children across the borough.

We'll support you every step of the way with virtual information sessions and home tours.

[Get in touch here if you can help](#)

Extension of testing

Everyone in the UK who is showing coronavirus symptoms is now eligible to book a swab test to find out if they have the virus. You can register for a test at www.nhs.uk/coronavirus after checking your symptoms.

Thank you

We're saying thank you to as many key workers as possible who are working to keep vital services running across the borough. Last week we held a day of recognition on twitter @WiganCouncil celebrating many of those who have gone above and beyond for residents. Tweet us if you have someone you want to thank and we'll share as many as possible. And thank you again to KJ Lines for painting additional rainbow road markings in front of key buildings.



Safer streets to save lives

We'll be making some changes to our roads to help you walk and cycle safely in line with social distancing guidelines. The new measures come as part of a Greater Manchester #SafeStreetSaveLives campaign which is looking at temporary ways to enable safe travel and exercise for all residents across the region. Find out what the measures are [here](#).

Worried your symptoms might be cancer?

Give your GP a call.

#HelpUsHelpYou

nhs.uk/cancer







Have you been putting off contacting your GP about a worrying symptom because you're concerned about leaving the house? GPs are holding lots of

appointments via telephone and can offer you advice and support this way.
Don't put off contacting them if you're worried - chances are it's nothing serious
but your GP wants to hear from you.

Stay in the know

If you want to stay up to date with the latest news for across the borough you can
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