**“Ne’er cast a clout till May be out”**

You may have heard this old saying - it's been in use since at least the 18th century. A clout is an old word for a piece of clothing. Some people think 'May' refers to the month but others take it to mean the May flower or hawthorn which flower in late April or early May. In other words, the old saying means don't take your warm clothes off until the May blossom is out because cold weather can return during the spring months. Let’s hope not!

**Staff news**

* **Hospice at Home –** we welcome three new Health Care Assistants to the team, Toni, Linda and Amy

**Bank holidays**

A reminder that Monday 2nd May is a bank holiday.

In honour of the Queen’s platinum jubilee Thursday 2nd and Friday 3rd of June are bank holidays.

**COVID-19 update**

You may have read about additional COVID-19 symptoms being identified for adults. As well as:

* a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
* a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
* a loss or change to your sense of smell or taste

**COVID-19 symptoms now also include:**

* shortness of breath
* feeling tired or exhausted
* an aching body
* a headache
* a sore throat
* a blocked or runny nose
* loss of appetite
* diarrhoea
* feeling sick or being sick

Please remember you must continue to take twice weekly LFD tests and always if you are symptomatic. Although COVID rates are coming down it is still essential that we all follow infection prevention and control procedures. Thank you.

**Using hand sanitizers**

Washing your hands is considered better for hand hygiene but a hand sanitizer is convenient when you are on the move or hand washing facilities are not available. We continue to supply staff with hand gels so please come and collect from the office if you need any further supplies.

Be aware when buying your own hand sanitizers that products vary and some are not as effective as others. For hand sanitizers to be effective it is important that they have a high alcohol concentration.

Alcohol-based hand sanitizers should contain at least 60% ethyl alcohol or isopropyl alcohol. These alcohols work to kill bacteria and viruses.

**May is:**

* **Living Streets' National Walking Month -** encouraging you to **#Try20** - and walk for 20 minutes each day during May. Walking is an easy and accessible way to improve physical and mental health and a 20-minute walk can reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes. By walking rather than driving you can also help reduce air pollution, congestion and road danger.
* **5th May is Global Hand Hygiene Day -** aiming to prevent healthcare-associated sepsis through hand hygiene and infection prevention and control action
* **Mental Health Awareness week 9th to 15th May**. This focuses on improving good mental health across the nation and is hosted by the Mental Health Foundation. This year’s theme is exploring the impact of loneliness and how to tackle it. Many people have increasingly been suffering from feelings of isolation and loneliness
* **2nd to 6th May is Dying Matters Awareness Week**  - with the pandemic far from over, the UK is still struggling with big questions about how and where we die, who we are with at the end and what care and support we have in place.**Dying Matters** mission is to help people to talk about dying and grief, and plan for the end of life.