** South East**

**PHE South East Weekly Briefing**  **11 September 2020 20202020**

**Letter from PHE and NHS Test and Trace to school and college leaders**

The Medical Director of Public Health England and Chief Medical Adviser of NHS Test and Trace have written to school and college leaders. [Letter](https://www.gov.uk/government/publications/letter-from-phe-and-nhs-test-and-trace-to-school-and-college-leaders)

**Weekly national flu reports: 2019 to 2020 season**

National influenza reports, tracking seasonal flu and other seasonal respiratory illnesses in the UK can be found [here](https://www.gov.uk/government/statistics/weekly-national-flu-reports-2019-to-2020-season).

**Weight management services during COVID-19: phase 1 insights**

The impact of COVID-19 on children, young people and adults living with obesity, tier 2 and 3 weight management provision and next steps for recovery. [Report](https://www.gov.uk/government/publications/weight-management-services-during-covid-19-phase-1-insights)

**Behavioural insights in relation to the Covid-19 pandemic – a free webinar hosted by RSPH, Wednesday 16 September 2020, 1pm – 2pm**

The webinar will go through the challenges presented by human behaviours in a pandemic and how to try to address them, including: Optimistic bias – “It will not happen to me”; Illusion of control – “Nothing has gone wrong. I know what I am doing”; Cognitive dissonance – “I am doing wrong but there is a reason”; Attitudinal ambivalence – “There are more important matters”.

Also discussed will be the impact of the behaviours of the collaborative, the co-operators, the selfish, the altruists and the young.

For further information and to register visit the [webinars page on the RSPH website](https://www.rsph.org.uk/event/behavioural-insights-in-relation-to-the-covid-19-pandemic.html).

**New voluntary calorie guidelines to help industry tackle obesity**

Food industry encouraged to help people move towards and maintain a healthier weight by reducing excessive calories in everyday foods by up to 20% by 2024. [Guidelines](https://www.gov.uk/government/news/new-voluntary-calorie-guidelines-to-help-industry-tackle-obesity)

**COVID-19 mental health and wellbeing surveillance: Spotlights**

These Spotlights describe variation in the mental health and wellbeing of the population by a characteristic, such as age or gender. [Spotlights](https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-spotlights)

**COVID-19: mental health and wellbeing surveillance report**

This report compiles routinely updated indicators from multiple sources and summarises important findings from ongoing surveys. [Report](https://www.gov.uk/government/publications/covid-19-mental-health-and-wellbeing-surveillance-report)

**Public Health England launches new Every Mind Matters campaign**

Mental health [campaign](https://www.gov.uk/government/news/public-health-england-launches-new-every-mind-matters-campaign) supports the wellbeing of children, young people and their parents.

**COVID-19: Guidance for the safe use of council buildings**

[Guidance](https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-council-buildings) for those managing council buildings.

**PHE South East main telephone number for all locations - 0344 225 3861**

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