

TOPICAL

Dry January 2019



According to a [YouGov poll](#), around 4.2 million people in the UK have said they will commit to complete Dry January in 2019.

Since 2012, not-for-profit organisation [Alcohol Change UK](#) has encouraged millions of people to change their drinking habits, and to help create a more informed and balanced drinking culture across the UK. This has been achieved by hosting the annual movement Dry January.

To take part in the awareness campaign, participants are asked to give up consuming alcohol from New Years Day, to the 1st February.

Why do Dry January?

If you are considering joining the millions of people who have taken part in Dry January, you may be happy to know that there are many health benefits associated with reducing your alcohol consumption, they include:

Improved sleeping habits: Alcohol can exacerbate certain sleep conditions, like snoring, and without it you can increase the quality of your sleep, thus making you more energetic and active.

Weight loss: Considering a pint of beer contains 215 calories, and a glass of wine includes 126, giving up on alcohol for 4 weeks can make a noticeable impact on your weight.

Skin benefits: Alcohol can reduce the amount of water to moisturise your skin, causing it to appear rough, dry and flaky, consequently making it more prone to sensitivity and itching.

Financial savings: According to Alcohol Change UK, the average person spends £50,000 on alcohol in their lifetime. To find out how much money you could save, [click here](#) to try their online Alcohol Calculator.

Mental health: By achieving your dry month target, you'll receive a strong sense of accomplishment and satisfaction, thus positively impacting on your mental health.

Is Dry January for charity?

Every year, Alcohol Change UK provide life changing online advice and support to thousands of people in search of help as a result of their drinking habits.

Despite Alcohol Change UK being a registered charity, Dry January is largely focused on your own wellbeing and the health benefits associated with a reduction in alcohol consumption. However, if you wish to raise funds through your Dry January efforts, there are two options available:

1. Donate what you save: You might find that you save a significant amount of money during your month-long detox. You could decide to [donate](#) some of what you have saved to Alcohol Change UK, to support the work they do to reduce the harm caused by alcohol in the UK.

2. Sponsorship: The other way to make your Dry January make a difference is by getting sponsored for your dry month. To help gather signatures, you could add in extra challenges, such as a 5k run or an indoor rock climb.

To set up your fundraising page for Dry January 2019, [click here](#).

Dryathlon 2019

To coincide with Dry January, Cancer Research UK have set their own detox challenge - the Dryathlon. Similar to Alcohol Change UK's campaign, participants are asked to cut out alcohol for the month of January. The most significant difference being that along with raising awareness of the health concerns that are linked to excessive alcohol consumption, a Dryathlon is an opportunity to raise vital funds for Cancer Research UK.

To make a pledge, access fundraising materials and to test your willpower, [click here](#) to access Cancer Research UK's dedicated campaign page.

Did you know?

- In the UK, there were 337,000 hospital admissions related to alcohol consumption in 2016/17.
- Alcohol was a factor in almost 24,000 deaths in the UK in 2017.
- 13% of all deaths in reported UK road accidents are attributed to at least one driver being over the drink-drive limit.
- Around 200,000 children in England live with an alcohol dependent parent

If you feel as though you have issues with your alcohol consumption, or if you have any other mental or physical wellbeing concerns, please call our helpline on: [0800 030 5182](tel:08000305182)

Or alternatively, visit our portal to view advice articles, webinars and 4-week programmes all aimed at improving your physical and mental wellbeing. www.healthassuredeap.com

WELLBEING

National Obesity Awareness Week

14th – 20th January



According to a recent [study](#) conducted by University College London, 48% of Britons will be obese by 2045 if current trends are not halted.

What is obesity?

Obesity is a medical condition that occurs when an individual carries excess weight or body fat that might affect their health. The NHS provide a [BMI healthy weight calculator](#) which can be used to indicate whether an individual is at a healthy weight, overweight or obese. For most adults, a BMI of:

- [18.5 to 24.9](#): means you're a healthy weight
- [25 to 29.9](#): means you're overweight
- [30 to 39.9](#): means you're obese
- [40 or above](#): means you're severely obese

Health risks

According to the NHS, obesity affects approximately one in four adults, and one in five children aged 10 to 11. It can lead to many serious health conditions that are potentially life-threatening, including:

- Type 2 diabetes
- Coronary heart disease
- Stroke
- Bowel, pancreatic, kidney, liver and stomach cancer.

As well as the serious health conditions mentioned above, obesity can also affect a person's quality of life and their

relationships with family and friends. This can lead to psychological issues such as depression, anxiety and low self-esteem.

Obesity can also lead towards a number of day-to-day problems, such as breathlessness, increased sweating, difficulty doing physical activity and joint or back pain.

According to the latest NHS figures, depending on how severe a person's obesity is, it can reduce life expectancy by an average of 3 to 10 years and an estimated 1 in every 13 deaths in Europe are attributed to obesity.

Tips for losing weight

If you are concerned with your own weight or the health of a loved one, please follow the guidance below including practical tips on how to effectively manage your weight at work:

Exercise at work: If there are any stairs in your workplace, choose to take them rather than the lift. You could also go for a walk at lunch.

Avoid the vending machine: Vending machines in the workplace are often full of unhealthy snacks, however you can create your own healthy alternative by stocking up on dried fruit and nuts.

Drink lots of water: In many instances, people often think they are hungry, when in fact they are actually thirsty instead. To avoid unnecessary calories, whenever you feel the need for a snack, try drinking water instead. Water also has a number of other benefits such as preventing dehydration and increasing your focus at work.

Avoid fizzy drinks: It may be tempting to sip a sugary drink to help get over a mid-day slump, but the effects won't last long. After a short burst of energy from a sugar rush, you will be setting yourself up for a "sugar crash", meaning your concentration levels and mood will become negatively affected.

Find a healthy co-worker: It can be difficult and awkward to turn down treats from colleagues, so try find a co-worker who also wants to be healthy and buddy up with them and reach your goals as a team.

Think about whether you're emotional eating: Some people eat depending on their emotional state, and a bad day at work or a tough meeting can often be a trigger. It's worth identifying what may be causing emotional eating, and taking the appropriate steps to avoid doing so.

Finding alternatives could help to combat this, such as practicing mindful eating or getting help with any emotional issues. There are also a number of things you can do outside of work, such as joining a local weight loss group or starting a food diary.

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LEGAL

Power of Attorney



Power of attorney is a legal document that allows an individual, known as the donor, to appoint another person (the attorney) to help make decisions on their behalf.

This authorisation can be given on a temporary basis, through an ordinary power of attorney, or on a permanent basis, through a lasting power of attorney (LPA).

An ordinary power of attorney is valid whilst the donor has mental capacity but, for example, has a short term physical illness during which they wish for another individual to look after their affairs. The powers granted would therefore be revoked automatically in the event of the donor then lost mental capacity.

A LPA may be necessary in circumstances where it is foreseeable that a donor may, in the near future, become unable to manage and make financial, property or health-related decisions on their own behalf. This could be due to ongoing medical treatment, old age, or when the donor is expected to lose mental capacity. In any event, a power of attorney cannot be made without the consent of the donor.

Who can be an attorney?

An attorney is not required to have any legal knowledge or training. As such, the donor can appoint anyone they deem to be trustworthy as their attorney, provided that the individual is 18 or over.

Importantly, a donor can appoint more than one attorney to make decisions on their

behalf. In this instance, the power of attorney would stipulate whether decisions should be made 'jointly' or 'jointly and severally' (meaning either together or individually).

How does an individual make a lasting power of attorney?

A LPA must be made whilst the donor is still capable of making decisions. A LPA can be created online through the gov.uk website. Alternatively, paper forms can be completed and sent to the Office of the Public Guardian.

- In order to make a valid LPA for financial decisions, completion of a Form LP1F is necessary.
- For health and care decisions, the appropriate documentation is a Form LP1H.

When the LPA is made, it will need to be registered with the Office of the Public Guardian. There is a £82 application fee to register each LPA.

Scotland

In Scotland, there are two types of power of attorney, a continuing power of attorney and a welfare power of attorney. A continuing power of attorney can be made with the intention of it becoming effective immediately (when the donor is still capable of making the relevant decisions), and is in relation to property and financial affairs. A welfare power of attorney is for decisions regarding health and welfare and can only become effective once the donor becomes incapable of making decisions. Regardless of the type of power of attorney in question, the document must be certified by a solicitor or medical practitioner. A power of attorney must be registered with the Office of the Public Guardian in Scotland.

Republic of Ireland

There are two types of power of attorney under Irish law. A power of attorney, which can be used whilst the donor has mental

capacity, and an enduring power of attorney which becomes effective upon the donor losing mental capacity.

To create an enduring power of attorney, the following documents are required: a statement by a doctor confirming that the donor had mental capacity at the time of the execution of the document; a statement from the donor confirming the donor understands the effects of creating the power of attorney; and a statement from a solicitor confirming their satisfaction that the donor was aware of the effects of a power of attorney, and that the donor was not acting under undue influence. An application must be made to the Registrar of Wards of Court to register the power of attorney.

Northern Ireland

Similarly, in Northern Ireland, a power of attorney terminates in the event of the donor losing mental capacity. An enduring power of attorney, however, can continue in these circumstances.

An enduring power of attorney, must be registered with the High Court (Office of Care and Protection) to become effective, although registration is not strictly required until the point at which the attorney believes the donor is no longer capable of managing his own affairs.

For further advice or guidance in relation to power of attorney, contact our 24/7 confidential EAP helpline:

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