

WELLBEING

Eating Disorder Awareness Week 2019



UK charity **Beat**, estimate that around 1.25 million people in the UK have an eating disorder.

Eating Disorders Awareness Week (EDAW) is an international event for raising awareness and understanding of eating disorders, whilst also aiming to challenge stereotypes and stigmas in the process. The awareness campaign will run from 25th February - 3rd March 2019 with fundraising and educational events planned across the globe.

What are eating disorders?

Eating disorders are mental illnesses that involve abnormal patterns of eating that severely interfere with your everyday life. This could range from eating extremely small amounts of food, to excessively eating in an uncontrolled manner.

Types of eating disorders:

The most common eating disorders are:

Anorexia nervosa – A mental illness where individuals become underweight and subsequently distressed regarding their body image and shape. Often, people suffering from anorexia severely restrict their eating, and exercise excessively due to a belief that their personal problems are caused by their physical appearance.

Bulimia nervosa – People suffering from bulimia nervosa find themselves eating large quantities of food (binge

eating) and then compensate by repeatedly trying to control their weight in extreme ways. These can include purging (vomiting or using laxatives or diuretics) or exercising excessively.

Binge eating disorder – People with binge eating disorder have episodes of intense eating in which they consume very large quantities of food in a brief period and feel out of control during the binge. Unlike people with bulimia nervosa, they do not try to get rid of the food by unsafe methods. Binge eating is chronic and can lead to serious health complications, particularly severe obesity, diabetes and cardiovascular diseases.

Warning signs and symptoms:

The chance for recovery increases the earlier an eating disorder is detected. Therefore, it is important to be aware of some of the emotional and physical warning signs of an eating disorder.

Emotional:

- Preoccupation with weight, food, calories and dieting.
- Feeling uncomfortable eating around others.
- Withdrawal from usual friends and social activities.
- Frequent checking in the mirror for perceived flaws in appearance.

Physical:

- Noticeable fluctuations in weight, both up and down.
- Dizziness.
- Sleep problems.
- Dry skin and hair, as well as brittle nails.

Causes of eating disorders:

Eating disorders are complex disorders, influenced by many factors. Though the exact cause of eating disorders is unknown, it is generally believed that a combination of factors contribute to the development of these illnesses. These include:

Biological – e.g. Genetics, hormones & nutritional deficiencies.

Psychological – e.g. Negative body image & poor self-esteem.

Environmental – e.g. Family and childhood traumas, peer pressure among friends & professions that promote being thin and weight loss, such as ballet, sport and modelling.

How do I get involved?

Sock It to Eating Disorders – Eating disorder charity Beat are encouraging you to team up with your school, community or workplace and wear your brightest, boldest socks to raise awareness for EDAW.

[Click here](#) to order your Sock It fundraising pack.

If you feel as though you have issues with your mental health, or if you have any other wellbeing concerns, please call our helpline on:

0800 030 5182

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

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TOPICAL

World Sleep Day 15th March 2019



According to the **2018/19 Great British Sleeping Habits survey** undertaken by Chemist 4 U, almost 23% of people living in the UK only get between 5 and 6 hours of sleep per night.

World Sleep Day is an annual event organised by the World Sleep Society, and it aims to celebrate the benefits of healthy sleeping patterns, as well as raise awareness of sleep disorders. World Sleep Day 2019 will be held on 15th March.

Our modern lifestyles have many benefits, but it also means many of us are working unconventional hours and have less time available for sleep. In addition, few of us appreciate just how important sleep is to ensure a healthy lifestyle.

There are many different opinions as to how much sleep we need – six to nine hours is often suggested, but some of us need less; and some more. The simplest answer is that you need enough sleep to feel refreshed in the morning and stay awake and alert throughout the day.

Health risks:

Many effects of a lack of sleep, such as feeling irritable and not working at your best, are well known. Regular poor sleep can shorten your life expectancy and put you at risk of serious medical conditions, such as; obesity, heart disease and diabetes.

Benefits of sleep:

Getting enough sleep is essential in maintaining healthy mental and physical wellbeing and should never be underestimated. Some of the many benefits of getting enough sleep include:

Reduces stress – If you don't get enough sleep, your body can react by producing an increased level of stress hormones. Deep and regular sleep can help combat this.

Maintain weight – A regular sleeping pattern can help you maintain your weight by regulating the hormones that affect your appetite. This will help reduce cravings for high calorie foods.

Improves memory – Whilst you sleep, your body may be resting, but your brain is busy organising and storing memories. Ensuring that you maintain a good sleeping pattern will help you remember and process things more successfully.

Causes of poor sleep:

A variety of factors can cause poor sleep, including health conditions such as sleep apnea. But in most cases, it's due to bad sleeping habits. Poor sleeping habits can often be overcome by following the tips outlined in this article.

Sleeping tips:

Clear your mind – Listening to relaxation music can help ease yourself to a deep sleep. The carefully narrated script, gentle hypnotic music and sound effects are all designed to relax the mind.

Sleep at regular times – Most adults need between six and nine hours of sleep

every night. By sticking to a regular bedtime schedule, you'll programme your internal body clock to get used to this routine.

Exercise regularly – Routine exercise can help relieve the tension built up over the day and improve your sleep. Try to avoid exercise late in the evenings, as it may have the opposite effect.

Create a sleep-friendly space – Make your bedroom a relaxing and calming environment. Optimise the light, noise and temperature levels to suit your needs and remove items that disrupt your sleeping schedule e.g. TV's, laptops.

How do I get involved?

The best way for you to get involved in World Sleep Day is to review your own sleeping habits, and ensure that you put measures in place to improve them, if necessary.

You can also help raise awareness of World Sleep Day and sleeping disorders by spreading the word on social media by using **#worldsleepday** and tweeting **@_WorldSleep**.

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LEGAL

Tenancy rights



It is important for a tenant to be aware of their rights in the event of a disagreement or dispute with a landlord, which unfortunately is not uncommon in the rental market.

A tenant's rights may vary in accordance with the type of tenancy agreement in existence - private or social housing, for example. The main focus of this article will be in relation to the most common type of tenancy, an assured shorthold tenancy, when renting from a private landlord or letting agent.

Most obligations and duties relevant to repairs should be included in the tenancy agreement. It is best practice for a written tenancy agreement to be provided on or before the commencement of the tenancy to ensure there is a clear record of what has been agreed. It is imperative, when determining the responsibilities of a landlord and a tenant, to refer to the tenancy agreement in the first instance.

The main responsibilities of a tenant are to pay the agreed rental payment in accordance with the tenancy agreement whilst also taking care to look after the property. This will include general upkeep and may include carrying out minor repairs, such as changing a light bulb. Tenants are then required to allow access for the landlord to complete any other repair work upon reasonable notice.

The tenancy agreement should set out the main responsibilities of the landlord but section 11 of the Landlord and Tenant Act 1985 also implies certain legal obligations. Generally, this legislation obligates the landlord to repair and maintain the structure and exterior of the property, as well as the plumbing, wiring and central heating. Additionally, a landlord is responsible for repairing gas appliances, pipes, flues and ventilation, electrical wiring and any damage caused during their repairs. The costs of these will be the responsibility of the landlord rather than the tenant.

Tenants have the right to enjoy quiet possession of their rented property, without unreasonable disturbance from the landlord. In the event that repair work is required in the property, the landlord must gain permission from the tenant to access the property, providing reasonable notice, usually 24 hours. There are certain exceptions to this, such as in emergency circumstances. Any unreasonable entry or interference by the landlord without permission or prior notice could be deemed as harassment.

Northern Ireland

Similarly, in Northern Ireland, a tenant can expect a private rented property to meet certain standards and for a landlord to carry out any necessary repair work within a reasonable amount of time. A landlord is responsible for repairs to the structure and exterior of the property, heating and hot water systems and the safety of gas and electrical appliances. Furthermore, tenants have a legal right to peaceful enjoyment of the property.

Scotland

In Scotland, landlords are required to ensure rented properties meet the Repairing Standard, which is the basic level of repair that all private rental properties must meet.

If the property does not meet this standard, and the landlord refuses to bring it up to standard this can be reported to the Housing and Property Chamber by the tenant or Local Authority. In such cases, the Tribunal will ascertain whether the landlord has adhered to their duties, and enforcement powers can be applied.

Republic of Ireland

In Ireland, landlords have a duty to ensure rented homes meet the Housing (Standards for Rented Houses) Regulations 2017. The Regulations require the landlord to ensure the property is in a sound state, both inside and out. The landlord must maintain that the structure and exterior is in a good state of repair and that electricity or gas supplies are safe. Furthermore, a landlord is required to ensure every room has adequate ventilation and both natural and artificial lighting.

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