

WELLBEING

World Blood Donor Day 14th June 2019



According to NHS Blood and Transplant (NHSBT), the UK currently needs 400 new blood donors a day to meet the demand.

Every year on 14th June, countries from around the globe celebrate World Blood Donor Day (WBDD). The awareness day was established in 2004 by the World Health Organisation (WHO), and its aim is to raise awareness of the need for safe blood and blood products, and to thank blood donors for their life-saving donations.

Safe blood for all

The slogan for WBDD 2019 is 'Safe blood for all'. This reflects the two key messages behind the campaign. Firstly, raising awareness of the universal need for safe blood in the delivery of health care and secondly, the crucial role that voluntary donations play in achieving the goal of universal health coverage.

Statistics retrieved by the WHO state that 90% of people who are eligible to donate blood are not currently doing so. Because of this, the theme for this year's WBDD strongly encourages more people all over the world to become blood donors and donate blood regularly. By doing so, your donated blood will go on to help treat patients with medical conditions such as anaemia, cancer blood disorders, and those having surgery.

Why should I donate blood?

To put it simply, donating blood saves lives. Just one donated unit of blood can save up to 3 lives, through separation and use of its components. A few examples of how blood donations can help improve and save lives include:

- Helping women who experience complications during their pregnancy.
- Assisting children with severe anaemia often resulting from malaria or malnutrition.
- Aiding people with severe trauma following man-made and natural disasters.
- Helping patients survive complex medical and surgical procedures.

Can I donate blood?

To donate blood in the UK, you need to hit a range of criteria concerning your age, weight and health. According to the NHS, you can donate blood if you:

- Are fit and healthy.
- Weigh between 7 stone 12 lbs and 25 stone.
- Are aged between 17 and 66 (or 70 if you have given blood before).
- Are over 70 and have given blood in the last two years.

If you are within the above brackets concerning your age and health, there are still a few more factors that you need to consider before donating blood. For example, if you have had a recent tattoo or piercing, or if you have travelled abroad in recent months. For more information, [click here](#) to access

the NHS blood donation FAQs page.

The NHS advise that men can give blood every 12 weeks and women can give blood every 16 weeks. If you wish to register yourself as a donor, [click here](#) to fill in the online application.

Get involved

If you are unable to make a blood donation, there are many other ways you can get involved in WBDD 2019. They include:

Fundraiser for blood charities - Help raise vital funds for blood cancer charities such as Bloodwise, DKMS and Leukaemia UK. Get your friends, family members and co-workers involved by organising events such as fun runs, bake sales and sponsored walks.

Social media - Raise awareness of the campaign by spreading the word on your social media channels. Use the hashtag #WorldBloodDonorDay to join the thousands of people worldwide talking about blood donation.

If you want to know more about blood donation, or if you have any other wellbeing concerns, please call our free, 24 hour 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. www.healthassuredeap.com

TOPICAL

Cancer Survivors Day 2nd June 2019



The latest **statistics** from Cancer Research UK identify that cancer survival in the UK has more than doubled (24% - 50%) in the last 40 years.

Cancer Survivors Day is an annual awareness day held on the first Sunday in June. The campaign aims to celebrate those who have survived cancer and continue to be an inspiration for those diagnosed.

The awareness day was first introduced in the United States in 1987. Since then, the wellbeing event has become celebrated worldwide.

As well as an opportunity to celebrate those who have survived the disease, Cancer Survivors Day is also a day that allows all people living with a history of cancer to connect with each other, celebrate milestones, and recognise those who have supported them along the way.

Whilst the awareness day primarily focuses on the individuals who have successfully survived cancer, it is also a day to draw attention to the ongoing challenges of cancer survivorship in order to promote more resources, research, and survivor-friendly legislation to improve cancer survivors' quality of life.

Life after treatment

When cancer treatment ends, it can be a huge relief for many people. But for others, it can be a time of sadness, anger

and uncertainty. This can be due to the physical effects of the treatment, or due to the strains the disease has caused on their relationships with friends, family members and colleagues.

For many patients, remission of the disease is just the first step in a long and emotionally draining process of recovery. Below are just a few of the emotional responses that survivors can experience after treatment:

Fear: One of the most overbearing aspects of cancer recovery is the fear of recurrence. Though many survivors go years, or even the rest of their lifetime without any sign of the disease, many struggle to lose the sense of uncertainty. To help acknowledge their fears, survivors are encouraged to be open about their feelings with their loved ones.

Loneliness: Often, survivors feel as if other people can't understand what they've been through, making it hard for them to relate to others. This in turn, can lead to loneliness. To combat this, support groups are available to those who need to share their feelings.

Stress: Once the treatment has finished, survivors can become stressed by the outstanding tasks that have been left unfinished e.g. repainting the house, fixing the car etc. To reduce the risk of stress, survivors are encouraged to build a new daily routine and to avoid doing everything at once.

Further support:

Some cancer centres and organisations run short courses for people living with or

after cancer. One of the most popular courses is Help to Overcome Problems Effectively (**HOPE**), which was developed by Coventry University and Macmillan Cancer Support as a free resource to help people after cancer treatment.

Get involved

Volunteer: Many cancer centres and hospitals use Cancer Survivors Day to encourage people to volunteer at their facility. Find your local centre or **support group** and offer a helping hand.

Fundraising: Use the awareness day as an opportunity to raise vital funds for cancer charities. Gather your friends, family members and colleagues and commit to an activity that you are all excited to take part in. Or as an alternative, join in on annual fundraising events such as the Cancer Survivors Day **Celebration Walk** in London.

Social media: If you know someone who has experienced cancer, use Cancer Survivors Day to encourage them to share their story via social media. Use the hashtag #CancerSurvivorsDay to help spread messages of inspiration and positivity.

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LEGAL

Domestic Violence – Information and Support



Domestic abuse involves controlling, manipulative behaviour within a family or relationship and extends beyond just physical violence.

Types of domestic abuse include emotional abuse, stalking, threats of violence or intimidation, isolation from friends, relatives or other sources of support, coercive behaviour and financial control.

Taking steps to stop the abuse or escape from the situation and seek support can be challenging both practically and emotionally for victims of domestic abuse. Taking practical steps can often seem too frightening, causing a victim to feel trapped and helpless. To help these victims, there are various organisations whom offer free, confidential support and practical guidance to victims of domestic abuse. However, in an emergency situation, where there is risk of immediate danger, the police/emergency services should be the first port of call.

England & Wales

Many forms of domestic abuse are regarded as criminal offences, such as assault, harassment, sexual abuse and threatening behaviour. A significant number of police forces have specialist Domestic Violence Units to provide advice, support and information to victims. The police have powers to intervene,

investigate and arrest the abuser if they have grounds to do so. The police and the Crown Prosecution Service (CPS) are then responsible for investigating the matter and charging the abuser if there is sufficient evidence and prospects of conviction.

Victims of domestic abuse can also apply to the civil courts for an injunction, a civil remedy to protect from abuse. An injunction is a type of court order requiring someone to do (or not to do) something. There are two main types of injunctions available for victims of domestic abuse under Part IV of the Family Law Act 1996.

A non-molestation order prevents an abuser from using or threatening violence, intimidation and harassment towards a victim. When deciding to issue a non-molestation order, the courts will give consideration to all of the circumstances, including the need to ensure the safety and wellbeing of the victim and any children.

An occupation order stipulates whom can live in the family home, and can also restrict an abuser from entering within a certain area of the home. When deciding to issue an occupation order, the courts will consider the behaviour of the abuser, the housing and financial needs of both the victim and abuser and the likely impact of the order, or not issuing an order, will have on the victim and any children involved.

The cost of an injunction application is free of charge. An applicant can apply themselves as a 'litigant in person' or can instruct a solicitor to do so. There are

usually costs associated if a barrister or solicitor is required to represent, though legal aid may be available for victims of domestic abuse who cannot afford to pay **legal costs**.

Scotland & Ireland

In Scotland, the Domestic Abuse Act 2018 came into force on 1st April 2019, making all domestic abuse towards a partner, psychological or physical, a criminal offence. As such, "coercive control", which is a type of emotional and psychological abuse, causing a victim to feel threatened, humiliated, intimidated and controlled, is now a criminal offence under the Act. Similarly, the Act came into force in Ireland in May 2018, creating positive changes for victims of domestic violence in Ireland.

Northern Ireland

The changes in legislation do not currently extend to Northern Ireland and as such, "coercive control" is not currently a criminal offence. The Family Homes and Domestic Violence (Northern Ireland) Order 1998 does offer protection to victims, allowing them to apply for civil orders for protection.

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