



Summer 2016

Welcome to our special double edition of **Wellbeing North West**. There was no July issue so we're catching up this month and looking ahead to what's on the horizon this autumn... .

Change a life – volunteer and change your own

July may have been and gone now, but did you know that July 24 is Samaritans Awareness Day? There's a good reason why the date was chosen – because they are there to listen 24/7.



The Samaritans carry out vital work across the whole of the country. As civil servants, many of us may have transferable skills which could be put to good use through volunteering for the Samaritans. Maybe you've already considered it but aren't sure?

[Filling in the short form](#) on the Samaritans' website is a good place to start. It doesn't commit you to anything. It simply tells the Samaritans that you'd like to find out more, and which of their 201 branches is nearest to you. Your nearest branch will get in touch and invite you to an information evening, where you can talk to people from your area who already volunteer, and ask as many questions as you like.

It's an opportunity to contribute to society whilst sharing some skills you already have. You'll also develop new listening and communication skills which can be used in all aspects of your life. You'll meet new people from all different kinds of backgrounds and cultures and embark on a very worthwhile experience.

Stay safe this summer

Like most of our summers, this one's been unpredictable but it's still vital to stay safe in the sun even if it looks dull outside. Trish Billington tells us how to take care of our skin and our health . . .

Here are some tips, from the British Association of Dermatologists, on how to ensure you enjoy the sunshine and take the advantages without the pain.

The British Association of Dermatologists (BAD) currently runs a national campaign around skin cancer called **Sun Awareness**, which includes national Sun Awareness Week in May. This campaign is overseen by the BAD's Skin Cancer Prevention Committee, comprised of leading medical professionals with expertise in skin cancer, vitamin D and public health messaging.

Sun Awareness is the British Association of Dermatologists' annual campaign to raise awareness of skin cancer. The campaign runs from April to September annually and includes Sun Awareness Week in May. The campaign is two-pronged and combines prevention and detection advice. The first aim is to encourage people to regularly self-examine for skin cancer. The second is to teach people about the dangers of sunburn and excessive tanning, and to discourage people from using sunbeds, in light of the associated risks of skin cancer. In addition to public education about the dangers of sunbed use, the BAD has also been involved in campaigning for legislation to regulate the sunbed industry and is continuing to push towards further and improved regulation.

BAD have a plethora of leaflets and posters, giving common sense guidance on safety in the sunshine, which can be seen at [Sun Awareness Leaflets & Posters - British Association of Dermatologists](#) . Follow the links to posters such as "Save our Skin" and "How to check your skin" which might be useful points of reference that you could share in your workplace.



Slip on a shirt

Protect your skin with clothing

Slap on sunscreen Use high protection Factor (SPF) – minimum SPF30 recommended to protect against UVB rays which burn the skin. Look for the UVA circle logo or 4/5 UVA stars to protect against UVA rays which cause skin damage and ageing. Apply plenty, 15-30 minutes BEFORE going into the sun, then reapply every 2 hours, or after swimming and towel drying.

Slap on a hat Protect your face, neck and ears, and don't forget those essential UV sunglasses. Seek out the shade – before your skin has the chance to redden and burn, especially between 11am and 3pm when the sun is hottest. Keep babies and young children out of direct sunlight



My name is Barbara Smith, Business Assurance Manager at Her Majesty's Passport Office, Liverpool and I want to raise your awareness about Jeans for Genes Day which is being held on 23rd September 2016. I hope I may even inspire you to do some fundraising for the charity! I must admit I have heard of this day but never really knew what it actually was other than wearing a pair of jeans to work (or in my case just normal work trousers as I don't own a pair of jeans!) and giving a donation..

Jeans for Genes Day fund a range of initiatives, including the work of [Genetic Disorders UK](#), the national charity dedicated to supporting families affected by genetic disorders, that improve the lives of children affected by a genetic disorder and they can only do this with the monies raised by schools and workplaces, including funding

Did you know...?

There are between 4,000 and 6,000 diagnosed genetic disorders.

It is estimated that one in 25 children is affected by a genetic disorder and therefore 30,000 babies and children are newly diagnosed in the UK each year.

Some genetic disorders are apparent at birth while others are diagnosed at different stages throughout childhood, and sometimes into adulthood.

We each have 25,000 genes. Just one fault on one gene can cause a genetic disorder.

1 in 5 children are born with a genetic disorder

The money raised on Jeans for Genes Day, helps the 500,000 children living with a genetic disorder in the UK.

Although, individually, genetic disorders are rare, together they are the biggest killer of children 14 and under.

How far will a donation go?

Every penny given helps transform the lives of children affected by genetic disorders by funding the care and support children and their families need today. **£10** will pay for 60 minutes of specialist telephone advice for parents caring for a child with severe neurological genetic conditions.

£50 will pay for a mother to attend a support day, giving her the help she needs to care for an extremely rare and profoundly disabling genetic condition.

£100 will help fund an educational booklet, helping teachers to maximise opportunities available to children with inherited learning disabilities.

£350 will pay for a child with a genetic disorder to spend a weekend away with other children like them, supported by trained medical staff.

£1,000 will help fund a film for teenagers with a life limiting condition, helping them to come to terms with, and encouraging them to begin to take responsibility for, their condition.

£1,300 will give a child who has lost the ability to speak access to a Tobii Eye Gaze machine, so that they can communicate with their eyes.

£2,000 will pay for a specialist nurse to support families affected by genetic disorders.

Need some fundraising inspiration? Why not try one of the following?

Denim Bake Sale – Blue icing on cupcakes and denim-clad gingerbread men.

Double Denim – Into your denim? How much denim can you wear? Bags, jackets, jeans & shirts....

Guilty Pleasure – Can you give up your favourite chocolate bar or cigarettes, or even stay silent?

Get Sporty – go for a walk, run or swim. Can you do it in denim?

Find out more about the [charity](#), [Fund raising ideas](#) and [toolkit](#) to help you run your Jeans for Genes Day

Discover Attendance Management!

And finally, on a Civil Service Local theme, your friendly attendance group are looking to put together some more discovery sessions, one for decision makers on attendance issues, one for stress awareness and possibly one for mindfulness.

Let us know at Julie.smith19@dwp.gsi.gov.uk if you would be interested in these, or even if you are interested in developing the events further – help is always welcomed. We'd also love to hear from you if there are any topics related to attendance you would like more information in – if we can we will develop a discovery session to meet your needs.