

## July 2024 – Hot Topic



### Consent

What is meant by consent? - To give assent or approval: agree. give permission for something to happen

#### What is consent?

Consent is an agreement between participants to engage in sexual activity. Consent should be clearly and freely communicated. A verbal and affirmative expression of consent can help both you and your partner to understand and respect each other's boundaries.

Consent cannot be given by individuals who are underage, intoxicated or incapacitated by drugs or alcohol, or asleep or unconscious. If someone agrees to an activity under pressure of intimidation or threat, that isn't considered consent because it was not given freely. Unequal power dynamics, such as engaging in sexual activity with an employee or student, also mean that consent cannot be freely given.

#### What is the definition of consent in the UK?

The Sexual Offences Act 2003 says that someone consents to sexual activity if they: Agree by choice and. Have both the freedom and capacity to make that choice. We all have the right to not want sex or any other kind of sexual activity – for example, kissing, sexual touching or performing a sexual act.

#### You can change your mind at any time.

You can withdraw consent at any point if you feel uncomfortable. One way to do this is to clearly communicate to your partner that you are no longer comfortable with this activity and wish to stop. Withdrawing consent can sometimes be challenging or difficult to do verbally, so non-verbal cues can also be used to convey this. The best way to ensure that all parties are comfortable with any sexual activity is to talk about it, check in periodically, and make sure everyone involved consents before escalating or changing activities. We also all have the right to change our minds at any time. Or to consent to doing one sexual thing with someone but not another.

#### Without consent, any kind of sexual activity is sexual violence

Many of the myths surrounding consent and sexual violence can make victims and survivors feel as though they are somehow to blame. It can also make them feel that what happened to them wasn't 'real' sexual violence.

## Alcohol Awareness Week – 1<sup>st</sup> to 7<sup>th</sup> July

Alcohol Awareness Week is a week of awareness-raising, campaigning for change, and more. Alcohol Awareness Week 2024 will take place from 1<sup>st</sup> to 7<sup>th</sup> July on the theme of 'understanding alcohol harm'.

#### What?

Alcohol Awareness Week is a chance for the UK to get thinking about drinking. It's a week of awareness-raising, campaigning for change, and more.

#### This Year's Theme is - Understanding alcohol harm

Alcohol can sometimes play a centre-stage role in our lives. It's promoted as we watch our favourite sports, advertised as we travel to work and strategically placed in our favourite films and TV shows. It's there when we celebrate, commiserate and when we're just trying to cope.



Yet alcohol is harming our health and wellbeing on a daily basis, from the quality of the sleep we're getting, to our relationships with those we love. And each year, thousands of people experience long-term health problems as a result of the alcohol they drink, or die from alcohol-related causes.

But alcohol never impacts people in isolation. So this Alcohol Awareness Week, we'll be exploring exactly what we mean by 'alcohol harm' and challenging the stereotype of alcohol as an 'individual's problem'. We want to get the country talking about the role that alcohol plays in our society, and what it means to families, communities, health workers and those in our emergency services.

Because we know that with the right culture and policies in place, we can create an environment in which we are all better informed and better protected from the harms caused by alcohol. With improved regulation of alcohol marketing, clearer alcohol labelling, better support and treatment, and a culture that places people, not alcohol, at the centre of things, we can protect and transform our shared public services and make improvements for all.

Information and support around Alcohol can be found from the following:

<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

## Thank You Day - 5<sup>th</sup> July

Every year, Thank You Day brings together millions of people across the UK to celebrate and give thanks to those that go above and beyond for us. It is an opportunity to thank the people on your street, in your block of flats and all those local legends; the volunteers, teachers, carers who go the extra mile for us!



Thank You Day began with a handful of organisations looking for a way to enable us all to say a huge 'thank you' to everyone and everything that helped us through the COVID-19 pandemic. Since then the campaign has grown to include hundreds of partners and an astounding 15million people have taken part in Thank You Day celebrations. On 2nd July 2023, neighbourhoods and our partner organisations across the UK held events to bring us all closer together and share what makes us thankful for our communities and the people we share our lives with. Last year 74% of those who took part in a Thank You Day event said they felt a stronger sense of belonging to their local community as a result. More information can be found at <https://thankyouday.org.uk/>

## International Self Care Day - 24<sup>th</sup> July

What is International Self Care Day?

International Self Care Day is a reminder of the importance of self-care and the benefits that it can have on our lives. Self-care is a vital practice and an essential part of managing modern life. It can drastically improve mood, confidence, and attitude as well as many other quality of life essentials. Taking care of the self is one of the best ways of ensuring that we can take care of those around us as well. When we are operating at our best, this puts us in the best position to be there for other people.



When is International Self Care Day 2024?

International Self Care Day 2024 is celebrated on July 24th. This is an annual event that is held on the same day every year. The day is part of Self-Care Month, which is celebrated by the World Health Organization (WHO) from June 24th to July 24th.

## What is the History of International Self Care Day?

International Self Care Day began in 2011 when it was founded by the International Self-Care Foundation. This foundation is dedicated to promoting awareness of the benefits of self-care in everyday life. Since the establishment of the day it has been celebrated across the globe on almost every continent. People from around the world have acknowledged the tremendous advantages which self-care offers and have chosen to join in on this notable celebration.

Global efforts to promote self-care have focused on various important areas such as the youth, the elderly, and research efforts to gain a better understanding of the benefits which self-care has. On top of this, several countries have officially established or celebrated the day. The Canadian Prime Minister, Justin Trudeau issues a yearly message to encourage celebration of the day. The 113th US Senate adopted Resolution 515 to mark July 24th as International Self Care Day.

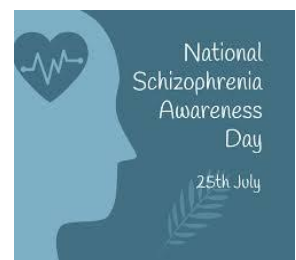
The most significant celebration of Self Care has come from the World Health Organization (WHO). In 2019, they established Self Care Month which runs from June 24th to July 24th to align with International Self Care Day. The purpose of Self Care Month is to promote and highlight initiatives which are created by the WHO that encourage self-care. Additionally, dialogue and research are also promoted by this event. Ultimately, the International Self Care Foundation would like to have International Self Care Day be recognized by the United Nations.

## How to Celebrate International Self Care Day 2024

Celebrating International Self Care Day 2024 is all about taking care of yourself and engaging with healthy practices that promote individual and collective wellbeing. These practices are varied and numerous and what works for you may not necessarily work for someone else. It is important to remember that the day promotes self-care but it is not prescriptive about how this should be administered. Each individual celebrating the day should pay careful attention to the areas in their own lives which could use some attention to better promote their own wellbeing. However, there are plenty of self-care practices that are applicable to all irrespective of their personal circumstances.

## National Schizophrenia Awareness Day – 25<sup>th</sup> July

National Schizophrenia Awareness Day on 25 July shines a light on the everyday challenges the millions of people living with a diagnosis of schizophrenia face and how we can tackle the stigma and discrimination around it.



The reality of schizophrenia - One in 100 people will experience schizophrenia. Despite being so common, the stigma surrounding schizophrenia remains stubbornly high due to a lack of understanding.

Schizophrenia is a very complex condition that can affect how a person thinks, feels, and experiences the world around them. While the word is made up of schizo (to split) and phrene (the mind), schizophrenia does not mean split personality. People with a diagnosis of schizophrenia can often experience very different symptoms, including:

- Audio hallucinations (hearing voices)
- Delusions
- Disorganised thinking
- Changes in body language or emotions

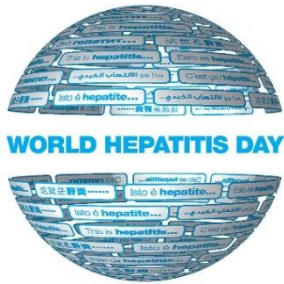
More information and support available can be found at <https://www.rethink.org/>

## 24/7 Samaritans Awareness Day - 24<sup>th</sup> July

Samaritans Awareness Day is on 24 July (24/7) so they are raising awareness throughout July, to let people know they are available, day or night, 24/7. Every year in July, Samaritans branches in the UK and Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night. Whatever you're going through, you can call Samaritans free any time, from any phone, on 116 123



## World Hepatitis Day – 28<sup>th</sup> July



World Hepatitis Day aims to raise global awareness of hepatitis – a group of infectious diseases known as hepatitis A, B, C, D, and E and encourage prevention, diagnosis and treatment. Hepatitis affects hundreds of millions of people worldwide, causing acute and chronic disease and killing close to 1.34 million people every year. Hepatitis can cause inflammation of the liver both acutely and chronically, and can kill a person. In some countries hepatitis B is the most common cause of cirrhosis and may also cause liver cancer.

World Hepatitis Day is one of 11 official global public health campaigns marked by the World Health Organization (WHO),

World Hepatitis Day (WHD) takes place every year on 28<sup>th</sup> July bringing the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change.

On World Hepatitis Day, 28 July, we call on people from across the world to take action and raise awareness of hepatitis. The date of 28 July was chosen because it is the birthday of Nobel-prize winning scientist Dr Baruch Blumberg, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus.

World Hepatitis Day provides an opportunity to focus on actions such as:

- Raising awareness of the different forms of hepatitis and how they are transmitted;
- Strengthening prevention, screening and control of viral hepatitis and its related diseases;
- Increasing hepatitis B vaccine coverage and integration into national immunisation programmes; and
- Coordinating a global response to hepatitis.

Hepatitis is not one of those diseases that only affects certain demographics or specific regions in the world; you can get hepatitis anywhere. It's estimated that about 400 million people are infected by hepatitis, worldwide. You can contract hepatitis through blood contact or sexual intercourse. More information and support available can be found at: <https://www.nhs.uk/conditions/hepatitis/>

## International Day of Friendship – 30<sup>th</sup> July

Sharing the human spirit through friendship - Our world faces many challenges, crises and forces of division – such as poverty, violence, and human rights abuses – among many others – that undermine peace, security, development and social harmony among the world's peoples.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms – the simplest of which is friendship.

Through friendship – by accumulating bonds of camaraderie and developing strong ties of trust – we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

## Background

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. The resolution places emphasis on involving young people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity.

To mark the International Day of Friendship the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

The International Day of Friendship is an initiative that follows on the proposal made by UNESCO defining the Culture of Peace as a set of values, attitudes and behaviours that reject violence and endeavour to prevent conflicts by addressing their root causes with a view to solving problems. It was then adopted by the UN General Assembly in 1997.

## Plastic Free July

Join millions of people reducing their plastic waste. Plastic Free July® is a global movement that helps millions of people be part of the solution to plastic pollution – so we can have cleaner streets, oceans, and beautiful communities. Will you be part of Plastic Free July by choosing to refuse single-use plastics?

Ways you can get involved: <https://www.plasticfreejuly.org/get-involved/what-you-can-do/>

The infographic consists of eight white cards arranged in a 2x4 grid on an orange background. Each card features an illustration, a title, a brief description, and a 'Learn more' link with a right-pointing arrow.

- Coffee cups:** Illustration of a coffee cup and a reusable cup. Text: "Bringing or borrowing a reusable coffee cup or dine-in at your local café." Link: "Learn more >"
- Loose produce:** Illustration of various fruits and vegetables. Text: "Find plastic free alternatives when buying fruit & veggies." Link: "Learn more >"
- Reusable shopping bags:** Illustration of a reusable shopping bag. Text: "Bring your own reusable shopping bags and help reduce plastic waste." Link: "Learn more >"
- Plastic straws:** Illustration of several plastic straws. Text: "Refuse plastic straws when buying a drink & BYO reusable alternative!" Link: "Learn more >"
- Water bottles:** Illustration of two reusable water bottles. Text: "BYO reusable water bottle instead of buying plastic ones." Link: "Learn more >"
- At the bakery:** Illustration of bread, rolls, and a muffin. Text: "Plan ahead & avoid pre-packed bread, rolls & baked goods." Link: "Learn more >"
- Meat, fish & deli:** Illustration of meat, fish, and deli items. Text: "Avoid the plastic trays used for meat, fish and deli items." Link: "Learn more >"
- Reduce, Reuse, Recycle:** Illustration of the universal recycling symbol. Text: "The three R's for a better planet – reduce, reuse, recycle." Link: "Learn more >"



## Swim Wear Safety

Research from a package holiday company has shown that certain swimsuit colours are easier to spot underwater and could therefore help children stay safe while enjoying water – and the Royal Life Saving Society UK (RLSS UK) is supporting the campaign's efforts to raise awareness around water safety this summer.

On the Beach's research highlights that two thirds (66%) of children wear blue, white or grey swimwear which is not visible underwater, meaning that if they get into trouble swimming, they are extremely hard to spot.

UK Charity, the Royal Life Saving Society UK (RLSS UK) is in full support of On the Beach's focus on water safety this summer. As part of the campaign, On the Beach is now sharing RLSS UK's water safety advice with families who book a holiday, to help highlight the importance of water safety education.

On The Beach's research showed the colours of swimwear that can't be seen underwater:

- Blue
- White
- Grey

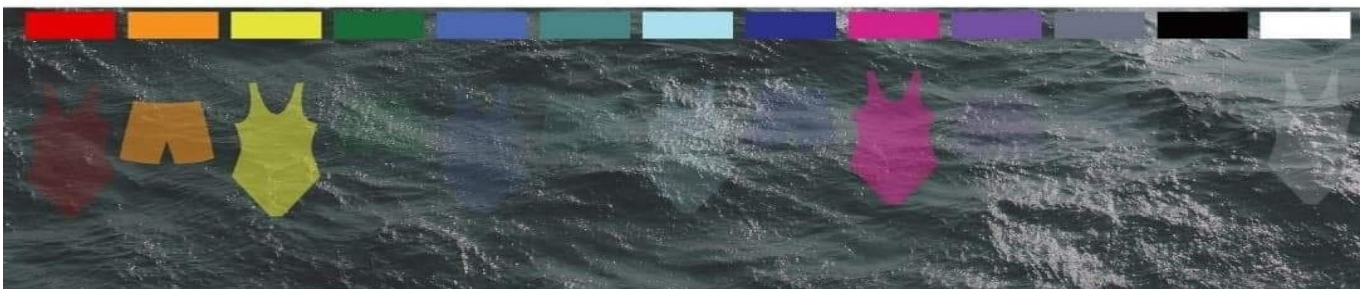
Colours of swimwear that can be seen underwater:

- Pink
- Yellow
- Red
- Black
- Purple
- Green
- Fluorescent colours

# Swimwear Safety



## In the Lake



## In the Pool

