

WELLBEING

World Heart Day

29th September 2020



According to the World Heart Federation, cardiovascular disease (CVD) is the number one cause of death on the planet.

On the 29th September, the world acknowledges World Heart Day (WHD). The annual campaign aims to promote awareness of the health risks of heart disease (also known as cardiovascular disease) as well as proactive prevention methods.

This year, the World Heart Foundation are asking the world to [#UseHeart](#) to beat cardiovascular disease.

The effects of cardiovascular disease

In the UK, heart and circulatory diseases cause an average of 460 deaths each day, or one every three minutes. While in Ireland, CVD accounts for 36% of all deaths each year.

Cardiovascular disease is an umbrella name for conditions that affect your heart or circulation, narrow or block your blood vessels. These conditions can lead to angina, strokes and heart attacks.

Depending on the heart condition, symptoms can vary. However, common signs of cardiovascular disease include chest pain, fatigue, swollen limbs, breathlessness, and numb legs and/or arms.

Taking care of your heart

There are some heart disease risk factors that you cannot change, for example, your age, race, ethnicity and family history. However, there are many things you can do to reduce your chances of getting heart disease. These include:

Control blood pressure: High blood pressure is a major risk factor for heart disease. It is recommended that adults check their blood pressure once a year, or more if you have high blood pressure.

[Click here](#) for tips on reducing your blood pressure.

Stress management: Increased stress can contribute to high blood pressure thus becoming a trigger for a heart attack. This can often lead towards unhealthy coping tendencies, such as overeating, heavy drinking, and smoking, all of which are bad for your heart.

Eat well: Incorporate a mix of at least five fruit and veg options into your daily food intake and try to limit saturated fats, as well as foods high in sodium and added sugars.

Keep active: Physical activity helps you maintain a healthy weight, strengthens your heart and improves blood circulation. All of these benefits help reduce your chance of developing heart disease.

Lower cholesterol: High levels of cholesterol can clog your arteries and raise your risk of heart attacks. Simple lifestyle changes such as the ones featured in this guidance can help you lower your cholesterol levels. In some cases, medication may be prescribed.

The link between CVD and COVID-19

According to the latest reports, those living with heart conditions have been linked to an increased risk of "poor outcomes from COVID-19".

At the time of writing, those taking medication for a heart condition are being advised by the World Heart Federation to secure a one month supply of medication or longer if possible. Adhering to the latest government guidelines is also essential.

How do I get involved?

Be the example: World Heart Day encourages us all to understand what it takes to live a heart healthy life. Look for ways to make simple adjustments to improve your heart health and set an example for your friends, colleagues and loved ones to follow.

Social media: The World Heart Federation have a collection of digital resources to share via social media, including factsheets, infographics and banners. Visit the campaigns' online resource centre [here](#).

If you need to access our services to discuss any wellbeing concerns you may have, our [confidential helpline](#) is available 24/7, 365.

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TOPICAL

World Suicide Prevention Day

10th September 2020



According to Samaritans, men are three times as likely to die by suicide than women in the UK. In Ireland, the rate is four times higher among men and women.

On the 10th September, the world recognises World Suicide Prevention Day (WSPD). Hosted by the World Health Organization (IASP), the campaign's aim is to challenge the social stigma surrounding suicide, as well as raise awareness of the significant impact of suicide around the globe.

Working Together to Prevent Suicide

Continuing the theme from last year, the IASP are asking individuals across the globe to start 'Working Together to Prevent Suicide'. In doing so, we can all collectively address suicide and break the taboo that surrounds the issue.

According to the IASP, globally suicide is responsible for over 800,000 deaths each year, which equates to one suicide every 40 seconds. Clearly, there is more that we can all do to help prevent suicide around the world.

Understanding suicide: The first step towards tackling the issue of suicide is to educate ourselves on the issue and learn about its effects on the world. The more we understand the reasons why someone would take their own life, the more we can do to prevent it from happening again.

There are plenty of misconceptions regarding suicide, from the state of mind of the individual, to how affective prevention methods can be. This WSPD, take some time separating the myths from the facts by educating yourself suicide prevention.

Warning signs: Most people experiencing suicidal feelings will demonstrate warning signs in their behaviour. The most effective method of suicide prevention is to recognise these warning signs and know the appropriate responses.

While every individual is different, there are some key suicide warning signs to look out for. These include the individual talking about death or suicide, saying that they are a burden, losing interest in their favourite activities, giving away possessions and saying goodbye to family and friends.

If you believe you know someone who is demonstrating suicidal feelings, you can play an essential role in prevention by demonstrating compassion, listening to them and safely guiding them to a professional.

Speak up: Telling someone that you're worried that they are suicidal is an extremely difficult conversation to have. It's natural to feel uncomfortable and even scared. You may feel as though you are causing harm by bringing the subject up. However, offering the opportunity for the individual to express his or her

feelings can provide them with relief from the low feelings they are experiencing.

How do I get involved in WSPD 2020?

Cycling Around the Globe: After the success of 2019's awareness day, IASP is joining forces with Charity Footprints again to host the Cycling Around the Globe challenge. The target of the event is for all participants to collectively cycle the globe (40,075 km / 24,900 miles) between 10 September – 10 October. If you want to get involved, [click here](#) for registration info.

Light a Candle: To show your support for suicide prevention or to remember a lost loved one and the survivors of suicide, IASP are asking you to light a candle at 8pm on the 10th September. [Click here](#) for more info and resources.

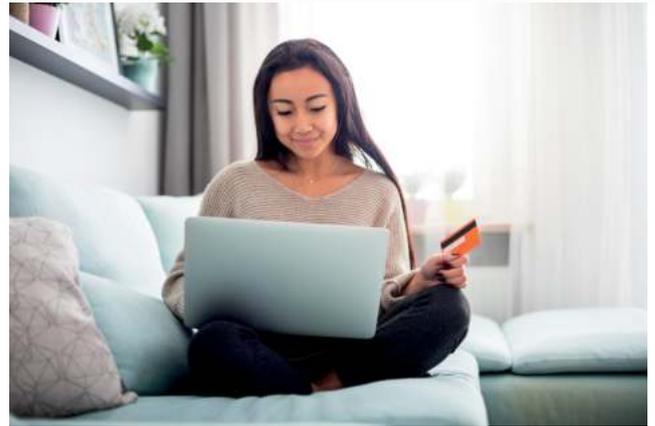
Social media: Regardless of how you participate in WSPD, make sure you raise awareness via social media and connect to IASP through Twitter or Facebook. Don't forget the hashtags #WSPD20 and #SuicidePrevention.

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LEGAL

The development of online privacy and data



The internet has become a fundamental part of society, for work and personal purposes, social media, shopping, research/education and dating.

Almost 9 out of 10 UK adults, and 99% of 12 to 15-year olds, have regular online access. As the internet continues to evolve and transform our everyday lives, it is vital that we consider how we can protect our personal data. This article will explore the laws surrounding data protection and online privacy.

The law of privacy in England and Wales has continued to develop through the Human Rights Act 1998 (HRA) and European Convention on Human Rights (ECHR). The fundamental piece of legislation is derived from Article 8 of the ECHR and the HRA which states that "everyone has the right to respect for his private and family life, his home and his correspondence". This article is referring to the protection of privacy from the public state i.e. the government, but does not allow protection between two neighbours, for example.

Various fundamental decisions have developed this through case law, with a key decision being made in the case *Wainwright v Home Office* (2003). Lord Hoffman stated that there was no general

tort of "invasion of privacy", and that this is not something that could develop through common law but would need detailed legislation to be created. However, in *Campbell v MGN Ltd* Lord Hoffman stated that the purpose of the Human Rights Act is to give people the opportunity to protect themselves privately and suggested that the courts adopt this stance during future cases.

Although there are still no specific online privacy laws, the Data Protection Act 2018 (DPA) is the primary legislation in the UK and the Republic of Ireland that regulates the collection and processing of personal data. This DPA therefore provides protection for an individual's private data, how this is used, stored and collected. The Information Commissioner has stated that the aim of the DPA is "to strike a balance between the rights of individuals and the sometimes-competing interests of those with legitimate reasons for using personal information." This legislation sits alongside the General Data Protection Regulation (GDPR) which provides **individual rights** in relation to the use of your personal data.

GDPR and the DPA applies to companies that collect your personal data online. If your personal data is lost, stolen, shared without permission, or illegally accessed this could be considered a data breach. All data breaches must be reported to the Independent Commissioner's Office (ICO) and the individuals who the data belongs to if the breach places the individual's rights at risk.

Furthermore, on the 8 April 2019 a joint proposal was made in the Online Harms White Paper expressing that legislation should be created governing online safety. The Department for Digital, Culture, Media and Sport and the Home Office proposed that social media companies and tech firms specifically should be obliged to provide protection for their users by placing a mandatory 'duty of care' upon companies to take reasonable steps to keep data safe. The paper explores enforcing penalties where these companies fail to address any harmful or illegal activity that is taking place across their sites. This paper was created as part of a discussion and changes to legislation have not yet been formally proposed.

In the meantime, the ICO is responsible for the enforcement of data protection within the United Kingdom and have a number of powers, including the ability to impose substantial fines on organisations that fail to follow data protection laws.

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