



# Wellness E-Bulletin

Summer 2019

## This editions features:

### Summertime Wellness:

Sun Safety  
Healthy Holidays  
Supporting Early Parenting at ANU  
Working out/exercising in the summer heat  
International Day of People with Disability 3 Dec  
Smoke Free Summer  
Bushfire safety

### ANU Work Environment Group News:

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Managing Thermal Stressors in the Workplace  
Disability Action Plan - Update  
Mental Health First Aid Dates for 2020  
WHS Management System Handbook  
Roadworks on Campus  
Introducing our new staff

## In the Health & Wellness Calendar:

December – Decembeard for Bowel Cancer  
1 Dec – World Aids Day  
3 Dec – International Day of People with Disability  
5 Dec – International Volunteer Day  
10 Dec - Human Rights Day

### **2020 – International Year of Plant Health**


4 Jan – World Braille Day  
1 – 7 Feb – World Interfaith Harmony Week  
4 Feb – World Cancer Day  
26 Feb – Teal Ribbon Day for Ovarian Cancer  
(see back page for details on all these events)

Your contributions, news and feedback are welcome.  
To provide your suggestions email [whs@anu.edu.au](mailto:whs@anu.edu.au).





**Slip** on sun protective clothing



**Slop** on SPF30+ sunscreen. Reapply every two hours



**Slap** on a broad-brimmed hat



**Seek** shade



**Slide** on wrap-around sunglasses



## Sun Safety



It seems a scorching summer is on its way with high temperatures in November and forecasts for a hot and dry season. On a sunny day in an Australian summer, sunburn can occur in as little as 15 minutes and a severe sunburn is something that requires medical care.

Even in the heat we still need to get out and about, for work and for leisure and while sun safety should be a part of any outdoor activities year round, it is particularly important in the heat of summer. We sometimes make light of “a bit of sunburn”, and in years gone by it was almost seen as a rite of passage, to have your first proper “burn” of the season. But we know now that ANY sunburn significantly increases your risks for skin cancers, and that trying to get a tan, or allowing yourself to get burnt causes significant and long term health and cosmetic damage to your skin. You can also sustain severe burns from the sun with some cases of sunburn being so damaging as to require hospital care. Very young people and people with fair skin are particularly vulnerable but anyone, even people with very dark skin tones can get burnt and can sustain skin damage from the sun. You can even get burnt on cloudy days as 80% of UV radiation can penetrate cloud.

The best way to protect yourself from the sun is to stay out of it, particularly during the middle of the day. Where possible, schedule your outdoor exercise, travel or other leisure activities for the early morning or evening, consider indoor training facilities for some or all of your exercise needs and choose to walk or stand in shaded areas wherever you can. If you can't avoid being out in the sun, cover up as much as possible – a broad brimmed hat, collared long sleeve shirt and long pants to cover your skin. If you spend a lot of time outdoors during the day it may be worth investing in clothing designed for the task which include plenty of vents built into the clothes to keep you cool, while still providing extensive cover for your skin. Use a sunscreen on all exposed skin with a rating of at least 30+ and remember to reapply regularly – about every 2 hours and more frequently if you're in the water. Importantly – don't forget to protect your eyes. Eyes can also be damaged by excessive sun exposure so consider getting a good quality pair of sunglasses – ideally ones that wrap around to prevent sun exposure to the eyes.

### Resources

<https://www.skincancer.org/risk-factors/sunburn/>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sunburn>

<https://ncci.canceraustralia.gov.au/prevention/sun-exposure/sunburn-and-sun-protection>

<https://www.healthdirect.gov.au/sunburn>

<https://www.cancer.org.au/preventing-cancer/sun-protection/>



### Resources

#### Food

<https://www.bbcgoodfood.com/howto/guide/how-stay-healthy-over-christmas>

#### Exercise

<https://fitness.edu.au/the-fitness-zone/article/top-10-hacks-to-maintain-your-fitness-over-christmas/>

#### Gratitude

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3010965/>

#### Rest

<https://healthengine.com.au/info/sleep-and-rest-over-the-festive-season>



## Healthy Happy Holidays

**Food:** Holiday time – where the best laid diet plans go to die!! The summer holidays contain many special events that often include a special meal and usually very indulgent ones! While it is wonderful and important to enjoy these times and to enjoy the occasional indulgence, the never-ending run of parties and events through December and January can result in such an overload of unhealthy food choices that our bodies can really start to suffer and we end up feeling less jolly and more miserable! Some top tips to enjoy the season while hanging onto your health are: to have a healthy snack before you go out to a party or event where food is served; keep up your water intake and keep alcohol to a minimum; don't stand near the food tables when there are canapes or a buffet – just put a plate together and walk away; and fill your plate with the healthy foods (salads and veggies) first – leaving less room for the “sometimes foods”.

**Exercise:** Exercise routines are the other health habit that can go out the window at holiday time but holidays are a wonderful opportunity to try new activities, routines or just enjoy your usual walk or run in a beautiful new environment. If you're away on holidays, stick to your usual exercise times where you can, but instead of running around your local suburb, you might be running along a beach! Enjoy the time with friends or family to try a new sport, or have fun in the local pool or slide park (climbing up the stairs to all the slides is a fair number of steps!)

**Gratitude:** Practicing gratitude is another great way to look after your health and wellbeing. The holiday period, with all its various festivals and significant days, is a perfect opportunity to start a gratitude practice of your own. This could be taking time each day to sit and reflect on all the good things that have happened over the past day or week or year, it might be a new year's eve/day activity or it might simply be looking around the dinner table one evening at extended family and friends and taking a moment to be deeply grateful for their company, their good health and their presence in your life. Deliberately choosing and practicing gratitude has been shown to have a positive impact on our psychological and physical health.

**Rest:** Something many of us are holding out for is a bit of rest at the end of a busy year. Holidays are intended to be restful and restoring, allowing us to “recharge the batteries” before diving into another year of endeavor and achievement. It is easy, however, for holidays to become a very tiring process, with a sense of obligation to attend all the parties, to have “fabulous” holiday pics to share and to out-do each other with fancy food. In amongst the fun, be deliberate in choosing and protecting the time to do things that recharge you. For some this is an action packed week at the surf, for others, there is a real need for peace and quiet with a good book. Find your happy place!



#### Resources

Family Friendly Committee

<https://www.anu.edu.au/about/governance/committees/family-friendly-committee>

ANU Gender Institute Parents and Carers Page

<http://genderinstitute.anu.edu.au/parents-and-carers>

HR – Supporting Families

<https://services.anu.edu.au/human-resources/respect-inclusion/supporting-families>



## Supporting Early Parenting at ANU

ANU is committed to supporting parents, particularly during the early parenting years. This includes family friendly policies supporting breastfeeding and chestfeeding, and facilitating access to appropriate supported leave for parents to enable a healthy balance between work and family responsibilities.

As part of women's health week in September a partnership between the Supporting Breastfeeding at ANU Working Group, the ANU Gender Institute, the ANU Research School of Population Health and the Australian Breastfeeding Association, organised a forum with topics covering breastfeeding, work and women's health. ANU Provost Professor Mike Calford opened the event and highlighted the recent practical initiatives the University has introduced to provide support to families with young children. In 2018, the University extended partner leave allowing both partners, regardless of gender, to take up to 26 weeks of paid parental leave. In 2019, the University committed to paying up to 26 weeks' employer superannuation contributions to any staff member taking unpaid parental leave.

Megan Fox, regional representative of the Australian Breastfeeding Association (and an ANU alumna), spoke about its initiatives to support women's rights to breastfeed under Australian law. These include the 'Breastfeeding Welcome Here' award, and the Breastfeeding Friendly Workplace accreditation scheme, which the ANU is working to achieve. In August, the Coffee Hub at Kambri earned a 'Breastfeeding Welcome Here' award.

Professor Susan Jordan (University of Queensland) summarised the latest research on women's health and breastfeeding. As well as reducing breast cancer risk, breastfeeding benefits women's lifelong health in other areas.

Professor Lisa Amir from La Trobe University highlighted the widening socioeconomic gap in breastfeeding uptake and continuation. Her research showed that twice as many women from the lowest socioeconomic quartile stop breastfeeding during the first month than those in the highest. These mothers have less access to support and greater job stress, pointing to the socioeconomic determinants of good nutrition and lifelong health.

Professor Catherine Waldby, (ANU College of Social Sciences) described some dilemmas of reproductive technologies and changing work patterns, in particular, the physical, financial and emotional demands that egg donating and IVF can place on women. As well as a new trend among some US employers now offering egg freezing for female employees to encourage them to delay childbearing.

Research on 'best practice support for breastfeeding in workplaces and childcare' was presented by Honorary Associate Professor Julie Smith from the ANU College of Health and Medicine.

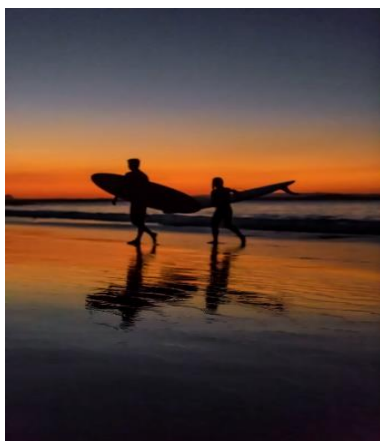
National and ANU data highlighted the importance of adequate paid maternity leave, part time work and flexible work options, and support from colleagues, for women to be able to meet health recommendations for breastfeeding. Access to paid lactation breaks is also associated with higher breastfeeding rates.

## Working out in the warmer months

#### Resources

<https://www.fitnesseducation.edu.au/blog/health/considerations-for-exercising-in-the-heat/>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048167>

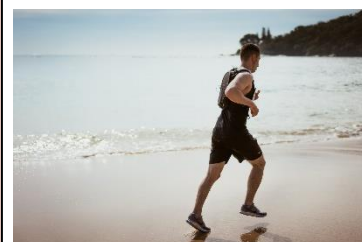


Keep cool and.....HYDRATION HYDRATION HYDRATION!!!

While continuing to get enough exercise and movement throughout the day is a healthy and important goal, it is equally important to adapt our activity to suit the weather. Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature and humidity can increase your core body temperature to dangerous levels.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily, and you don't drink enough fluids. The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated.

In the hotter months, consider the time of day that you will be working out. Strenuous activity should be scheduled for the early morning or evening wherever possible, when it is cooler and the body will better tolerate exertion. On particularly hot days, you may need to scale back your level of exertion to ensure that your exercise activity remains safe and sustainable. If you exceed your limits by pushing through on a hot day, you may not be able to exercise the following day. Consider the benefits of consistent, lower level exercise over smashing out a tough session in the heat.



# International Day of People with Disability - 3 Dec 2019 "The Future is Accessible"

THE FUTURE IS ACCESSIBLE means that we must all, together, look towards a future where the barriers which stand in people's way no longer exist. We envisage a future where people can access a building without using stairs; where a person can access a ramp to the beach; or can get a job without fear of discrimination; or can access a mainstream classroom.

Working towards an accessible future is everyone's responsibility. With us, create a future which demands that people are not excluded because of their health impairments. Call out barriers wherever you see them, and work with us to overcome them. International Day of People with Disabilities (IDPWD) stands by its conviction that a person is not inherently 'disabled'...disability is NOT a feature of a person. We say that people have health impairments: some of us need wheelchairs to mobilise; some of us need seeing-eye dogs; some of us need assistive technology – just like some of us need glasses to read; or medication to manage pain.

All people have different health impairments at some time in their lives. The difference is that most of the time your health impairment doesn't stop you from functioning, being included or participating in your community. IDPWD exists to make sure that environmental and social BARRIERS are identified, and to help everyone to work together to overcome them. We will never eradicate health impairments...but by overcoming barriers, then we eradicate disablement.

The ANU Disability Action Plan 2020 - 2024 is nearing completion! See the WEG News on page 6 for more details on how you can have input.

## Resources

<https://www.idpwd.com.au/>



3 December  
**International Day of  
People with Disability**

## Smoke Free Summer



### Resources

<http://www.health.act.gov.au/public-information/public-health/tobacco-and-smoke-free>

<https://www.health.act.gov.au/about-our-health-system/population-health/smoke-free-environments>

<http://www.legislation.act.gov.au/a/2003-51/default.asp>

Quitline - <http://www.quitnow.gov.au/>

QUIT Now - <http://www.quitnow.gov.au/>

My QuitBuddy - <https://beta.health.gov.au/resources/apps-and-tools/my-quitbuddy-app>

Another reminder that ANU is working to be a SMOKE FREE CAMPUS! While we do have two designated smoking area's (DOSA) on Campus and others within the residential precincts at this time, the WHS Team continues to receive reports that people (staff and students) are continuing to smoke in a number of other area's across campus and while walking through campus. This puts people's health at serious risk (those with asthma, allergies and other lung disease on campus can end up in hospital or worse!) as well as making for an unpleasant experience for other campus users. It also makes keeping our campus clean and safe that much more difficult with no rubbish facilities being provided for smokers outside the DOSA and over the hot, dry and seemingly windy summer the risk of fire from ash and discarded smoking litter is very high.

If you must smoke, restrict your smoking behaviors to the designated areas so that those at risk can then avoid exposure and therefore stay safe. And also, so that you can responsibly and safely dispose of any smoking related litter. Not to comply with the University policy on smoking or littering can result in disciplinary action.

It is common knowledge that smoking is invariably harmful to health for the individual smoker and those around them, that the litter it creates is toxic to our wildlife and local environments and that it is a very costly habit in terms of individual use, and the impact on our health system and our environment.

So... We again implore you, take a deep clean breath of fresh air, and start a QUIT journey this summer, your Uni colleagues, the ANU ducks, your lungs and your wallet will be very grateful!!!

# Bushfire Safety

We are lucky to live in the Bush Capital and enjoy all the benefits that brings, though this also means we live with the threat of bushfire across much of the city. It's not just about where our homes are located, so many of us work, travel and play in bushland on a daily basis. We recommend that you make yourself aware of the dangers, and have a plan to act. It is best to write your bushfire plan well before there's a fire - we don't make our best decisions when we are frightened and stressed. You can use the Bushfire Plan templates from RFS to put together a plan for your household and make sure you practice it and review it regularly.

You can monitor local fire activity through the RFS website Fires Near Me, and make sure to keep an eye on the bushfire ratings before you head out, particularly into the bush, but be aware that fires can start, spread and travel very quickly. If in doubt, always err on the side of safety.

## **From the ACT Emergency Services website:**

The bushfire danger ratings give you an indication of the possible consequences of a fire, if one were to start in those conditions. The ratings are based on predicted conditions and take into account things like temperature, humidity, wind, and the dryness of the landscape.

The higher the fire danger rating, the more dangerous the conditions are for fire.

Low-Moderate – Review your bushfire survival plan with your family. Keep yourself informed and monitor conditions. Be ready to act if necessary.

High – Review your bushfire survival plan with your family. Keep yourself informed and monitor conditions. Be ready to act if necessary.

Very High - Review your bushfire survival plan with your family. Keep yourself informed and monitor conditions. Be ready to act if necessary.

Severe – Leaving early is the safest option for your survival. Well prepared homes that are actively defended can provide safety – but only stay if you are physically and mentally prepared to defend in these conditions. If you're not prepared, leave early in the day.

Extreme – Leaving early is the safest option for your survival. If you are not prepared to the highest level, leave early in the day. Only consider staying if you are prepared to the highest level – such as your home is specially designed, constructed or modified, and situated to withstand a fire, you are well prepared and can actively defend it if a fire starts.

Catastrophic - For your survival, leaving early is the only option. Leave bush fire prone areas the night before or early in the day – do not just wait and see what happens. Make a decision about when you will leave, where you will go, how you will get there and when you will return. Homes are not designed to withstand fires in catastrophic conditions so you should leave early.



## Resources

<https://esa.act.gov.au/rural-fire-service>

Bushfire Plan -

<http://uat.esa.esatestsite.com/sites/default/files/2018-12/Bushfire%20Survival%20Plan%202018.pdf>

Fires Near Me -

<https://www.rfs.nsw.gov.au/fire-information/fires-near-me>

How to prepare your home –

<https://esa.act.gov.au/emergency-services/rural-fire-service/supporting-community>



# ANU Work Environment Group News

## **Xin Li – Andrew Hopkins Award for Excellence in Health and Safety**

Xin joined the ANU in late 2018 as a Senior Work Health and Safety Consultant and since then his engagement with professional and academic staff and students has far surpassed expectations. He has given up his own time on a weekly basis to conduct safety system talks at lunchtime with willing participants from WHS and Facility Officers to School Managers to improve their understanding of and participation in the safety system implementation in their own work areas. Xin's combination of safety expertise, enthusiasm and a mind for "Doing safety differently" has empowered and equipped a large cohort of academic and professional staff across the University to pursue safety excellence. Congratulations Xin for this very well deserved acknowledgement of your hard work, commitment and your willingness to share your expertise and passion for health and safety at ANU.



## **Managing Thermal Stressors in the Workplace**

The latest in a growing series of Information Sheets has been released on managing thermal stressors in the workplace. The information sheet provides an overview of warning signs to look out for and strategies to manage thermal stressors in high and low risk environments.

The Information Sheet will be available at – <https://services.anu.edu.au/human-resources/health-safety/injury-prevention-advice>

## **Disability Action Plan**

The ANU Disability Action Plan 2020 – 2024 has been out for consultation across the University since August 2019. A final version of this ambitious and action focused Plan will be presented to the IDEA Governance Committee for endorsement in February 2020 before being put forward to the University Council for approval for implementation. There is a lot of work to do, by a broad cross section of stakeholders as outlined in the Disability Action Plan, to achieve equity across our University for people living with disability including staff, students and visitors. This work encompasses our built and digital environments, teaching and learning spaces, recruitment, training and retention strategies and all communication platforms. All community members and leaders are encouraged to review the current document in preparation for the work ahead and we look forward to the contributions of our whole University community in making equity a reality for people living with disability. Copies of the Draft Disability Action Plan can be sourced and feedback provided, by emailing [whs@anu.edu.au](mailto:whs@anu.edu.au)



## **Mental Health First Aid Courses Scheduled for 2020**

Mental Health First Aid Courses are now available for 2020 and staff can register for these through HORUS. See dates at link <https://services.anu.edu.au/news-events/mental-health-first-aid-shhr02>

MHFA Standard 2 Day Course (Course Code SHHR02)

MHFA Engaging Leaders - 90 minute session (Course Code SHHR05)

MHFA Standard Refresher Course - 4 hours (Course Code SHHR04)

## **WHS Handbook News**

The WHS Handbook has been launched and more chapters are available online. This fantastic resource is changing how we think, talk and act on safety and will help to keep ANU at the forefront of safety initiatives and best practice. <https://services.anu.edu.au/human-resources/health-safety/whs-management-system-handbook>



## **Building works**

There are ongoing works at a number of locations around campus which are being completed to improve our pedestrian, bike and vehicle safety and amenity. Please take care when travelling near worksites and take heed of any signage about alternative routes. Be aware that with some scaffolding in place near roads and pathways your visibility may be altered so take particular care at crossings where this is a factor.

# WEG New Staff Profiles

The Work Environment Group is a busy place! And while some of our folks are away on leave or seconded elsewhere we're very happy to welcome two new faces to the teams. Alison Hooker has recently started in our Injury Management Team and we have also welcomed Emma Richardson to a fixed position within the Work Health and Safety Team. So a quick introduction to our two new starters....

## Alison Hooker

### Tell us about your background and qualifications:

I have completed a Graduate Diploma in Psychology and a Masters in Counselling and Psychotherapy. I've worked largely in occupational rehabilitation and disability employment services, with a range of organisations and people. I have been very privileged to be able to see the progress people make once they are appropriately supported. I most recently worked for Comcare, as an Injury Management Advisor, providing advice on progressing complex cases. I'm very pleased to be working with the ANU where I can put all my skills to good use and am enjoying learning more about the interesting work carried out here.

### Why are you passionate about injury prevention?

I have seen the impact of injuries, particularly those where intervention has not been carried out early or in a supportive way. The impact can be significant and far reaching, impacting on the person's quality of life, relationships and wellbeing. This is why I support the emphasis the ANU places on early intervention and ensuring that all stakeholders in that process feel supported. It is also great to have the opportunity to deliver Mental Health First Aid training. This is an important training the ANU offers to break down the stigma of mental illness and help people feel more equipped to handle this growing health issue. It is nice to see so many people at the ANU who are interested in this as well.

### What do you do to look after your health and wellness?

I try to eat well and walk regularly. To de-stress, I spend time with friends and family, watch movies, read books, listen to music, meditate, and eat chocolate (though I try not to do too much of that!)



*Welcome!*

*Welcome!*



## Emma Richardson

### Tell us about your background and qualifications

I completed an undergraduate Applied Science degree, then spent 8.5 years with NSW Agriculture as a research scientist. While in this role, I completed a PhD thesis examining the biology and physiology of feed efficiency in beef cattle.

From here I moved into the WHS field. I established a consultancy and worked for 5 years conducting risk management, developing management systems and auditing across NSW and Queensland.

I have spent the last 5 years with a Global Agriculture company leading EHS across Australia and New Zealand. I am looking forward to working locally now, with a great team and establishing networks within the ANU and ACT.

### Why are you passionate about Workplace health and safety?

I enjoy working in the WHS field because I am passionate about peoples' health and happiness. Everyone deserves to arrive home from work each night in the same condition that they went to work that morning. I like being able to help make sure this happens.

### What do you do to look after your health and wellness?

I have always been passionate about Health and Wellbeing. To relax I love being outdoors. I enjoy horse riding, yoga, Pilates and most things fitness related. I love food and wine, so I am constantly trying to keep myself balanced across all of these areas!

I am really looking forward to extending my network within the ANU community.

## Upcoming events

December - Decembeard	
	<p>Decembeard® Australia: Grow a beard, raise funds and help us beat bowel cancer. Beards aren't just for hipsters, grandpas, men that ride motorbikes or people that are too lazy to shave. Anyone can help make real change happen. All you need to do is grow a beard or some chin stubble, and promote your facial hair to raise awareness and funds for Australia's second biggest cancer killer - bowel cancer. Decembeard® Australia's goal is to have a lasting impact on our health future - where no one dies of bowel cancer and all those diagnosed receive the support they need.</p>
<b>1 Dec – World Aids Day</b>	
<p>World AIDS Day raises awareness across the world and in the community about the issues surrounding HIV/AIDS. It is a day for people to show their support for people living with HIV and to commemorate people who have died. The national World AIDS Day theme for Australia in 2019 is Every Journey Counts. World AIDS Day aims to encourage Australians to educate themselves and others about HIV; to take action to reduce the transmission of HIV by promoting prevention strategies; and to ensure that people living with HIV can participate fully in the life of the community, free from stigma and discrimination. Show your support for people with HIV on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support.</p>	
<b>3 Dec – International Day of Persons with Disability</b>	
	<p>IDPWD is a United Nations sanctioned day that aims to increase public awareness, understanding and acceptance of people with disability and celebrate their achievements and contributions. The theme for International Day of People with Disability for 2019 'Promoting the participation of persons with disabilities and their leadership: taking action on the 2030 Development Agenda'.</p>
<b>5 Dec – International Volunteer Day</b>	
<p>International Volunteer Day (IVD), is an opportunity for volunteer-involving organizations and individual volunteers to promote volunteerism, encourage governments to support volunteer efforts and recognize volunteer contributions at local, national and international levels. The act of volunteering is found in all cultures, languages, and religions. Each year, hundreds of millions of people volunteer their time and skills to help make the world a better place. When they volunteer, they help to improve the lives of others. And when they volunteer, they also gain a greater sense of belonging to their communities.</p>	
<b>10 Dec - Human Rights Day</b>	
	<p>December 10 is the anniversary of the adoption by the United Nations (UN) of the Universal Declaration of Human Rights (UDHR). The UDHR sets out a certain set of rights that are the basic and minimum set of human rights for all citizens. Setting aside a day to commemorate, educate and reflect on the principles that form the UDHR means celebrating the rights we exercise everyday as Australians, and acknowledging that enjoying those rights carries with it the responsibility of promoting these rights for all people. Things that many of us take for granted – such as the right to an education, the right to receive medical care, and the freedom to practice our chosen religion – are not equally available to all.</p>
<b>2020 – International Year of Plant Health - <a href="https://www.ippc.int/en/iyp/h/">https://www.ippc.int/en/iyp/h/</a></b>	
	<p>In December 2018, the United Nations General Assembly declared 2020 as the International Year of Plant Health (IYPH). The year is a once in a lifetime opportunity to raise global awareness on how protecting plant health can help end hunger, reduce poverty, protect the environment, and boost economic development.</p>
<b>4 Jan – World Braille Day</b>	
<p>World Braille Day is a reminder of the importance of accessibility and independence for those who are blind or visually-impaired. The reality is that many everyday establishments — restaurants, banks, hospitals — aren't equipped with braille menus, statements or bills. That means people with blindness or a vision impairment aren't given the freedom to choose their own dinner ... or to keep their finances private. World Braille Day spreads awareness about braille and other accessible forms of communication. Everyone deserves (and is legally entitled to) the same accommodations and service, regardless of ability. On World Braille Day, let's remember that and do our part to make our workplaces more accessible for everyone.</p>	
<b>1 – 7 Feb – World Interfaith Harmony Week</b>	
<p>The World Interfaith Harmony Week provides a platform where all interfaith groups and other groups of goodwill can show the world what a powerful movement they are. The thousands of events organized by these groups often go unnoticed and this week will allow for these groups to become aware of each other and strengthen the movement by building ties. It is hoped that this initiative will provide a focal point from which all people of goodwill can recognize that the common values they hold far outweigh the differences they have, and thus provide a strong dosage of peace and harmony to their communities.</p>	
<b>4 Feb – World Cancer Day</b>	
	<p>World Cancer Day aims to save millions of preventable deaths each year by raising awareness and education about cancer, and pressing governments and individuals across the world to take action against the disease. 2020 marks the midway point of the 3-year 'I Am and I Will' campaign. 'I Am and I Will' is an empowering call-to-action urging for personal commitment and represents the power of individual action taken now to impact the future.</p>
<b>26 Feb – Teal Ribbon Day – Ovarian Cancer</b>	
<p>Teal Ribbon Day is a day to support Australians living with ovarian cancer, honour those we have lost and raise awareness of this deadly disease to change the story for future generations. Every day in Australia, four women are diagnosed with ovarian cancer and three will die from the disease. Ovarian cancer has the lowest survival rate of any women's cancer – a fact that hasn't changed in 30 years. It's time for change. It's time to ovary-act. You can purchase your teal ribbons for \$3 each through the Ovarian Cancer Australia website or in-store at Chemmart pharmacies, TerryWhite Chemmart, from Black Pepper stores, Noel Jones Real Estate, or selected Wynstan stores. Teal Ribbon Day is held every year on the last Wednesday in February.</p>	