



From now on I intend to highlight a project taken from the database each month in my section of PAM. It may be big or small but will be worthy of a mention so from now on look to see if you are featured.

This month's project has been chosen because it is from an Associate Member.

A small supper party was arranged and guests were asked to pay what they thought the three-course meal was worth. It must have been good as the event raised £150.



The proceeds went to [Beach within Reach](#), a charity that provides wheelchairs for use on difficult terrain, mainly beaches, thus allowing people with special needs to access areas of beauty.



Although listed under economic empowerment this also covers health and equality - complies with several of the [Sustainable Development Goals](#), and was S.M.A.R.T.

Barbara Dixon
Programme Director

Depression - Let's Talk



Every year on 7th April we celebrate [World Health Day](#), providing us all with an ideal opportunity to join forces across the world to focus our energies on one subject; this year the campaign area is one we often shy away from - Depression.

A better understanding of what depression is and how it can be prevented and treated, will help reduce the stigma associated with the condition, leading to more people seeking help. Depression does not discriminate; it affects people of all ages, from all walks of life, in all countries. For sufferers it has an impact on every aspect of their life and that of their family and those close to them.

A few facts to think about:

- Globally, an estimated 350 million people of all ages suffer from depression.
- The [WHO](#) estimates that between 1990 and 2013, the number of people suffering from depression and/or anxiety increased by nearly 50%: close to 10% of the world's population is affected by one or both of these conditions.
- In humanitarian emergencies and ongoing conflict, as many as 1 in 5 people are affected.
- Depression in women following childbirth can affect both maternal health and the development of new-borns.
- In many countries, there is no, or very little, support available for people with mental health disorders. Even in high-income countries, nearly 50% of people with depression do not get treatment.
- The risk of becoming depressed is increased by poverty, unemployment, life events such as the death of a loved one or a relationship break-up, physical illness and problems caused by alcohol and drug use.



How can we get involved in the Campaign?

This is part of a year-long campaign launched on Mental Health Day in October 2016 with the aim of raising awareness amongst the general public about the effects of depression and encouraging those affected to seek help.

A big part of beginning to tackle the problem is not to be afraid to talk.

A tool kit is available including posters each depicting a conversations between two people about depression: a mother and daughter; a mother with her young baby and a health-care worker; a student and teacher; two men at work; and an older woman with a younger woman; handouts and educational materials, including short videos to show, can be downloaded from the [WHO website](#).

Ladies let us be part of the campaign
Let's Not Be Afraid to Talk About Depression and we can help make a difference.

Rita Beaumont - APD Food Security/Healthcare



There is no such thing as waste water - only water wasted

World Water Day celebrations in 2017 will highlight the theme Waste Water. Each year, World Water Day (March 22) highlights a specific aspect of freshwater. Under the theme 'Water and Wastewater', the year 2017 provides an important opportunity to consolidate and build upon the previous World Water Days to highlight the symbiosis between water and wastewater in the quest for sustainable development.



Climate change, population growth and economic development demand for sustainable solutions to make the world future-proof. Waste water is perceived as a valuable resource in the circular economy and its safe management is an efficient investment in the health of humans and ecosystems. Improving waste water management means improvement on all six targets of the Sustainable Development Goals on Water.

Wastewater, also written as waste water, is any water that has been adversely affected in quality by anthropogenic influence. Wastewater can originate from a combination of domestic, industrial, commercial or agricultural activities, surface runoff or storm water, and from sewer inflow or infiltration.

Municipal wastewater contains sewage, grey water (e.g., water from baths and showers), and sometimes industrial wastewater. Large industries, such as refineries, also generate wastewater.

Wastewater requires treatment to remove pollutants prior to discharge. Treatment of wastewater varies enormously around the world. Contamination of drinking water with wastewater is a major problem in the developing nations where poverty, lack of infrastructure and climatic disaster increase the problem, resulting in disease and early mortality.

Provision of safe drinking water and the introduction of wastewater recycling in an economical and natural way would greatly benefit those countries.

Can you help an organisation that is working on these problems?

The Sustainable Development Goals 3,6,7,12,13 and 14 all relate to water in some way - can we help achieve them?



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