

How do people celebrate New Year around the world? Generally, New Year traditions are designed to bring luck and good fortune in the year ahead.

Around the world New Year may start in January, February, March, April or September, dependent upon the calendar used in that country.

One of the most popular ways to celebrate seeing in the New Year is with big fireworks displays.



Other traditions include plate-smashing, first-footing, dropping objects from windows, dressing as bears, bell-ringing, and even fortune telling with molten metal.

In many ways Soroptimism has several new years as Soroptimist International starts its year in July, SIGBI's year starts in October/November and clubs in March/April.

Soroptimist New Year, just like calendar New Year brings the hope of success, health and happiness. The difference with Soroptimism is that we hope these ideals will be for others around the world and not just for us.

A New Year means a fresh start, brings renewed enthusiasm and resolutions to make a difference either personally or for others.

One fresh start is a new look for PAM. Commencing with the February issue, the Programme Action Magazine will have a new format. I hope you'll like it.

As we start another Gregorian New Year what are our resolutions going to be? I hope to Educate, Empower and Enable more women and girls to achieve their fullest potential.

Good Luck, Good Health and Good Project Work for a Happy New Year.

Barbara Dixon
Programme Director

World Cancer Day - 4th February

Each year on 4th February [World Cancer Day](#) is recognised. Under the tagline 'We can. I can.', the World Cancer Day campaign between 2016-2018 has spearheaded how we all have the power to take actions to reduce the impact that cancer has on individuals, families and communities.

The Human papillomavirus (HPV) and cervical cancer is one cancer where we can have an impact on the lives of young women and girls. A few key facts from the WHO:

- Cervical cancer is the second most common cancer in women living in less developed regions with an estimated 445,000 new cases annually (84% of the new cases worldwide).
- Annually approximately 270,000 women die from cervical cancer; more than 85% of these deaths occurring in low- and middle-income countries.
- Of the 100 types of common HPV seen worldwide, at least 13 are cancer-causing.
- HPV is mainly transmitted through sexual contact: most young women are infected shortly after the onset of sexual activity.
- Two HPV types cause 70% of cervical cancers and precancerous cervical lesions.
- Vaccines against high risk types HPV 16 & 18 have been approved for use in many countries

The HPV vaccine was introduced in 2008 and is now used in 84 countries: more than 80 million women have been vaccinated worldwide. In the UK 8.5 million doses have been given. The best time to be vaccinated is between 12 and 13 years of age; a national programme in schools is operational reducing the risk of developing cervical cancer by 70%. However this practice is not the case in all of the countries in our Federation



What as Soroptimists can we do? Investigate the local practices where we live; is a vaccination programme in place?

If there is:

- a) What is the uptake? In the UK the uptake is 90% meaning 10% of girls are still not protected.
- b) Do all girls complete the two dose schedule?
- c) Raise awareness of the vital necessity for girls to be vaccinated and ensure an understanding that cervical screening is still important at the recommended age.

If no vaccination programme in place:

- a) Establish why not.
- b) Raise awareness locally and nationally using established international evidence of good practice and well documented clinical research outcomes.
- c) Work in Partnership: establish a working relationship with local or national organisations who want the same outcomes.
- d) Use resources and contacts available from elsewhere in the Federation to help build and prove your case.

For more information: visit www.gov.uk/hpv

- HPV Vaccine; guide leaflet (September 2017)
 - HPV Vaccine: beating cervical cancer, questions & answers (September 2017)
 - HPV Vaccination:& Cervical Cancer: Factsheet for Healthcare Professionals (2016)
- www.who.int/mediacentre/factsheet/hpv

Act now and be persistent! Girls everywhere deserve the best; this is a way we can all advocate for a vaccination programme that saves lives, remember "We can. I can"

Rita Beaumont - APD Food Security & Healthcare

Fairtrade Fortnight 26 February - 11 March



January 2018! What should we do during this month after Christmas? Well we could abstain from eating and drinking too much or we could get ready for the most important event in the Fairtrade calendar.

One banana farmer stated, 'For hundreds of years, we were taught to serve, to be workers. Now with Fairtrade, we are entrepreneurs'. Millions of farmers and workers are still being ripped off despite working hard to provide the products we love. Un-fairness in global trade is rooted in centuries of exploitation. Yet across the globe, hard-working producers are unravelling this legacy. They're fighting for a fair deal, supported by Fairtrade, earning their way out of poverty and transforming their communities. Together we're stronger, and more people choosing, sharing and shouting about Fairtrade in the UK means more power to producers.



What can we do as Soroptimists? It's up to you! From breakfasts to banquets and bake-offs during [Fairtrade Fortnight](#) we can use our creativity, connections and local knowledge (not to mention effort!) to open more doors to Fairtrade. Check out the [Fairtrade Fortnight Action Guide](#) and Fairtrade would love to know what you have planned and it can be shared on the Foundation's web site - another way that we can promote our Soroptimist work! Resources and event packs are available to order from the [Foundation's online shop](#).



There are many ways that we can support Fairtrade in our everyday lives. When we reach for our favourite food and drink each day without thinking about where it comes from, we may be feeding exploitation. We become part of the problem. However, we can choose to be part of the solution.

- Your morning brew: Always look for the Fairtrade Mark on the packet, you will find a Fairtrade choice in most supermarkets.
- Commuter coffee: Double check your usual high street coffee shop, to see if their coffee is Fairtrade certified. Remember, you have the power to make companies source sustainably through your choices.
- From bananas, to chocolate your choice can make the difference. Look for the Fairtrade Mark, and if your local shop doesn't stock what you want, ask them to do so.
- Baking? You can use Fairtrade ingredients in plenty of recipes. From cocoa to sugar paste, from vanilla to icing sugar, whatever style of cake you create you can make sure it does good as well as tastes good.



Finally, in terms of advocacy, for those of us in the UK, we can lobby two ways by contacting the following groups:

[National Campaigner Committee](#), which is a group of elected Fairtrade campaigners who each represent a region of the UK.

[Fairtrade All Party Parliamentary Group](#) The APPG for Fairtrade promotes Fairtrade in Parliament and supports MPs to engage with Fairtrade in their constituencies.

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