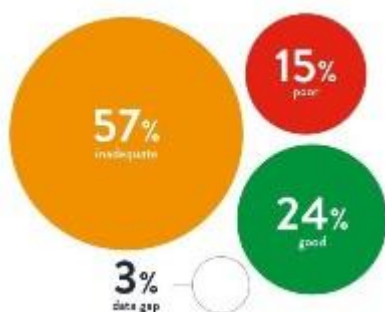


# SIGBI Programme Director's Blog December 2018

We will be looking to the SDGs for our Programme Action work in the future and using the 5Ps suggested by the UN. Overall the UK ranks 14 out of 193 member states of the UN, as detailed in the report by the Sustainable Development Solutions Network[1].



A report from the UK Stakeholders for Sustainable Development shows that we rate a 'good' assessment on only 24% of the 169 targets within the 17 SDGs – see the full report[2].

One of the 5Ps is 'People':

- SDG 1 – no poverty;
- SDG 2 – Zero Hunger;
- SDG 3 – Good Health & Well-being;
- SDG 4 – Quality Education; 'Quality' needs qualification since the one word can cover unacceptable to excellent and all standards in between. Perhaps 'good quality' would allow local variation across the UK and the world;
- SDG 5 – Gender Equality. The report from the UN Rapporteur on extreme poverty and human rights across the UK is particularly timely and appropriate. Many of you have been working on addressing increasing poverty in our UK communities, through working with food banks and the homeless for example.

A debate in the House of Lords highlighted the issues[3]. But what about the remainder of our Federation? What is happening there? Exploring the map in footnote 1 might be a good place to start.



President Sue wants us to look at mental health this year[4].

There has been a lot of media interest in PTSD recently. You might ask why is that relevant to us? Anyone experiencing trauma (e.g. after a bad car accident, emergency workers) can experience it. It can start immediately or after a delay of up to 6 months. Advice for the public[5] from the National Institute for Clinical Excellence says:

"If you see your GP about distressing symptoms in the first 4 weeks after a traumatic event, you may be told it is very common to feel like this and not to be alarmed. You may not be offered any treatment at this stage, although your GP should offer you another appointment within 1 month. If your symptoms are severe, your GP should offer you treatment straight away."

For more detailed evidence-based information look at the full report[6].

For us there are examples from our own clubs:

- SI Chennai Downtown; art therapy sessions[7];
- SI St Albans & District; a mental health awareness evening[8];
- SI Grange over Sands; singing for memory sessions, a structured music therapy programme that brings people living with memory loss together in a fun, friendly and stimulating environment;
- SI Central Birmingham; an Assembly targeting Secondary School pupils Year 7 -13 entitled “Loves me – Loves me Not”;
- SI Ellesmere Port and District have been fundraising for MQ a mental research charity, for two years, they raised £3746.

Don't forget to tell us about what you do by sending in your Programme Report Forms[9] so that we can learn from each other.

[1] <https://dashboards.sdgindex.org/>

[2] <https://www.ukssd.co.uk/news/sdgs-can-help-the-uk-become-a-country-for-everyone>

[3] <https://hansard.parliament.uk/Lords/2018-11-22/debates/29FB9D23-156C-4EA7-84E0-D53CF11AADA9/UniversalSustainableDevelopmentsGoals>

[4] <https://sigbi.org/members/clubs/think-on-it/>

[5] <https://www.nice.org.uk/guidance/cg26/resources/posttraumatic-stress-disorder-ptsd-the-treatment-of-ptsd-in-adults-and-children-pdf-193439629>

[6] <https://www.nice.org.uk/guidance/cg26/chapter/5-Other-versions-of-this-guideline#full-guideline>

[7] <https://sigbi.org/members/files/PAC-Report-SI-Chennai-Downtow.pdf>

[8] <https://sigbi.org/st-albans-and-district/2018/wmhd18/>

[9] <https://sigbi.org/faqs/>

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