

# FOCUS ON HEALTH

When it comes to staying healthy, knowledge is your greatest asset. Here you'll find two organisations that are bringing serious issues to the public's attention



## EBC's new campaign aims to build mentally healthy workplaces

**Depression in the workplace** is a leading cause of lost work productivity, sick leave and early retirement, with many people underestimating how serious an affliction it can be.

The financial costs alone are staggering, with around 350 million working days lost in the EU each year due to absenteeism.

To counteract this, the European Brain Council has launched Not Myself Today Europe, an adaptation of a Canadian campaign designed to raise awareness of mental health issues, and create a culture of acceptance and support in the workplace. European companies and organisations will receive tools to organise events that will engage employees, getting them to pledge their support.

[notmyselftoday.eu](http://notmyselftoday.eu)



## GIVING CHILDREN A CHANCE

For the last 10 years, SIOPE has led the fight against childhood cancer in Europe

**15 February 2017** is International Childhood Cancer Day, a day created to help raise awareness for childhood illnesses. For the sixth consecutive year, the European Society for Paediatric Oncology (SIOPE) will use the day to organise a summit at European Parliament, with this year's event planned to take place on 7 March. Over the years, SIOPE's ICCD Awareness Conferences have resulted in important achievements, such as the recent Parliament Resolution regarding paediatric medicines. This edition will focus on the development of life-saving oncology drugs.

February 2017 will also mark 10 years since SIOPE launched its Brussels office. A lot has been achieved in this time, such as the development of SIOPE's Strategic Plan. By donating to SIOPE, you can help them implement the plan and ensure the best possible life for young cancer patients.

### The SIOPE Strategic Plan

1. Introduce innovative treatments into standard care.
2. Use precision cancer medicine to help guide therapeutic decisions.
3. Increase knowledge of tumour biology.
4. Ensure equal access to standard care and research across Europe.
5. Address the specific needs of teenagers and young adults.
6. Improve the quality of life of childhood cancer survivors.
7. Understand the causes of paediatric cancers.

[siope.eu](http://siope.eu)

