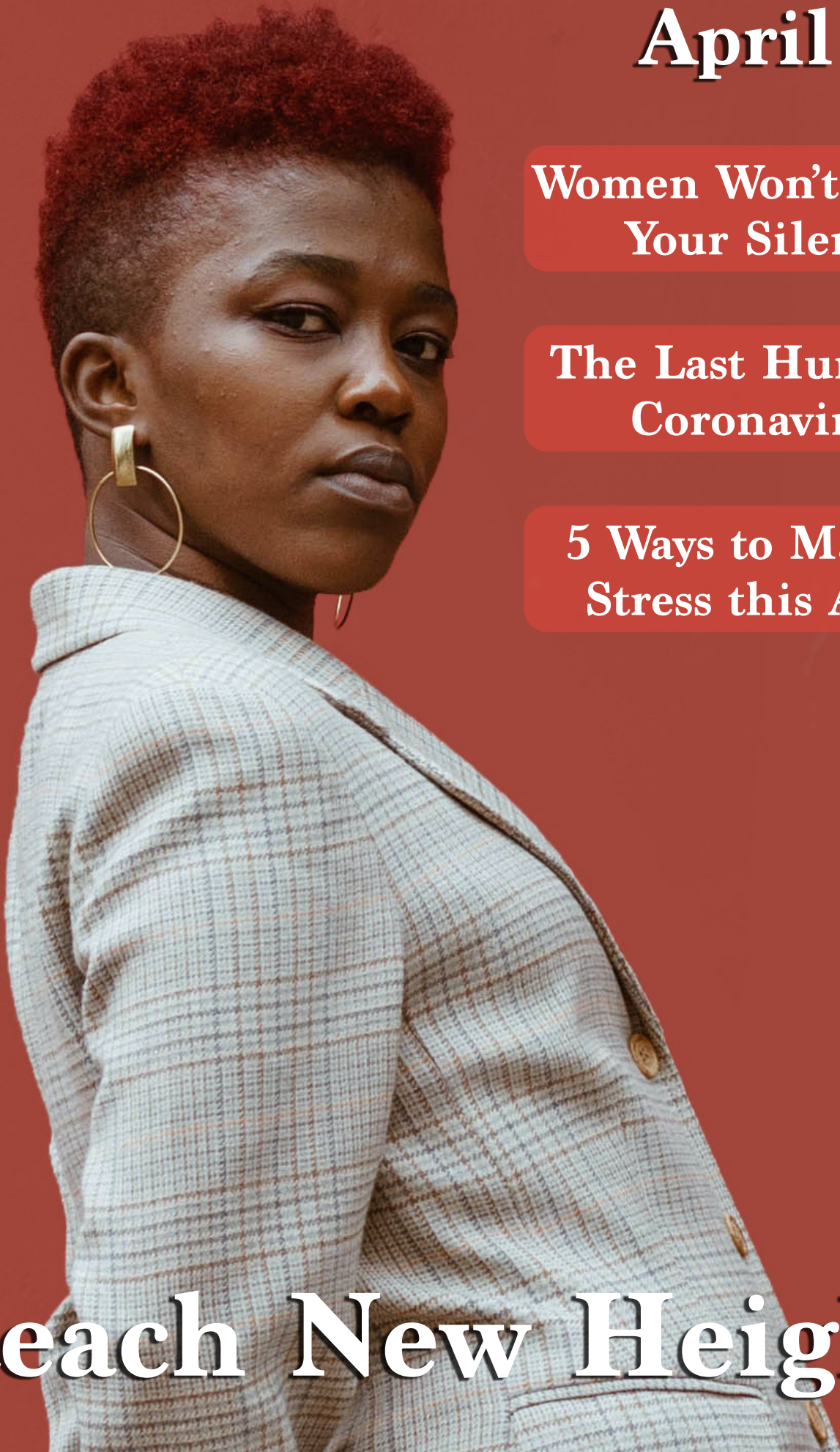


April 2021

Women Won't Accept
Your Silence

The Last Hurdle of
Coronavirus

5 Ways to Manage
Stress this April



Reach New Heights

MEET THE TEAM



Owen Corkin
Head of Phantom Paper



Tom Berrington
Deputy Head



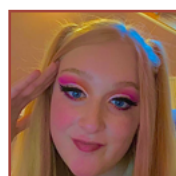
Emily McIlroy
Content Designer



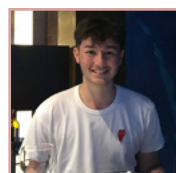
Harry Potton
Features Editor



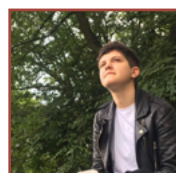
Jess Sharples
Humanities Editor



Bethany Parkes
News Editor



Mark Bodey
Sports Editor



Alfie Pritchard
Music & Events Editor

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Are tomatoes fruit or veg? Answering the sauciest question in nature.

It is an argument as old as the study of botany itself. Is the tomato a fruit or a vegetable? While having several fruit-like properties, many would argue that being used as a vegetable makes the tomato as so.

While the most culturally accepting argument would be saying it is both and people should just be done with it, let us ignore rational thinking for a few moments and imagine a world that is binary.

A world where the only numbers were zero and one, a world where there were only two radically opposite political parties, and a world where society had to answer once and for all: is the tomato a fruit or a vegetable?

In honour of Red Nose Day just passed, we are here to answer that question. Welcome to the strangest article ever published by *The Phantom*; let's talk about tomatoes.

Answering through definition

The easiest way to propose an answer would, understandably, be by looking at what the dictionary definitions of fruit and vegetable are. According to ScienceDaily.com, any plant part which humans can eat is a vegetable. Therefore, the tomato is a vegetable. Right?

Well, no. The dictionary definition of a vegetable has no base in science. The word vegetable is not even a scientific word. It is of culinary origin. Unlike the word fruit, "an organ that contains seeds" (quoted from BiologyReference.com), which is truly scientific.

Within the study of botany, a plant's scientific definition rather than ranking how you can cook it, it is safe to say that tomatoes are, in fact, fruit.

However, is it really appropriate to draw that conclusion so soon? Furthermore, would it be legal to do so?

Answering through the American legal system

The year was 1893. Jon Nix, a fruit merchant of New York City, had taken his tax collector to court, only for him to be found guilty of calling tomatoes a fruit. The court is adjourned, and a disgruntled Nix is forced to pay his taxes. The tomato is, forever, ruled a vegetable.

Now, while what you just read seems like a mix of the Beatles' Yellow Submarine and an episode of Judge Judy, that was a real court case that happened.

Much like most historical events in US history, the route cause comes down to taxes. Jon Nix was a fruit merchant who had, understandably, been selling his tomatoes as fruit. Yet, not ten years prior, Congress passed a law in the States, which said that all vegetables were given an import tax.

So, when the taxman (Hedden) demanded the money from Nix's fruit, he was not happy. Less so that, much as the American dream historically says, Nix tried to sue Hedden for all he was worth.

However, thanks to various unintelligible occurrences, such as no evidence being acceptable before the court, the judge decided that, because the common people called the tomato a vegetable, it shall forever be called so.

Thereby ends the *tomatoiest* court case in history by saying that the tomato is actually a vegetable... In North America. Europe? Well, that's a different, more recent story.

Answering through the European legal system

Europe invented jam. This sounds like a non sequitur, but it is relevant, I promise. It was invented by the ancient Greeks, which is also not more recent, but again hear me out.

It was December of 2001, which saw the EU realise that maybe they should start regulating the quantity of fruit found inside jam and fruit preservatives, lest the jam is less marmalade and more 'marmufactured'.

Therefore, legislation was signed saying that all jams, jellies, and sauces must list the percentage of fruit found within its contained tin/plastic container. This is the kicker.

For the purpose of the directive, I quote the document the EU signed the legislation upon, "tomatoes, the edible parts of rhubarb stalks, carrots, sweet potatoes, cucumbers, pumpkins, melons and water-melons are considered to be fruit." Tomatoes are to be considered a fruit!

Furthermore, as Boris has yet to come on stage and denounce the EU's controversial fruit opinions before tearing his shirt open, revealing a 'tomato x vegetable' tattoo, the jury has reached its verdict.

As of April 2021, it is safe to say that the tomato is, in fact, a fruit; happy tomato-ing... I guess!

Written by Harry Potton

Why is ambition important?

Ambition is the something that drives us. It's our fuel. It's about having that desire to succeed, whatever that looks like for you. Ambition looks different for all of us. We all have different aspirations and interests. Sometimes it's easy to compare ourselves to others, but it's important to remember that ambition is something personal to each of us.

Personal Growth

University has helped bring out the ambition in me. It's given me a clearer picture of things I want to do, what I want my life to look like. I believe I've developed a stronger sense of direction through the experience. It's helped me get to know myself. Unlocking that self-belief can be a huge help in developing a sense of ambition. When you tell yourself you can do it, it gives you that confidence and drive.

Drive

Is there something specific you want to achieve? You can use ambition to work towards this. If it's something that you need to work towards gradually, try breaking it down. List the small steps you need to take. Completing each of these is a success in itself. They're huge strides towards your end goal. There's no greater feeling than that moment when



achieve your goal. Even when you feel like giving up, remember your ambition. Remember what you're trying to achieve and why you wanted it in the first place. Let your ambition drive you.

Gives us focus

Sometimes we might struggle to find motivation. Finding a goal, something we want to do, or work towards, can help overcome this. It

ignites that spark of ambition, and gives a purpose. Having something specific to work towards stops us from dwindling. It puts us on an exciting new path.

Confidence

Ambition can give us more confidence and belief in our own abilities. It's easy to forget our own strengths, but the more we remind ourselves of these, the more confident we become in ourselves. Many of us can be guilty of thinking we're not capable, or good enough, when that isn't true at all.

By challenging those doubts, reminding ourselves that we can do it, we learn to appreciate ourselves more. We learn to see ourselves in a more positive light. We're all capable of achieving if we believe in ourselves. Ambition can remind us of that.

Removing self-doubt

We can be our own worst critic. Sometimes, we question ourselves and our abilities. However, if we dedicate ourselves to the cause, and invest our energy into it, we can begin to remove those mental barriers that get in our way. Don't undermine your own abilities. Ask yourself why shouldn't they give me the job? Why can't I do a degree?

Whatever it is you want to achieve, approach it wholeheartedly. Remind yourself every day that you're more than capable of reaching it. Let's defeat that nagging self-doubt.

Setbacks

Ambition is about striving to succeed, but, it's also about not dwelling on setbacks. It pushes us through our low points and helps us get straight back up again. It makes us more resilient. It's important to tell ourselves that one mistake does not define us. It's easy to lose heart when something doesn't go the way we want. However, it doesn't mean we should quit. Use that ambition to recharge and prepare to try again.

If we have that image in our mind of our end goal, it can make us more resolute when we hit a rough patch. Mistakes and disappointments are something we all experience, but, we can use them as extra fuel. We all have potential in us. It's about discovering what we want to do and believing that we can get there. That's where ambition can help us.

Written by Lauren Davison

Why you should join the Phantom Paper Committee

It's that time of year where we look ahead and start preparations for the team that will take The Phantom forward for the next academic year. As a postgraduate student who joined way back in 2017, I really can't put into words how much this service means to me. With myself and members of the committee graduating, we're looking to recruit some new students to take on these exciting voluntary

roles! If you've been a writer thinking about taking that next step in the editorial process or someone with an eye for design, we want to hear from you!

The full details for these eight roles can be accessed on the Union of Students website or by simply [clicking here — our committee starts on Page 13!](#)

There is no experience necessary for any of these roles as you'll be learning and honing your skills as you go. Budding journalists, dedicated match reporters and passionate writers will feel right at home!

The application process has begun! So, if you're interested in any of these roles, go ahead and apply by clicking the button below!

Apply Now

Head of Paper

Duties & Responsibilities:

- To be the official representative of The Phantom
- Manage the workload of the sub-editors
- Encourage the wider student body to read The Phantom
- Ensure the publication is independent and all articles are well balanced without bias

Opportunity:

- A unique opportunity to lead the team that produces The Phantom.
- Gain skills in writing and editing print
- Oversee all printed student media via Phantom Media

Ideal Qualities:

- Great organisational skills
- Driven and motivated
- Good communication skills
- Able to balance multiple projects at once
- Editorial skills

Benefits:

- Gain a wide range of practical skills that will make you more employable
- Practical experience of being part of a team and report writing
- Gain knowledge in editing and producing material for print
- Relevant training/on-going personal development

Duties & Responsibilities:

- To assist the Head in representing The Phantom
- To assist in liaising with external parties
- Organise Committee meetings and minutes
- To aid with marketing The Phantom blog and online magazine
- To liaise with Activities Co-ordinator; regards to finance and technical needs of the Paper

Opportunity:

- A unique opportunity to take on a leadership role on the team that produces The Phantom.
- Gain skills in writing and editing online publications

Ideal Qualities:

- Great organisational skills
- Driven and motivated
- Good communication skills
- Able to balance multiple projects at once
- Written skills

Benefits:

- Gain a wide range of practical skills that will make you more employable
- Practical experience of being part of a team and report writing
- Gain knowledge in editing and producing material for print
- Relevant training/on-going personal development

Features Editor

The Features Editor is an innovative researcher, able to come up with fresh ideas each month. They are ready to try anything.

Maintaining a friendly, welcoming tone is key to this role while presenting fun, interesting ways to introduce each edition.

Duties & Responsibilities:

- Edit all articles with Features based content by the deadlines set
- Help recruit students to be in the Features team and then manage and delegate work to them
- Ensure articles are high quality, up to date, factually correct and relevant to the readership

Humanities Editor

The Humanities Editor approaches articles with sincerity and emotion. Presenting more than the facts, this role is focused on representing people's views.

Research is important, this role is suited if you have a vested interest in making a difference.

Duties & Responsibilities:

- Edit all articles with Humanities based content for the blog and magazine by the deadlines set
- Help recruit students and delegate work to them suggesting relevant, Humanities-related topics
- To write Humanities-based articles for the magazine and blog

Content Designer

The Content Designer is at the heart of how students experience The Phantom. Pulling together images and text to create a stunning e-magazine.

Perfect for graphic design and publishing students, leave your mark on The Phantom!

Duties & Responsibilities:

- To design the layout of The Phantom by the deadline set, and in a format that is ready for publication.
- Work with the editorial team to ensure the design fits the themes of contributions
- Ensure the design is high quality

Sports Editor

The Sports Editor is able to balance their focus on the University of Derby teams and celebrity sports updates.

Perfect for Sports and Football Journalism students, this is suited for someone for whom sport is more than just game.

Duties & Responsibilities:

- Edit all articles with Sports based content for the blog and magazine by the deadlines set
- Stay up-to-date on Sports related developments in and outside of the University and communicate developments to contributors
- Encourage contributors to write Sports based content

News Editor

The News Editor has a keen eye on current events. Reporting on the latest stories; keeping students informed throughout.

Well suited for journalist and creative writing students, you will report on the News in an unbiased and clear manner.

Duties & Responsibilities:

- Edit articles with News based content for the blog and online magazine by the deadlines set
- To write News-based articles for the online magazine and the blog
- Encourage students/members of The Phantom to write News content

Music & Events Editor

The Music & Events Editor is always looking out for the exciting new activities and music to experience.

In anticipation of lockdown being lifted, this role will be pivotal in providing virtual and physical opportunities to the student readership.

Duties & Responsibilities:

- Attend events where possible
- Edit all articles with Music and Events content for the blog and magazine by the deadlines set
- To write Music and Events-based articles for the magazine and blog
- Encourage members to write Music and Events based content

OPPORTUNITIES

“As we are facing COVID-19 together, I’m looking for participants to share their experiences of the first lockdown situation in the UK. Whether you mastered the at-home gym or spent the whole time in bed, I want to know how you maintained your mental health.”



To take part, you have to:

- Be between 18 – 25 years old
- Be NOT diagnosed with a mental health condition

Take the survey here

Help a fellow University of Derby student!

The study is completely anonymous and will only take 15 minutes!

I know people are tired of hearing about Sarah Everard. I understand why that is. But as a woman, I’m not willing to let it go, not yet. Sarah was a woman who was just trying to get from point A to point B, and she never made it there because she was murdered. By a police officer. In a highly populated area, at 9pm, minutes after getting off the phone with her boyfriend. Nobody deserves to be killed for walking alone at night, but Sarah did everything she could to actively avoid it.

There are men that are insisting this isn’t a men vs women issue, that not all men are murderers, that they shouldn’t all be punished for the crimes of the few. While this is true, it is a gender issue, and this isn’t up for debate. We’ve all seen the statistic floating round in the wake of this tragedy; 97% of women experience some form of sexual harassment or assault in their lives. 97%. I’ve seen women react in surprise assuming that it would be higher.

I’ve talked to people about how there’s jokes being made about the 3% of women who haven’t experienced this, as if they’re less than because they haven’t been targeted. Those 3% of women are the lucky ones, not the ones who aren’t “desirable” enough to be harassed. When men shift the focus from how angry, how afraid, how tired women are – of being victims, of being subject to something worse than the typical catcalling, of ending up like Sarah – it doesn’t benefit anyone. Now isn’t the time for men to be complaining that they’ve never done anything wrong, and so therefore women shouldn’t be afraid of them.

“I want to be able to walk home alone in the dark without holding my keys between my fingers”

We aren’t mind readers. We don’t know which strangers are the ones we can trust not to follow us, and which are the ones who might. All we know is that men are often bigger, stronger, and faster than us, and if they wanted to hurt us, they likely could. 97% of women have experienced first-hand how men can see us as less than themselves, as nothing but a

Women Won’t Accept Your Silence

potential shag, as unworthy of the same respect they would show their male counterparts. We’re tired of it. We don’t care that it upsets you to think of women being afraid of you, because we have good reason to be.

The man who killed Sarah was a police officer. If there’s anyone you think you should be able to count on to not be one of the bad guys, it should be a cop. But you’d have been wrong, and so you can’t just guess, or give someone the benefit of the doubt. Over the past few weeks, police officers have been the ones wrestling women to the ground at peaceful protests. Not just male officers, but officers, nonetheless. There’s no one we can simply trust.

If you’re a man, and you’re angry that women fear you, then you need to take action. Don’t become aggressive when we doubt you, don’t shout us down for being afraid. Show us that you care about women. Tell your male friends off when they’re being inappropriate and making someone uncomfortable. Be proactive. Women can’t always simply tell a man that they’re being inappropriate, because chances are, if they’re exhibiting this behaviour knowingly, they know exactly what effect they’re having, and they couldn’t care less.

All women want is to be able to do the same things men do. I want to be able to walk home alone in the dark without holding my keys between my fingers, without having to put my hood up so my face is covered and my hair isn’t loose, without having to keep one earphone out so I can hear everything at all times. Checking over my shoulder every ten seconds to make sure no one is following me shouldn’t be a reflex. My boyfriend shouldn’t have to be worriedly texting me to make sure I’m still alive whilst I walk

home. Men don’t have these concerns, and they shouldn’t have to. But neither should we.

“We need to know you’re on our side.”

If you’re a man reading this and thinking, yeah, I agree with everything you’re saying and therefore I’m not the problem and there’s nothing I can do, that’s fine. I’m glad you know that there’s this imbalance, but there is always more that you can do. Make sure your female friends know that they can trust you, that you’ll always defend them if another man acts inappropriately or makes them feel threatened. We need to know you’re on our side.

Your response to tragedies such as Sarah’s shouldn’t be “why was she walking alone in the dark?”, it should be “why would someone ever do that?”. It is never the victim’s fault. If you’re walking at night and realise a woman is ahead of you and looking nervously back, cross the road. Call someone on the phone. Make sure she feels safe and knows that you aren’t following her and you aren’t a threat.

Sarah Everard’s murder can’t be brushed under the rug the way they usually are. We’re not willing to just forget and allow men to continue to treat us this way anymore. Sarah won’t be the last woman to be killed by a man whilst minding her own business. But you have the power to make sure it doesn’t happen to someone you know, and you can do that by refusing to ignore the concerning behaviours of your peers. Do something. Don’t be a spectator.

Written by Jess Sharples



Keep Growing

We have been behind closed doors for some time. Now that it is time to open them again, it does feel a bit daunting. Stepping out into the world isn't going to be the same. Even though the risks still linger, the world is different. It is unclear. It is uncertain. There isn't as many opportunities. This is why as students, we shouldn't be just opening doors, you should try making them too. And you might not be ready. But that is okay.

Spring is a time for new beginnings. A much needed injection of colour into the world and into our lives. The world is now seemingly, but slowly, waking from a long slumber; ready to go after a long and hopefully last winter hibernation. Though only a few signs show us that life is returning, for many, it really is a time for new beginnings. Learning to navigate their new lives, I can only hope that all of us are able to rise from the ruins and heal from any variation of loss you may have experienced.

Be that as a small sprout, just coming up to reach the light or as a Phoenix, reborn anew and burning with passion that may have diminished or maybe have been lost entirely. No matter what point you are at, it can seem quite scary to want to climb higher when we've had to keep so much we love close to us. Some of us might not want to lose sight of the ground just yet. If you are already eager to get out into the world, in any capacity, you are already much further along than you think.

You may already be planning and working on things behind the scenes. Keeping a sharp eye on those work experience placements or that job opening. Though with so much time having been lost, push yourself out of your comfort zone. Even if your comfort zone has shrunk down to the size of a hula hoop around your waist, try baby steps. Or stretch it so hard that it becomes an elastic band and the people closest to you will get whip lash. Whatever works for you.

I've enjoyed writing for a large portion of my life but have always been afraid of whether my writing is good enough. If it is worthy of submitting. Though the fear will always be there, the events of the last year or more simultaneously anchored me to my old life, with every day being the same, yet gave me more reason to make the most of what I have experienced. With some help, I have removed the blindfold enough that I can now see more of where I hope to be in the future than I can the fear holding me back. It might still be some time before I get to where I want to be but I'm climbing. One day at a time.

With so much fear and uncertainty contaminating our lives now, it can be hard to see through it. Though with the arrival of Spring, I hope that it will shine through that fog and you can see the top of that skyscraper that has your name on it. Now keep growing.

Written by Kaylea Lloyd



FC Barcelona Need To Get Rid Of Lionel Messi

Joan Laporta has been voted as FC Barcelona's new president after winning 54% of the votes in an election where only 55,611 of the 109,531 eligible members voted. This is his second reign, with his first between 2003 and 2010 where the club won two Champions League, four La Liga titles and a Copa Del Rey as well as discovering Lionel Messi and bringing in Pep Guardiola as manager.

Laporta wants to bring in Mateu Alemany as sporting director, Jordi Cruyff as technical director and Victor Valdés as La Masia's goalkeeper coach. However, he kept reiterating that he was going to get Lionel Messi to extend his stay. The new Barcelona president said to RAC1: "After greeting the club workers, I will be calling [Lionel] Messi. Will I convince him to stay? It will depend on him, I will do what I can, within the economic possibilities of the club, to make him stay."



The Argentine has been at the club since 2000 and made his professional debut on October 16, 2004, at just 17 years and 114 days old. He has gone on to become arguably the best football player of all time, but his extortionate wages have become an issue for the club.

The club's debt has exceeded £1.1 billion, although some of this is due to coronavirus, last summer it was at a still staggering £760 million. They have to pay £236 million back to the banks by June 30 but also £648 million on a short-term loan, meaning the club is on the verge of bankruptcy.

Messi earns a reported £54 million per year with an additional £13 million in bonuses from the club, unsurprisingly the highest earning athlete in the world. Despite handing in a transfer request last summer, Messi has repaid the faith the club had in

him as a youngster. At the club, he has won:

- 6 BALLON D'ORS
- 6 EUROPEAN GOLDEN SHOES
- 6 COPA DEL REYS
- 8 LA LIGA BEST PLAYER AWARDS
- 10 LA LIGA TITLES
- 4 CHAMPIONS LEAGUES
- 3 FIFA CLUB WORLD CUPS

However, Messi handed in a transfer request. Then president, Josep Maria Bartomeu, refused to let the club captain go. They could have got his huge wages off the bill as well as recouping a transfer fee, rumoured to be £50 million, for him.

Obviously, the six-time Ballon d'Or winner is worth more than that in normal circumstances however, it's far from normal circumstances. The club needs money and they need a squad rebuild meaning they should have sold Messi and either paid off some debt or reinvested some of the money into the squad.

This summer, they won't get a transfer fee, but they should still let him go. It is highly unlikely they will be able to shift some of the players they are trying to like Philippe Coutinho or Martin Braithwaite, so they won't be able to afford Messi's wages.

The club's top goal scorer leaving for free whilst the club is in financial peril and the stadium is falling apart, it's far from a fairy-tale ending for Lionel Messi and FC Barcelona. However, it's the reality of the situation for the Spanish giants as they need to get their new era underway.

Written by Ethan Farmer



Wayne Rooney is the Right Man for the Job

Derby County finished the 2019/20 Championship season in tenth place, in a campaign that saw several youngsters, such as Max Bird, Jason Knight, and Louie Sibley, step-up to the first team from the academy. In the same season, England and Manchester United's record goal scorer, Wayne Rooney, join the Rams from DC United as a Player-Coach from January 2020. He was also installed as captain.

The former England international's winning mentality, desire, and love for football had a huge impact at the East Midlands club, particularly after the departure of Phillip Cocu in November 2020. In January 2021, Rooney was appointed manager on a permanent basis after winning seven of his nine games as caretaker manager.

“Rooney’s man-management skills are second to none”

After watching 11 managers try and fail to deliver promotion, I do believe that Rooney is the right man to take the club forward and guide us to the Premier League.

What has quickly become evident is Rooney's influence on the team. The respect that he has earned through, not only the status he holds in football, but the results he has achieved, has created a really positive atmosphere around the club.

The likes of Max Bird, Jason Knight and Louie Sibley have soaked up the opportunity to learn from Rooney. However, it is not only the youngsters who are benefiting from the influential figure.

Players who were underachieving and perhaps finding the grind of the Championship

a little too hard to handle, have been taken up a notch by his presence. With Derby sitting at the foot of the table, six points adrift of safety, Rooney has quickly got to grips with moving the side up the table, despite the lack in confidence among the group.

Personally, I believe Rooney's man-management skills are second to none. The way he deals with players individually and collectively has been great to see. Which of course, has been coupled with the most important thing – results. Rooney's side have started to get the results which has built confidence and belief in what the coaching staff are doing.

Every coaching staff and manager has a different idea in the way they want their team to play. However, it's not just about the way you play, it's about the way you treat the players, and how you handle them, especially with such a young squad.

Despite being early in his managerial career, in my opinion he has already demonstrated traits of previous Derby managers like Jim Smith and Brian Clough. Thanks to Rooney's excellent motivational strategies and man management skills, his young age has not been reflected in the performances.

The Rams however, have endured somewhat of a sticky patch of late. After previously winning six games out of eight between January and February,

Rooney's side are currently five games without a win and have failed to find the net in four of those encounters.

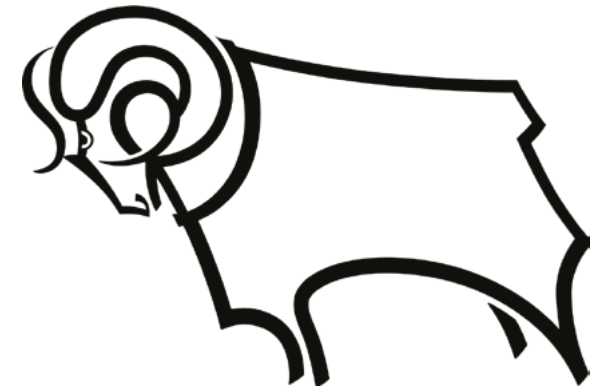
Derby will have to work hard, stick together, work for each other, and take their chances if they want to ensure survival. Results need to get better there is no doubt about that.

We need to be solid at the back and the concentration and focus needs to be good.

Rooney's lads have done well against the so-called better teams, and the key thing has been concentration. Derby have looked a better team when they have hit teams on the break, but they need to control games and get on the ball more, instead of sitting back inviting pressure.

“This year has been a rebuilding season, and an opportunity for Rooney and his players to learn.”

Some of the Rams' best results this season have come against the in-form teams in the league. A 1-0 win away at Norwich City kick-started Derby's season, whilst wins at home to Swansea City and AFC



Bournemouth, either side of the New Year, have been vital. A goalless draw also meant Rooney's men earned a point on the road against Brentford.

It is tough to pinpoint exactly what it is, but ultimately as a side, Derby are better when the games are tighter.

The longer Derby stay in the game, the better they are. It is important to us, to not be chasing, but to keep the door shut for as long as possible.

Derby have not scored in their last four games and it definitely isn't through a lack of effort. The Rams need to work on getting the small details right in the final third.

During the Millwall game, Derby managed to deliver 33 crosses into the box, yet still failed to score. If Rooney can help correct these small details, then his sides chances of scoring will be greater.

For the attacking players, that is where they need to come alive. Getting balls into the box was not the issue, instead it was the hunger from the attackers which seemed to be the problem, and it has cost us countless points this season. If I were a defender or midfielder, I would be asking the attacking players some questions.

This year has been a rebuilding season, and an opportunity for Rooney and his players to learn. The most important thing is that we stay safe from relegation, and hopefully have a good crack at promotion next season.

It is now the younger generations' time to shine under the leadership skills of Rooney, to help the club reach new heights.

Written by Holly Wright



Understanding World Health Day

Introduction

World Health Day is an event that is celebrated annually and is there to draw attention to specific health topics that are of a concern for people all over the world.

This year World Health Day will commence on April 7th and its focus is on building a fairer and healthier world. In the last few years, World Health Day has celebrated topics such as supporting nurses and midwives, health for everyone, universal health coverage, depression and much more.

Who are the World Health Organisation?

Their aims and ethics are for building a better, healthier future for individuals worldwide. They currently work with 194 member states, across six regions, and from more than 150 offices. WHO staff are united in a shared commitment to achieve better health for every individual. WHO began their constitution on 7th April 1948, which is the date celebrated each and every year. Currently, they have more than 7000 people working at their headquarters in Geneva, Switzerland.

What do WHO do?

Their primary role is to direct and coordinate international health within the United Nations system. The main areas that they work in and around

are the health systems; health through the life-course; non-communicable and communicable diseases; preparedness; surveillance and response; and corporate services. This year WHO's goal is to ensure that one billion more people have universal health coverage, to protect one billion more people from health emergencies, and provide a further billion people with better health and well-being.

Where and who do they work with?

WHO supports a number of countries as they coordinate the efforts of the government and partners—including bi and multilaterals, funds and foundations, civil society organisations and the private sector. The countries they work with are the ones that are members of the United Nations. Those countries become members of WHO by accepting its constitution. Other countries, outside of the United Nations may be admitted when their application has been approved through a simple majority vote of the World Health Assembly. Furthermore, WHO partners with countries, the United Nations System, international organisations, civil society, foundations, academia and research institutions to offer their services to individuals.

How WHO maintain themselves?

The general programme of work sets the framework for the financial resources and expenditures of WHO every five years. Their programme budget portal is updated every quarter, and provides a breakdown of their work by categories, programmes and outputs. The Programme budget is a critical tool for member states of WHO to set and approve the priorities of the organisation, define the targets to be delivered, and

to monitor their achievement. This sets out the resource levels required to deliver the work and provide the tools for the member states to control. The biennial programme budgets themselves are derived from the General Programme of Work approved by the member states.

Building a fairer and healthier world

For the past year the world has been suffering at the hands of the Covid-19 pandemic that has swept across city after city. People have had health decline, job loss, money problems, (improvements perhaps) and a number of other issues. However, the World Health Organisation recognises that people do benefit from living healthier lives and have better access to health services than others may do. This has been highly recognised as a result of the Covid-19 pandemic.

The World Health Organisation commented on their website that:

“all over the world, some groups struggle to make ends meet with little daily income, have poorer housing conditions and education, fewer employment opportunities, experience greater gender inequality and have little or no access to safe environments, clean water and air, food security and health services. This leads to unnecessary suffering, avoidable illness and premature death. And it harms our societies and economies”

In Conclusion

It is safe to say that the World Health Organisation do an immense amount of work to ensure the health and safety for millions of individuals across the United Nations. So celebrate World Health day this year!

Written by Bethany Parkes



World Health Organization



The Last Hurdle of the Coronavirus

For many students, the soon to be end of the academic year can spell disaster & heartache, or a much-needed rest from the stresses of studying, presentations, & potentially boring & jargon-filled academic papers. Whether you are in one group or the other, it is important to take stock on what you have accomplished.

Not only at university but also in your personal life whether you are in first year and you've just gone through a particularly difficult year maybe lacking some close friends or any friends at all. Second year with all the weird transitional feelings you may be having through this uncertain time, or third year; where partying, hot weather, and team games is swapped for sleeping, napping, & more sleeping (maybe I sleep too much).

The only thing we can do is attempt to look at the positives. You've managed to go through a year of University (maybe with a couple of bumps and bruises) but predominantly intact, and that's a really great achievement! Just because the holidays are coming up does not necessarily mean you should be preparing for a long break. Think of ways you can go about improving your mental or physical health whether it is as simple as reading a book, learning an instrument, or developing coping mechanisms for when you are feeling particularly stressed or anxious. University can be particularly difficult at the best of times, but you have managed to get through it at an even worse time than most others experience it at, we are the year of lost moments, but in losing those moments we have learnt more than anyone else how valuable the moment is, that is not to say to not look to the future, but is just meant as a reminder that any experience we have only comes around once, and then it is permanently gone forever.

Global events aside, student mental health and anxiety is already a significant issue across the country. The most extensive study ever done on the topic found that 1 in 5 students suffers from a mental health issue, with depression and anxiety topping

the list. Around 1 in 3 uni students has experienced an issue for which they felt the need for professional help. That is an insanely high number, and for many people that figure seems to be closer to 3 in 3 for their close friends and family members. These issues are often linked to isolation. The escalation of lockdown has caused many students to realise the serious nature of the pandemic, and have made them increasingly anxious about the state of their physical health, and the health of their families.

There are ways of negating these feelings, however. Video chatting, walking, jogging, biking, listening to music & calling family members are some great ways of feeling more in touch with the world around you without breaking lockdown rules. We are all in the same boat with these restrictions, but we are so close to the finish line now (hopefully). Of course, these tips can be helpful, but sometimes they are not enough. For those struggling with mental health issues, it's essential to talk to someone about it and get professional help if needed.

This last year will likely be the hardest year of our lives, but all we can do is understand & build from what we've experienced the past and help us to appreciate the future as the pandemic begins to recede and vaccines are made readily available, we are in a situation where we can look ahead and think fondly.

Looking for Support?

If you're struggling with feelings of depression, anxiety or isolation, you can speak to your campus counsellor or reach out to a student support group. If you'd prefer to keep things anonymous, here are some useful resources for you.

[Student Minds – Corona-related support for students](#)

[Anxiety UK – Support for those diagnosed with anxiety](#)

Helpline: 03444 775 774

Text service: 07537 416 905

[No Panic – Support for panic attacks and OCD](#)

General helpline: 0844 967 4848

Youth Helpline: 0330 606 1174

[Papyrus – Young suicide prevention society](#)

Helpline: 0800 068 4141

[YoungMinds – Child and adolescent mental health](#)

Parent's helpline: 0808 802 5544

Young adults: Text YM to 85258

Written by Tom Berrington

5 Ways to Manage Stress this April

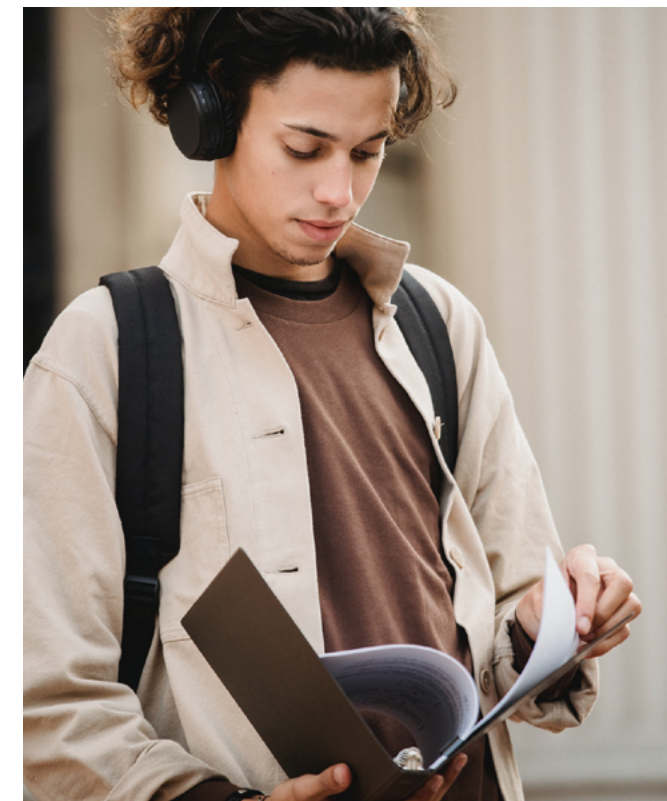
For many students, April brings around the beginning of deadlines. A month filled with essay planning, struggling to hit word counts and the never-ending stress of writing the dissertation. April is also National Stress Awareness month, so I have dedicated this month's article to find ways for students to manage their stress as we come to the end of the semester.

PLAN YOUR DAY

Like I mentioned before, April brings about the beginning of coursework submissions. In order to make the work seem less overwhelming and to break down the coursework specifications, I keep a separate notebook dedicated to planning both my week and day. Each day is broken into my main priorities, including lectures, coursework prep and reading around my course. I use a colour key to visually stimulate and to also break up the work into specific sections. Planning helps massively to limit the stress felt around impending deadlines.

STEP AWAY FROM THE SCREEN

Given the current situation of the world, students spend a lot more time glued to their computer screens than ever before. We don't really pay



attention to how much time we actually spend using technology and the effects it has are massive. Taking a few minutes every hour or two will help reduce the risk of headaches and eye strain, ultimately reducing your overall stress levels. If you take a break when you've reached a writing block and feel stuck in your work, this time away from the screen will also help you look at your work with a fresh set of eyes.

EAT HEALTHY

It's always been said that students have one of the unhealthiest diets. Many people come to university lacking the ability to cook anything other than spaghetti bolognese or beans on toast (myself included). Making sure that you incorporate all the vitamins and 'brain foods' into your diet will overall improve your cognitive functions, reduce fatigue and help with your concentration. Foods such as oatmeal, berries and green tea have been scientifically proven to help reduce stress so don't skip your breakfast!

SLEEP WELL

It goes without saying that your brain functions differently depending on the quality of your sleep. Whilst some courses are so intensive they require consistent all-nighters, it's important to recognise when your body needs the rest to recuperate. Without sleep, our brains increase the production of stress hormones and issues with memory and overall performance. If it's hard to switch your brain off, over thinking coursework and deadlines, wind down with chamomile tea, lo-fi music and just take some time for yourself.

LISTEN TO MUSIC

One of the main ways I manage my stress levels when completing coursework is by playing lo-fi music in the background. Lo-fi helps get your mind to focus and also relax, a massive help when the deadlines get closer. If this isn't strictly your thing, taking a few moments away from your work to belt out your favourite songs also helps as a stress reducer.

I hope that you find these tips as helpful as I do when it comes to preparing for the deadline period!

Written by Alfie Pritchard

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