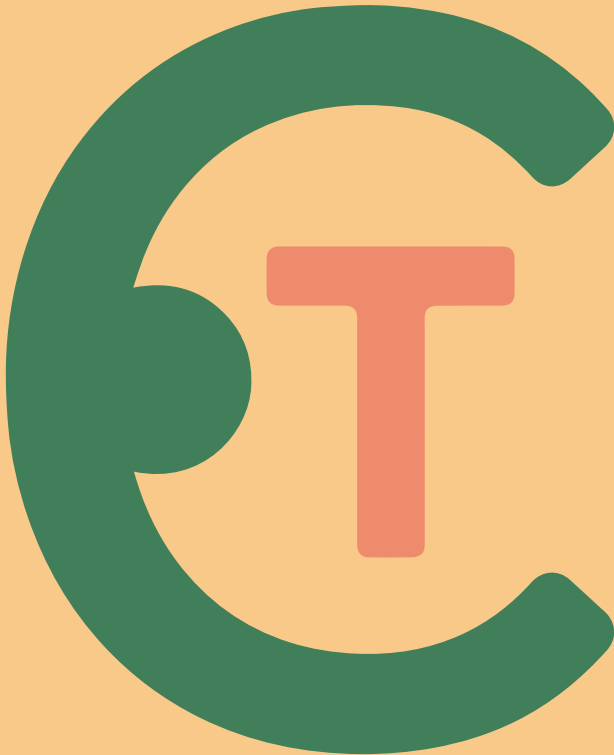


Your Human Rights Handbook



Developed by Creative Treaty

Edition 3



Hello, from Creative Treaty!

We are Creative Treaty, a charitable organisation that raises public awareness and understanding of human rights through creative engagement and skill building.

We aim to highlight the congruent link that human rights has to both community and individual wellbeing. In short: robust human rights systems create healthy communities and these healthy communities promote positive wellbeing in individuals. We deliver this objective by creating services that focus on amplifying human rights understanding and that support mental, physical and emotional wellness.

All our work is impartial and we are not politically affiliated. Our only aim is to empower individuals and communities on how they can exercise and enjoy their human rights. Rights that every human from birth until death is entitled to.

As a human rights charity our mission is to elucidate the universality of human rights and highlight the fact that, legally, human rights are indivisible and belong to everyone. This means we operate an 'anyone who needs it' policy when it comes to support.

All our work incorporates our three core values:

Compassion, in everything we do.

Justice, what we seek to achieve.

Health, our focus.

If you would like to learn more about the work we do, or have a human rights related question, then you can email us with your query at:

info@creativetreaty.org.

Enjoy your Human Rights Handbook!



Contents

| | |
|-----------|--|
| 4 | Human Rights |
| 7 | Getting Acquainted with Human Rights |
| 8 | United Nations |
| 9 | How the UN came to be |
| 10 | The United Nations Office for the High Commissioner for Human Rights |
| 11 | The Universal Declaration of Human Rights |
| 16 | How Are We Responsible? |
| 17 | Exercising your rights in the real world |
| 19 | Communities |
| 21 | What are communities? |
| 23 | Well, well, wellness |
| 24 | What is Wellness and Well-being? |
| 26 | Ways to support physical well-being |
| 28 | Rainbow Foods |
| 30 | Recipes |
| 31 | Ways to support emotional well-being |
| 32 | Ways to support mental well-being |
| 35 | Ways to support environmental well-being |
| 36 | Environmentally friendly brands |
| 38 | Ways to support social well-being |
| 39 | Stretches to Start Our Day |
| 41 | Meditation 101 |
| 43 | Credits |
| 45 | Glossary |

Human Rights

Human rights are rights inherent to all human beings, regardless of race, gender, nationality, ethnicity, language, religion, or any other status. Human rights include the right to life and liberty, freedom from slavery and torture, freedom of opinion and expression, the right to work and many more.

Everyone is entitled to these rights, without discrimination

“All humans are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.”

Article 1, Universal Declaration of Human Rights

Domestic Human Rights In The United Kingdom*



Universal Declaration of Human Rights



9 Core International Human Rights Instruments (Treaties) and The Treaty Bodies



The European Convention on Human Rights*



The Human Rights Act 1998



Equality Act 2010



General Data Protection Regulation



Employment Act 2002

Getting Acquainted with Human Rights

What are Human Rights?

Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. They apply regardless of where you are from, what you believe or how you choose to live your life. They can never be taken away. Human rights are universal and guarantee basic needs such as sustenance, health care, housing and education. Their principles and standards are set and overseen by the United Nations.

Universal human rights are often expressed and guaranteed by law in the form of treaties, customary international law, general principles and other sources of international law. International human rights law are ratified and prescribed by member states (different countries) and are then protected as natural and legal municipal laws in their home nations. The United Nations Office for the High Commissioner of Human Rights outlines the four basic principles of human rights:

Human rights are universal and inalienable. Based on every human being's dignity irrespective of race, colour, gender, ethnic or social origin, religion, language, nationality, age, sexual orientation, disability or any other distinguishing characteristic. They apply equally and indiscriminately to every person and are the same for everyone everywhere. No person may be divested from their human rights, unless there are extenuating legal circumstances - such as a person's right to liberty (freedom) potentially being restricted if they are found guilty of a crime by a court of law at the closure of a fair trial.

Human rights are indivisible and interdependent. This means that each human right entails and depends on other human rights, violating one affects the exercise of the other. For example, the right to life necessitates the right to food, health and an adequate standard of living. Denial of the right to education may consequentially affect a person's access to justice and participation in public life.

Human Rights: Humanity's Backbone:

“Great men and women throughout history have not been praised for their money or success, but rather their heart and what they do for others.”

That was the last statement my father made to me before he was assassinated. Despite the dangers he encountered working as a human rights activist in a country ruled by a dictator, my father chose to diligently document human rights abuses, as well as advocate for people's land rights. He died doing the work he believed in and left an incredibly positive legacy. It is this courage that has inspired my own vocation campaigning for children's rights.

I believe that human rights activists and systems are important as they remind us of the paragons we aspire to as a global community.

Michel Chikwanine, Author and Motivational Speaker

Indivisible
/ɪndɪˈvɪzɪb(ə)l/

Adjective
Adjective: indivisible
1. Unable to be divided or separated. "privilege was indivisible from responsibility"

United Nations

The **United Nations** is an intergovernmental organisation tasked with maintaining international peace and security.

The UN's first secretary general was Norwegian politician and diplomat **Trygve Halvan Lie**, who eventually resigned from the role because of his support of UN military intervention in the Korean War, a position which upset the Soviet Union.

Who is the UN's current Secretary General?

.....
.....
.....
.....

How the UN came to be

The First World War sparked dialogue on whether there was a need for the establishment of a permanent intergovernmental body that would maintain global security, these talks then led to the formation of The League of Nations.

The League of Nations was the first worldwide organisation tasked with the mission to maintain world peace. However, the onset of the Second World War left many of its member states concluding that it had failed its primary purpose. There were also other failures, including an unsuccessful intervention in two acts of war separate from the Second World War. These errors eventually contributed to the dissolution of The League of Nations.

The atrocities of the Second War and the Holocaust again motivated world leaders to discuss configuring an international body that could better maintain world peace. On the 29th December 1941 American president Franklin D. Roosevelt, his advisor Harry Hopkins, and British prime minister Winston Churchill drafted the 'Declaration of the United Nations', with Roosevelt coining the term 'United Nations' to describe the Allied countries. On New Year's Day 1942 representatives of the USA, the USSR, China and the United Kingdom signed the United Nations Declaration, with 22 representatives of other nations signing the following day.

Today, the UN is made up of **196** member states.

Who were the Allied countries?

.....
.....
.....
.....

The United Nations Office for the High Commissioner for Human Rights

The OHCHR is headed by the High Commissioner, who coordinates human rights activities throughout the United Nations' six principal organs. The office then delivers various activities, with key work supporting Special Procedures. Special Procedures, in this instance, refer to individual independent human rights experts, or groups of experts, who report and advise on human rights issues.

The six principal organs:

1. The General Assembly
2. The Security Council
3. The Trusteeship Council
4. The Economic and Social Council
5. The International Court of Justice and
6. The Secretariat.

Who is the current High Commissioner for the OHCHR?

.....

.....

.....

.....

The Universal Declaration of Human Rights

The Universal Declaration of Human Rights (UDHR) is a milestone document that was adopted by the United Nations General Assembly at its third session on the 10th December 1948.

Drafted by representatives with different legal and cultural backgrounds from all regions of the world, the Declaration sets out - for the first time in known history, 30 articles dedicated to fundamental human rights that are to remain universally protected.

Women had a key role in drafting the Declaration and making its language more inclusive.

Eleanor Roosevelt (an American diplomat and activist) was the Chairperson of the drafting committee.

Minerva Bernardino (a diplomat and feminist leader from the Dominican Republic) argued for the inclusion of "the equality of men and women" in the Declaration's preamble.

Hansa Mehta (an activist for women's rights in India) is widely credited for changing the phrase "all men are born free and equal" to "all human beings are born free and equal" in Article 1 of the Declaration.

Customary International Law

The Universal Declaration has been translated into over 500 languages. Of the 58 member states of the UN at that time 48 voted in favour, none against, eight abstained and two did not vote.

The Universal Declaration guarantees that:

Human rights are equal and non-discriminatory. The right to equality and the prohibition of discrimination are explicitly set out in international and regional human rights treaties, and are therefore central to the protection of human rights. Every human being has the same set of human rights from birth until death.

Human rights are both rights and obligations. States assume obligations and duties under international law to respect, protect and to fulfil human rights. The state must refrain from interfering with or curtailing the enjoyment of human rights. The state must protect individuals and groups against human rights abuses and facilitate the enjoyment of basic human rights.

At an individual level, whilst we are entitled to human rights, we are obligated to respect the human rights of others.

When the UDHR was created in 1948, it signified a moral commitment to human rights rather than a legally binding one. At the time of its formation, Eleanor Roosevelt confirmed the nature of the UDHR: "In giving our approval to the declaration today, it is of primary importance that we keep clearly in mind the basic character of the document. It is not a treaty; it is not an international agreement. It is not and does not purport to be a statement of law or of legal obligation. It is a declaration of basic principles of human rights and freedoms."

However, the UDHR has become a key part of customary international law since its formation in 1948. Thus, today, the UDHR not only represents a moral commitment, but a legally binding one.

What is Customary International Law? Officially, Customary International Law is defined as "a general practice accepted by law". Two things must be present for something to become custom:

- They must do so out of a sense of legal obligation
- States must act in accordance with a rule (in this case, the declaration)

To sum up, when States generally abide to certain rules, and do so not just out of coincidence but because they believe they are required to do so by law, customary international law is formed.

What is an article?

An article is a separate clause or paragraph of a legal document or agreement, typically one outlining a single rule or regulation.

The Universal Declaration of Human Rights is made up of 30 separate single articles that implement and regulate human rights across the globe.

The 196 member states that make up the United Nations are then obligated to implement these articles into their own human rights systems.

The Nine Core Treaties: Adding Value

The very expression “human rights” evokes romanticism in the collective imagination. Some might conjure up sepia vintage images of Eleanor Roosevelt holding the Declaration of Human Rights, while others may bring to mind abstract notions, such as kindness, cooperation, and noble ideals.

While both assumptions hold some truth, the fact is that never has it been more fundamental for our freedoms to veer closer to pragmatism rather than idealism. In tumultuous times, implementing a resolute human rights system can be the catalyst for a nation’s progress, as these systems bring about judicial security, social and political stability. In the aftermath of war, genocide, civil unrest and political upheaval human rights instruments, like treaties, can offer guidance and be used as a template to strive towards positive change.

Through and through, the Core International Human Rights Instruments (Treaties) provide a mirror in which the international community can look at itself, whether from a political, cultural or social perspective.

Francisco J. Tovar, Founding Director of Institute of Afrodiasporic Studies (IAS)

How Are We Responsible?

As Duty Bearers and Right Holders

Duty Bearers are actors who have a particular obligation or responsibility to respect, promote and realise human rights whilst abstaining from human rights violations. Governments, the State, government agencies (like the police force and local councils) and businesses are all duty bearers.

Right holders are individuals that can make legitimate claims to these human rights, whilst also bearing responsibility to upholding them. Every individual, each one of us, is a right holder.

What Are Treaties?

Treaties are formally concluded and ratified written agreements between two or more states. A treaty may also be known as an international agreement, protocol, covenant, convention, pact or exchange of letters.

According to the OHCHR there are **nine core human right treaties** (known as instruments):

1. *International Convention on the Elimination of All Forms of Racial Discrimination (CERD)*
2. *International Covenant on Civil and Political Rights (CCPR)*
3. *International Covenant on Economic, Social and Cultural Rights*
4. *Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)*
5. *Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment (CAT)*
6. *Convention on the Rights of the Child (CRC)*
7. *International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families (CMW)*
8. *International Convention for the Protection of All Persons from Enforced Disappearance (CPED)*
9. *Convention on the Rights of Persons with Disabilities (CRPD)*

Exercising your rights in the real world

Quote the article! Whether you are addressing a concern to the council or your MP, highlighting an issue with your employer or raising a complaint about a poor customer service experience: quote the article! You can do this by stating the article and then referencing the Act/Treaty/Charter it is contained in. For example, “...in reference to article 22 of the Universal Declaration of Human Rights, which states that everyone has the right to social security...”

Say it when you see it. Vocalise your support for the human rights of others. This is also a great way to make your boundaries clear over what you will and will not accept and what is a disagreeable topic or an outright infraction.

Engage with human rights discourse and social justice movements. Sign petitions, share on social media, go to protests (only if you feel safe), write to your MP, express your concerns.

Live ethically and sustainably. We can often only be as ethical as the societal systems we participate in allows. However, we can make ethical decisions that respect the human rights of others, and our environment, where possible. Avoiding fast fashion retailers who use unethical labour practices and seeking out ethical brands who support environmental wellbeing are some of the ways we can choose to live ethically and sustainably. We have suggested environmentally friendly brands on page 35.

- **Utilise your MP**

MPs are responsible for advocating for you and your local community, and can often use their positions in government to lobby for any pertinent issues related to your community at the Houses of Parliament. It is up to the public to remind MPs of their duty to represent the best interests of the people who live in their communities.

You can write to your local MPs to raise any issues you, a person in your community or the wider community is experiencing. Find your local MP and their contact details at:

www.writetothem.com

- **Issues MPs can help you with:**

- Tax problems involving HM Revenue & Customs (but not council tax, which is administered by your local authority).
- Problems with hospitals and the NHS, if you are in England. The Scottish Parliament and the Welsh Assembly are responsible for health matters in Scotland and Wales respectively.
- Problems with benefits, pensions and national insurance (but not problems with the social services department of your local authority).
- Issues dealt with by the Home Office, such as immigration.

- **What MPs cannot help you with:**

Private disputes with other individuals or with companies. Nor can they interfere with decisions made by courts.

- **Build a database of support**

If you need help in understanding a piece of human rights legislation then here are a list of independent organisations and charities that could provide further insight:

Citizens advice Bureau: <https://www.citizensadvice.org.uk>

Providing free, independent, confidential and impartial advice to everyone on their rights and responsibilities, including problems with debt, benefits, employment, housing, discrimination, and many more issues. Advice is available to everyone.

Equality Advisory Support Service: <https://www.equalityadvisoryservice.com>

Their helpline offers free advice and information related to human rights, as well as assists individuals with equality and human rights concerns. The EASS works across England, Scotland and Wales.

Law Centres Network: <http://www.lawcentres.org.uk>

Law Centres offer legal advice, casework and representation to individuals and groups. All law centres specialise in social welfare law and may also have expertise in other areas.

Rethink: <https://www.rethink.org>

A mental health charity that focuses information and support on mental health issues, including advice on laws and advocacy.

Step Change: <https://www.stepchange.org>

Step Change specialises in expert advice and assistance on debt issues. They provide free independent debt advice and practical solutions tailored to your circumstances.

The charity Release delivers the Y Stop Project which helps individuals confidently navigate and understand the stop and search process. You can learn more by visiting their website:

<https://www.release.org.uk/y-stop-project>

- **Contact Creative Treaty!**

We provide mediation services to any member of the public who feels they have experienced a human rights violation in the United Kingdom. Our independent team (all with expertise and experience in human rights and community work) assess on a case by case basis, where we decide whether or not to intervene on your behalf or refer you to an appropriate source of support.

You can contact us via our website: www.website.org.uk or email us at:

info@creativetreaty.org

Communities

The Universal Declaration of Human Rights articles that focus on community

Article 22: Everyone has the right to social security and is entitled to realisation of the economic, social and cultural rights indispensable for their dignity and the free development of their personality.

Article 29: Everyone has duties to the community, in the exercise of our rights and freedoms we shall respect the rights and freedoms of others. These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30: No State, group or person shall engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

What are communities?

Communities describe groups of beings that share the same environment. Traditionally communities are defined by sharing a geographical area, but can also refer to similarly share beliefs, values, customs, interests or religion.

Of course, a company and its employees, or a school and its students can also be deemed communities.

Human rights systems and laws act as the foundation for healthy communities, which in turn creates well individuals. Equipping ourselves with human rights knowledge, as well as the necessary tools and information to maintain and sustain our wellness, makes us further invested in upholding human rights we better understand the benefits it allows each of us as individuals and the support these systems give to our wider communities.

There are, broadly speaking, five different types of community:

Interest - those that share the same interest or passion.

Action - collectives that aim to bring about change working cohesively on an objective/issue.

Place - people living within the same geographic boundaries. Practice - communities of people in the same profession or undertaking the same activities.

Circumstance - groups of people brought together by external events/situations.

Why are human rights systems important to communities?

Human rights systems and laws act as the foundation for the healthy communities, which in turn creates well individuals. Equipping ourselves with human rights knowledge, as well as the necessary tools and information to maintain and sustain our wellness, makes us further invested in upholding human rights. As we better understand how human rights benefit us, they allow each of us as individuals and wider communities support needed to create better communities.

'Health in Individuals, Health in Communities':

Factors like poverty, violence and discrimination make it more likely that individuals develop physical and mental health problems. In this context, a wide range of Non- Governmental Organisations (NGOs) assist communities in becoming healthy and empowered.

The first step for developing healthy communities is to address psychological and emotional harm of individuals exposed to violence and discrimination. A positive approach to mental health support enables vulnerable people to become resilient, better develop their abilities and reach life's full potential.

In addition to this psychological support, many NGOs also offer workshops on topics related to physical health (including healthy eating programs), dental care provision and sexual health clinics. This is particularly useful for those from marginalised populations. When workshop participants share this learning with family and community members, they give the workshops a multiplier effect that spreads community wide and contributes to maintaining the general public's good health.

Isabelle Mamodou, Human Rights Professional and expert on migration

What insights can I share with people I know?

Ways Communities Keep Us well

Article 22 states that:

Everyone has the right to social security and is entitled to realisation of the economic, social and cultural rights indispensable for their dignity and the free development of their personality.'

Social and cultural rights are strongly connected to our basic humanity and their fulfilment allows each person the free development of their character. Our local and national governments have a duty to ensure a certain level of economic and financial security for each person. Governments fulfil this duty with the provision of benefits and allocation of responsibilities to local councils who provide social and cultural outlets. Some of these outlets include: museums, art galleries, local libraries, green spaces (such as parks and allotments) and community centres.

The state should also provide an adequate public healthcare system to ensure the individual health of each citizen.

Public Health Announcement:

The World Health Organisation Constitution states “... the highest attainable standard of health as a fundamental right of every human being.” Health outcomes are impacted by wider environmental, social, economical and cultural determinants. Implementing public health policies, aimed at tackling structural inequalities, are fundamental to a thriving, productive and healthy population.

Public Health Consultants deliver targeted interventions such as vaccination and health promotion campaigns, and consequently witness the positive impact this has towards creating a healthier society. These interventions require concerted individual and systemic efforts in order to promote and sustain good public health.

Roeann Osman, Public Health Consultant

Well, well, wellness

The Universal Declaration of Human Rights articles that focus on wellness

Article 18: Everyone has the right to freedom of thought, conscience and religion.

Article 19: Everyone has the right to freedom of opinion and expression.

Article 22: Everyone has the right to social security and is entitled to realisation of the economic, social and cultural rights indispensable for their dignity and the free development of their personality.

Article 27: Everyone has the right to social security and is entitled to realisation of the economic, social and cultural rights indispensable for their dignity and the free development of their personality.

So where does individual wellness and well-being fit into human rights and community? And how do we define wellness and well-being?

The World Health Organisation defines 'health' as:

"A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

What is wellness and well-being?

Wellness is the deliberate pursuit of a healthy and fulfilling life, by implementing lifestyle choices and activities that work towards enhancing physical and mental well-being. Wellness is multidimensional and holistic, made up of many different factors including mental health, lifestyle choices and environmental circumstance. Applying wellness to daily life includes implementing regular physical activity, adopting healthy eating habits, seeking medical attention when necessary (both mental and physical) and taking personal responsibility for your lifestyle and self-care.

The difference between health and wellness is that **health is a state of being**, whereas **wellness is the state of living a health lifestyle**. Well-being is the eventual state of being comfortable, healthy and, hopefully, happy.



The Five Principles of Wellness

1. Physical

Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease, to fitness level, to the fuel you use to maintain and sustain your body's health.

Physical health is critical for overall well-being and can be affected by:

- **Diet.** The quality and quantity of the energy we consume is vital to our physical health, the better we eat then the better equipped our bodies are for survival.
- **Activity.** Sedentary behaviour and physical inactivity has been shown to increase the risk of cardiovascular diseases, with inactivity believed to play a role in the development of insulin resistance which is a key driver of type 2 diabetes. Inactivity is also linked to obesity and even early death.

- **Behaviour.** (physical health) Smoking, alcohol consumption and drug use can have major ramifications on both our short and long term health.
- **Human biology.** A person's genetics and physiology may make it easier or harder to achieve good physical health.
- **Environment.** Our surroundings and exposure to factors such as sunlight, toxic substances and pollutants all play a major part in maintaining our physical well-being.
- **Robust healthcare systems** can help prevent illness, as well as detect and treat illness in its early stages. These services can also guide you on how to attain and maintain good health.

Ways to support physical well-being

- **Nutritious food** is the foundation to good health, this includes taking supplements to reinforce minerals and vitamins that may be missed in your usual diet. Monitoring your topical and internal intake of antioxidants is also vital, especially if you live in a built up urban environment.
- **Taking up a sport** and/or daily physical activity is not only a productive way to support physical health, but studies have linked regular exercise to equilibrium in mental health. Include a daily 15 minute walk into your routine, and if at all possible try to get out and experience nature in a rural or coastal environment. Fresh air and beautiful landscapes are an instant mood elevator and encourage us to walk and explore.
- **Schedule an annual health check.** Prevention is better than cure and body MOTs often pre-empt health issues. Health checks such as cervical screenings, prostate exams and breast exams are a must and are usually scheduled via an invite from your local GP.

Holistic Health

Holistic medicine focuses on striving towards a positive state of health, and not just the absence of disease. The practice acknowledges health consisting of good nutrition, adequate exercise, rest and relaxation and satisfactory sleep.

The autonomic nervous system is a part of our nervous system that is generally not within our control. It has two components: the Sympathetic system, stimulated by fear (stress state) and exercise; this state is commonly known as 'fight or flight'. There is also the Parasympathetic system, associated with relaxation this state is termed 'rest and digest'.

It is important to be in the appropriate state depending on the situation, as too much of being in one state can be harmful. Heavy reliance on the parasympathetic state may lead to increased mucus production, weight gain, slow heart rate and high blood pressure. Too much time spent in a sympathetic state can lead to weight loss, fast heart rate and high blood pressure. These are just a few of the symptoms of both.

Herbs are an incredible tool to help balance the body, and its autonomic system, into a positive state of health. Always seek professional advice from a Medical Herbalist when using herbs medicinally.


Husna Begum, Medical Herbalist

Rainbow Foods


The most vibrantly pigmented fruits and vegetables are usually the most nutritious! Getting an array of colours in your diet ensures that you reap the benefits of all those immune boosting protective compounds.




Red foods boost heart, brain, eye, and bone health.




Orange foods contain beta-carotene that reduce inflammation, supports the immune system, and keep the cornea moist and healthy.




Yellow foods are packed full of Vitamin C and flavonoids protect cells from free radical damage (free radicals are toxins in the body that can damage healthy cells).




Green foods are rich in folate, a great source of fibre, that builds healthy cells and genetic material, and supports heart health. Green foods are also a good source of calcium, which strengthens bones, muscles and heart health.



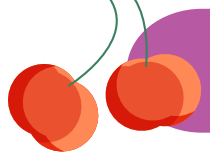
The indoles and lutein in some green foods supports estrogen levels and eliminate carcinogens, as well as nurtures eye health.



Blue foods contain anthocyanins that destroy free radicals, reduce inflammation and boost brain health.




Purple foods contain resveratrol that helps lower blood pressure, protect the brain and ease joint pain.



Dark foods are full of fibre, that can maintain bowel health, lower cholesterol levels and aid in achieving healthy weight.

The Sunshine Vitamin:



Buddha said: 'Health is the greatest gift' and we don't realise this until we get sick. Many of us do not consume healthy balanced diets. Furthermore restricted diets, fussy eating habits, low soil nutrient levels and more environmental stressors mean there is a greater need for nutrients, i.e. vitamins, minerals and antioxidants. Some of these have to be supplemented if we are not getting them in our diets.

One essential vitamin, which is not found in high amounts in food, is vitamin D. It is made in our body when the skin is exposed to sunlight. It is vital for numerous functions in the body including calcium absorption, strong bones, teeth, muscles, immune system, hormone balance and mood. This vitamin should be supplemented throughout Autumn-Winter due to less sunlight hours and blood levels should be regularly tested. As vitamin D is a fat-soluble vitamin it's best taken in as liquid or soft oil capsules which provides better absorption.

Sonal Shah, Media Nutritionist and Health Writer

Recipes

Beetroot and Coconut Curry

Packed with essential nutrients, beetroots are a great source of fibre, folate, iron and vitamin C beetroots have been associated with improved blood flow and lowered blood pressure, and are even consumed in juice form by Olympians to increase their athletic performance. Health food chef **Fathia Sharif** has teamed the root vegetable with antioxidant rich coconut, to create a vibrant coloured and easy to make curry!

Ingredients:

- 6 beetroots cut in small cubes.
- 2 tsp mustard seeds.
- 3 to 4 tbsp Passata.
- 3 tbsp chopped onions.
- 3 tbsp desiccated coconut.
- 1 1/2 tsp ginger paste.
- 1 1/2 tsp garlic paste.
- 1 250ml cup of water.
- 2 tbsp olive oil.
- 1 tsp all purpose seasoning.
- 1 tbsp fresh coriander (to garnish).
- 1 whole lemon.



Method:

1. Place a large pan over medium heat and add the mustard seeds. Wait till the seeds making a 'popping' sound, then add the onions and let them sweat down. Once onions are browned reduce heat to low.
2. Now add the garlic and ginger paste, when the mixture starts to stick to the pan add the desiccated coconut and toast for 3 minutes on low heat.
3. Add the cubed beetroots, passata and 1 tsp of all purpose seasoning to the mixture and stir.
4. Now add 1 cup of water, cover the mixture and leave it to simmer on a low heat for up to 20 minutes. You will know the curry is done when the beetroot texture becomes tender.
5. Garnish your dish with squeezed lemon and fresh coriander.
6. The curry can be served with a carb of your choice. We recommend roti or chapatis!

2. and 3. Emotional and mental

Mental and emotional health refers to your overall psychological well-being.

Emotional health considers the way you feel about yourself, the quality of your relationships and your ability to manage your feelings and deal with difficult situations.

Mental wellness is defined as a state of well-being in which every individual realises their own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community. Mental wellness is more than the absence of mental illness, but also a positive state of mental health.

Ways to support emotional well-being

- A mood diary and/or vision board is an inventive approach to structuring a life plan. You can use a board to set goals, track achievements and visualise proposed objectives.
- Don't be afraid to engage in dialogue with your inner voice and ask yourself how you feel. And if your inner voice is sometimes far too vocal, meditation can help quiet the mind and offer moments of reflection.
- Acknowledge emotions that are commonly deemed 'negative'. Letting yourself feel everything (the good, the bad and the ugly) allows us to eventually let go and move on in appropriate time.

Self-care is any activity that we do in order to take care of our mental, emotional and physical well-being. They aren't obligated and necessary acts to take care of ourselves (like taxes or homework), but acts we enjoy. The aim of self-care activities is to boost our mood and reduce anxiety.

Acts of self-care include: going for a walk, reading a book, watching a film at home or in the cinema, a scenic walk, rustling up an indulgent feast, spending time with friends, going for a meal, a massage or spa day, or a bar (or seven) of chocolate.

Ways to support mental well-being

- Seek out medical advice or intervention where necessary - including sourcing support from a counsellor, therapist, group therapy or support groups. Alternatively, help can be found through charities that specialise in mental health awareness or treatment.
- Acknowledge and be honest with yourself about any issues or concerns you may be encountering. Utilising your support systems can help with this, speak to family and friends about how you are feeling.
- Mental productivity is a great way to support wider mental health. Activities that require verbal and/or numerical reasoning, active participation and engagement can help maintain mental equilibrium. Stimulate your grey matter with reading, crosswords, sudoku or art therapy exercises (such as painting, drawing or simply colouring sketches).
- Sometimes news media, social media and communication apps can disrupt our mental and emotion well-being. When this engagement becomes too overwhelming or increases anxiousness at any point, switch off!
- How we entertain ourselves can also affect the way we feel, monitor what you consume be it literature, film and/or television: does it feel too negative? Is it informative? Is it helpful? If what you are reading, watching or listening to is not entertaining or informative then perhaps consider filtering it or cutting it out.

Enquiring Minds

It is important to ask ourselves reflective questions, being careful not to label our choices as just 'right or wrong', or 'good or bad', but understanding ourselves compassionately so we can make different decisions and take accountability if required.

Here are some questions to help you reflect:

How am I feeling emotionally?

How am I feeling this emotion in my physical body?

Is this an act of self love or an act of self sabotage?

Will this bring me short term gratification or long term fulfilment?

How does this behaviour serve me?

Does this empower or disempower me?

Is this behaviour a pattern I notice in myself?

Louise Howarth, Coach and Trustee

4. Environmental

Global warming is the term for human impact on the earth's climate system and a major factor in the earth's ever changing climate. Whereas climate change occurs with natural changes in the earth's weather patterns (such as the Huronian Ice Age), global warming is caused by increased concentrations of greenhouse gases in the atmosphere; primarily from human activities such as burning fossil fuels, deforestation and agriculture - which is said to generate 25% of greenhouse gas emissions.

Here are some suggestions on how we can protect and nurture our global environment in one of its greatest periods of climatic change in living memory.

Ways to support environmental well-being

- Cut down on meat consumption. Though meat can be a great source of protein, vitamin K and iron, humans are said to consume far too much of it. Animal farming releases significant amount of methane and nitrous oxide, two powerful greenhouse gases. Less demand means less supply, and though food systems need radical overhaul in order to instigate major impact, individuals can still play a part by cutting down their meat consumption which will create less need for mass farming.
- Find volunteer projects in your community. Donate time to community gardens, community groups and other resident led projects that focus on enhancing local environment. If you live in a built up urban area, why not consider renting an allotment to grow your own produce.
- Save energy: usurp baths for showers, do full loads of washing that not only save energy, but also money and time. Recycle household rubbish and compost food waste. Avoid single use plastic - invest in a refillable water bottle so you aren't tempted to buy bottles of water, use canvas shopping bags instead of buying plastic ones. Minimise your carbon footprint by walking when you can, swap car journeys with riding a bike, take public transport or car pool.
- Instead of throwing old (but still useful) clothing and furniture away, give it a new look by re-purposing or customisation. Consider donating to family and friends, selling online or gifting where possible.
- The fashion industry is one of the major polluting industries in the world, with 85% of textiles going into landfills each year. We can all help stave this waste by curbing fast fashion where possible and shopping vintage and/or at charity shops or creating a capsule wardrobe with a few key and classic pieces that last a long time.

Environmentally friendly brands

Neal's Yard Remedies

A British based modern apothecary that specialises in natural and organic health and beauty. Neal's Yard uses ethically sourced herbs, botanicals and essential oils, and hand-crafts products from their eco-factory in Dorset using sustainable design. Neal's Yard is cruelty free and certified organic by the Soil Association.

www.nealsyardremedies.com

Morrisons Wonky Range

The Bradford head-quartered supermarket chain has an ongoing pledge to sell over and under sized, blemished and seasonal fruit and veg, after listening to consumer concerns about food waste. Morrisons buys foods often deemed 'not pretty enough' for sale from farmers, which it then sells at a reduced price in-store.

www.morrisons.com

Too Good To Go App

Affordable and sustainable eating for everyone! The app allows user to buy unsold food from top eateries at the end of service, which prevents this food from being thrown away. Join the community of Waste Warriors by downloading the free app at Google Play or the Apple App store.

www.toogoodtogo.co.uk

TRAID

TRAID is a charity working to stop clothes from being throw away, and aiming to reduce the environmental and social impacts of fast fashion. Clothes are donated via home collections, clothes banks and charity shops then hand sorted at their warehouse in London and transformed into high quality stock to be sold in TRAIID stores. Funds raised are used for global projects committed to improving working conditions and practices in the textile industry.

www.traid.org.uk

World of Books

Great value, robust quality second-hand books. Shipping is free in the UK and prices are competitive. World of Books also buys directly from charities, taking titles they don't want or can't take in store, thus preventing the destruction of perfectly good books. If that wasn't enough, the Sussex based company's values are also aligned to three of the UN's Sustainable Development Goals (quality education, responsible consumption and climate action)!

www.worldofbooks.co.uk



5. Social

Social wellness refers to the relationships and interactions a person has with other individuals, communities and themselves. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you and yourself.

Ways to support social well-being

- Implement healthy boundaries in existing and new relationships. Outline your limits, honour the limits of others, advocate for yourself and be assertive when the occasion calls for it. Practice self-awareness and hold yourself accountable when necessary.
- Focus on personal development and exploration. Get to know and like yourself by finding an activity that hones existing skills and helps you gain confidence in discovering new ones. Personal development can be found through volunteering your time with a charity or a project, starting a physical activity or joining an interest group.
- Spending time alone can encourage us to reflect and consider what we need, want or strive for in pursuit of a fulfilling relationships, it also helps nurture the relationships we have with ourselves. In this alone time we can reflect on ways to improve, maintain or expand our social circles and relationships. Alone time also offers the opportunity to indulge in self-care practices, taking much needed time to look after ourselves.
- Mind your language: consider how you communicate with yourself and others. What words do you use to talk about and describe yourself? What language do you use when speaking to or mentioning other people?

Stretches to Start Our Day

Beginning your day with this five minute stretch routine will make you feel more alert and boost your mood. Moving the body helps to release tension, and at the same time, reduces stress.

1



Spinal twist

- Hold for 5 breaths
- Repeat on other side

2



Hamstring stretch

- Hold for 3-5 breaths
- Repeat on other side

3



Lateral stretch

- Hold for 3-5 breaths
- Repeat on other side

Meditation 101

Yoga Teacher **Nora Lubberich** takes us through some start of the day stretches. Try to breathe slowly and deeply while doing the stretches, as this will signal your brain that you are in a place of safety and calm.

4



Inhale arch the back (cow) and..

5



..exhale round the back (cat)

- Repeat 5 times

6



Standing forward fold

- Hold for 3-5 breaths and then slowly roll up into standing

Meditation is a technique that is intended to encourage a heightened state of awareness and focused attention. In a world that can all too frequently be overwhelming and where it is far too easy to feel “everything”, meditation can help us manage and compartmentalise our thoughts.

of us to engage compassion by remembering our own responsibility to uphold human rights. World renowned lama of Tibetan Buddhism, **Lama Yeshe Rinpoche**, provides insight on how meditation practices can encourage us all to extend compassion to one another:

What I understand very clearly is that any human being who can develop unconditional compassion will be able to change everything in their lives for the better. The way to achieve this is to engage in meditation for short times, as often as possible: ten minutes here, ten minutes there, throughout the day whenever you have time. This will change everything.

Short meditation is the most profound meditation technique and also a method anyone can learn to do. The reason this is necessary and so beneficial is that many people in our modern world are very stressed and often our understanding of what it means to live in the free world can be incorrect.

Meditation teaches us to first consider if something is useful to others before we say it, ensuring that we speak without deliberately causing hurt. If whatever you think, say and do is beneficial to others then you have freedom; but to be successful in this requires mindfulness, and that's why short meditation sessions are the most useful.

We have so much emotional entanglement, and the only way to be successful with meditation is to learn to deal with our own ‘mind poisons’ – that is, aversion, attachment and stupidity. If we can free ourselves from these, then everything can be accomplished. If left undealt with, we will never achieve meditation.

How to meditate:

Choose a quiet, peaceful environment and then sit or lie comfortably. On a chair, cushion or even on the floor (but never on your bed, as you may end up falling asleep...!)

Close your eyes.

Follow your breathing. Focus your attention on how the body moves with each inhalation and exhalation, notice the movement of your body as you breath.

Make no effort to control the breath, simply breathe naturally.

If your mind starts drifting, return your focus back to your breath. Observe how your chest, shoulders, rib cage and belly move when you breathe.

If you are a complete beginner to meditation, start by doing this practice for no longer than 7 minutes each day and lengthen duration when you begin to feel more confident.

*Now that I have read the handbook,
what will I actively do in an effort to
utilise the rights that I have?*

Credits

The United Nations, The Universal Declaration of Human Rights, 1948: <https://www.un.org/en/universal-declaration-human-rights/>

United Nations Office for the High Commissioner of Human Rights, "Your Human Rights", n.d: <https://www.ohchr.org/EN/Issues/Pages/WhatareHumanRights.aspx>

<https://www.dictionary.com/browse/indivisible>

The United Nations, "Women Who Shaped the Universal Declaration", n.d: <https://www.un.org/en/events/humanrightsday/women-who-shaped-the-universal-declaration.shtml>

The United Nations, The Core International Human Rights Treaties, New York and Geneva, United Nations Publication, 2014

The United Nations, The United Nations Human Rights Treaty System, New York and Geneva, United Nations Publication, 2012

National Wellness Institute, "Six Dimensions of Wellness", n.d: <https://www.nationalwellness.org/page/AboutWellness>

PsychCentral, "What Self-Care Is - and What It Isn't", Raphailia Michael, 2018: <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>

Singapore Association for Mental Health, "What Is Mental Wellness", n.d: <https://www.samhealth.org.sg/understanding-mental-health/what-is-mental-wellness/>

NPR, "To Slow Climate Change, U.N. Warns Agriculture Must Change", Rebecca Hersher and Allison Aubrey, 2019: <https://www.npr.org/sections/thesalt/2019/08/08/748416223/to-slow-global-warming-u-n-warns-agriculture-must-change?t=1581000204076>

National Geographic, "Eating meat has 'dire' consequences for the planet, says report", Sarah Gibbens, 2019: <https://www.nationalgeographic.com/environment/2019/01/commission-report-great-food-transformation-plant-diet-climate-change/>

Business Insider, "The fashion industry emits more carbon than international flights and maritime shipping combined. Here are the biggest ways it impacts the planet.", Morgan McFall-Johnsen, 2019: <https://www.businessinsider.com/fast-fashion-environmental-impact-pollution-emissions-waste-water-2019-10?r=US&IR=T#clothing-production-has-roughly-doubled-since-2000-1>

Kaygu Saye Dzong, Meditation, n.d: <http://www.london.samyemeditation.org/meditation/>

Release, Legal Advice on Other Issues, n.d: <https://www.release.org.uk/law/legal-advice-other-issues>

Illustration and design: **Ling Tang**

Contributions from: **Michel Chikwanine, Jade Dos Santos, Francisco J. Tovar, Isabelle Mamdou, Roemann Osman, Husna Begum, Sonal Shah, Louise Howarth, Nora Lubberich, Lama Yeshe Rinpoche** and **India Doris**

Edited by: **Keyondra Myricks, Chinelo Njaka** and **India Doris**



Glossary

Actor - A participant in an action or process.

Commissioner - A person appointed to a role or by a commission.

Customary International Law - in its most simple form, Customary International Law is a form of law that is materialised through state action. This means if states consistently act in a certain way this creates law that all states must abide by. Once this custom is established, all states are bound by it even without formal agreement (or treaty) being established.

Declaration - declarations are a form of soft law. Thus, while they are not legally binding, they contribute to the creation of law. Declarations are a written form of a moral agreement, rather than a legally binding one. For example, the UDHR is a written declaration, and while it initially signified a moral commitment to human rights, it has now transformed into a key part of customary international law.

Holistic - Characterised by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease. The belief that the parts of something are intimately interconnected and explicable only by reference to the whole.

Human rights - A right which is believed to belong to every person.

Impartial - Treating all rivals or disputants equally.

Indivisible - Unable to be divided or separated.

Mindfulness - A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Para-sympathetic system - Responsible for the body's rest and digestion response when the body is relaxed, resting, or feeding. It basically undoes the work of sympathetic division after a stressful situation. The parasympathetic nervous system decreases respiration and heart rate and increases digestion.

Political Actor - Individuals who have obtained at least some measure of political power and/or authority in a particular society who engage in activities that can have a significant influence on decisions, policies, media coverage, and outcomes associated with a given conflict.

Ratification - sign or give formal consent to (a treaty, contract, or agreement), making it officially valid. If a state ratifies a treaty, it means they consent to be legally bound to a treaty and outwardly approve its contents.

Sympathetic system - A part of the nervous system that serves to accelerate the heart rate, constrict blood vessels, and raise blood pressure.

Treaty - a legally binding international agreement concluded between two or more states in written form. States are only legally bound by a treaty if they have formally signed & ratified it.

Wellness - the active process of becoming aware of and making choices towards a healthy and fulfilling life.



With thanks to support from the
National Lottery Community Fund and the
Paul Hamlyn Foundation.



www.creativetreaty.org
info@creativetreaty.org
[@creative_treaty](https://twitter.com/creative_treaty)
[#humanisinghumanrights](https://www.instagram.com/humanisinghumanrights)

