



Today is World CLL Day!



We are very pleased to be participating in the very first World CLL Day and helping to raise awareness of CLL

This is an important day for the CLL community and especially for those affected by a diagnosis.

Chronic lymphocytic leukaemia is the most common of all types of leukaemia and is poorly understood. Let's work together to change this today.

Every 1 September, the global CLL community will unite to raise awareness about CLL and give those affected by a diagnosis of CLL a much needed voice.

On World CLL Day we come together to improve understanding of the vulnerability of CLL patients and the challenges involved in living with CLL.

Today, we reflect on the theme of protecting ourselves and protecting others, especially now in the pandemic, and the umbrella has been chosen to symbolise this.

How you can get involved and help spread the word We are asking people to 'share their voice'



You can do this by:

- **Uploading** a photo of yourself with an umbrella. Get creative and upload your own selfie! Have a look at these great examples for inspiration. Upload here: <https://www.wclld.org/how-to-get-involved/#share-your-selfie>
- **We are collecting** brief quotes to allow patients and carers to express what it's like to live with CLL in this current pandemic. These quotes will be shared on the dedicated website and Social Media as part of the campaign. We would appreciate if you could **share your voice** and submit your quote and a picture (optional)! You can do that here: <https://www.wclld.org/how-to-get-involved/#share-your-voice>

We will be working with all media outlets to promote the day, so any help you can give would be appreciated. Thanks! Your photo here?

Or, you could download the suite of exciting campaign materials already prepared for you, and send them to your contacts. Have a look

here: <https://www.wclld.org/campaign-material>

Spread the word!





As part of our contribution to World CLL Day, we are today launching two initiatives:

- Our totally new website, Support Act. This is a collection of emotional wellbeing exercises based on Acceptance and Commitment Therapy (ACT). Think of Support ACT as a toolbox from which you can select the appropriate tool for your given circumstances.

Support ACT has been shown to be an effective psychological approach for helping people manage the worry, anxiety and stress associated with long term physical health conditions such as CLL.

Check out our new site here: <http://cllsupport-act.org.uk/>

And:

- We are also launching our new, fully revised booklet giving up-to-date information and advice to CLL patients and their families. A copy will be sent out to all members. If you are not a member of CLL Support and would like a copy, please request one on our website here: <https://www.cllsupport.org.uk/contact-us/order-publications/>