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Health Promotion Events A Success

One of the aims of the Improving Health Project is to improve awareness amongst Black and Minority Ethnic (BME) groups of living healthy lifestyles. This year, we have exceeded our targets by running five health promotion/awareness events.

The events were a huge success, with excellent attendance and many positive comments received from our evaluation. The first health promotion event took place earlier this year and the others followed over the summer of 2008.

With this news, the project has been inundated with requests from voluntary/community groups and also an MP to work in

partnership to run health promotion activities. In the autumn we are hoping to run a Drugs and Alcohol Event and also start our allotment gardening activity.

This issue focuses on the last four events, the Summer Exercise Class, Caribbean Health Day, Diabetes Awareness Day and Women's Health Seminar.

The next project year commencing September 2008 looks to be an exciting one, keep abreast of the project's activities through its regular newsletter and e-bulletins. For more information contact the Improving Health Project on 020 8373 6273/8 or email

Summer Exercise Class



Instructor Eileen Alger and the exercise class



The Improving Health Project worked in partnership with Enfield Caribbean Association (ECA) to run the Summer Exercise Class at Trinity at Bowes Methodist Church. The weekly exercise class began Wednesday 28th May and was extended to run through to mid August 2008.

Instructor, Eileen Alger has been inspirational in getting people back into exercise. Maintaining a

regular group attendance. One attendee said **'The class and instructor was fantastic—very enjoyable.'** The project is working with ECA to attract funds to continue this class.

With such a high demand for exercise classes from other community groups, the project is to continue it's work in this area during the next project year.



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Caribbean Health Day

Working in partnership, the Improving Health Project and Enfield Caribbean Association ran a Caribbean Health Day, Thursday 5th June 2008 at Edmonton Green Baptist Church.

The event was well attended by over 50 people and the programme included health checks, information stalls, talks from Diabetes UK and the British Heart Foundation, a healthy Caribbean lunch, evaluation and prize draw.

The event was well received by attendees with one comment saying a **'Good way to highlight health problems that are on the increase in the community and provide tools about how to combat these.'**

The Improving Health Project's display focussed on 'Walk Enfield' and Enfield Council Sports programme.



Top: attendees of the Caribbean Health Day

Left: First prize winner

Right: Hosts including Nushirah Wilson and Ken Allen



Diabetes Awareness Day

The Improving Health Project and Enfield and Enfield Asian Carers Consortium ran a Diabetes Awareness Day, Wednesday 25th June 2008 at Trinity at Bowes Methodist Church in Palmers Green.

The event was well attended by over 30 people. The programme included an interactive session by Diabetes UK on 'What is Diabetes' and 'The different types of diabetes', followed by a second interactive session looking at

'healthy eating/prevention' by Enfield Primary Care Trust's Community Dietician. The event ended with a healthy light lunch and evaluation/prize draw. One comment received said the **'Dietician's talk was very interesting and informative'**.

The Improving Health Project's accompanying display focussed on healthy food (including information on fair-trade, healthy recipes, 5 fruits a day and cutting saturated fat in your diet).

Diabetes Awareness Day



Top left: attendees of the Diabetes Awareness Day and Juliet Enever (Diverse Communities Officer for London) Diabetes UK

Below right: Fiona O'Leary (Community Dietician) Enfield Primary Care Trust with the prize winners



Women's Health Seminar

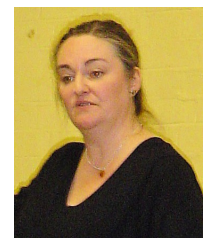
The Improving Health Project and Enfield Primary Care Trust (EPCT) ran a Women's Health Day, Wednesday 9th July 2008 at Trinity at Bowes Methodist Church. Over 50 women attended the well organised and highly informative event.

Three interactive workshops took place on Breast, Cervical and Bowel Screening; Mental Health and Physical Activity. The sessions were followed by a chance for the women to network, evaluation/prize draw and lunch.

Evaluation of the event undertaken by EPCT indicated that 67% of the attendees considered the event to be very good/excellent overall. Comments included **'A truly enjoyable session—when is the next one?'** and **'Very interesting and informative day—thank you.'**

The Improving Health Project's display was well received by attendees and focussed on Teenage Pregnancy and Teenage Sexual Health.

Below: Speakers Khadidja Bichbiche, Screening Co-ordinator EPCT; Kerrie Soares, Bowel Cancer Screening Programme, UCL Hospital and Kate Crook, Nursing Team Leader, BEHMHT
Below left: attendees and speaker Bernie Phelan, Breast Care Nurse, Edgware Hopsital
Below right: Mark Huggard and the chair based exercise session.



Improving Health Project Staff Update

Saroj Parekh (Locum Co-ordinator job-share) has now left EREC after her contract covering maternity leave ended. We wish Saroj lots of good luck in her future endeavours.

We also look forward to Sameera Hamid's (Co-ordinator job-share) return in the autumn.

The Improving health team would be happy to hear from you, should you like to include information or an article on BME health in the next edition of the newsletter or e-bulletin.

The back page of this newsletter has full details of the new look team and contact details.

Ramadan and Diabetes

Jalalia Jamme Masjeed Mosque and Enfield Primary Care Trust are inviting local people with diabetes to find out how they can fast safely during the holy month of Ramadan.

Kit McAuley, Diabetes Specialist Nurse and Fiona O'Leary, Dietician from Enfield PCT will be available on:

26th August 2008 from 2pm at Enfield Mosque, 228 High Street, EN3

27th August 2008 2—4pm at Bangladesh Welfare Association, 106 South Street, EN3

Everyone is welcome to attend these sessions to find out how they can manage their diabetes successfully during Ramadan.

Also available **FREE** from the Department of Health is the **Ramadan Health Guide: a guide to healthy fasting**. This booklet aims at helping to understand the health issues related to fasting, to help people make more informed choices, minimise complications and maximise the benefit of the fast.

It looks at physiological changes that occur during fasting and gives examples of foods to avoid and healthy alternatives, as well as information on cooking methods. The guide also examines possible health complications and remedies. Included is a useful FAQ section and key points are translated into several languages. Order by calling 0870 600 5522 or download from the Department of Health website at **www.dh.gov.uk**

Source: Enfield Primary Care Trust Press release 18.8.08 and the Department of Health website www.dh.gov.uk

Health Awareness Day

**Wednesday 24th September 2008
10.30 - 2.30 p.m.
Southgate Circus Library
High Street Southgate N14 6BP
Tel: 020 8350 1124**

Come and hear talks on diabetes, healthy hearts, cancer care, bowel cancer screening, arthritis, and healthy eating. Armchair exercise sessions and a free healthy lunch included.

Pick up a ticket from Southgate Library **£1 deposit** returnable at the event. *Early booking recommended as demand may be high.*

To find out more about the event, contact:
Sumita Choudhury Tel : 020 8379 2693

Relax, meditate, live a healthy and balanced life!



Enfield Saheli



NEWSFLASH

Calling all women!!!

Yoga classes are every Monday from 11.45am to 12.45pm

Charge is £2 per session (payments to be made in advance)

Venue: Community House, 311 Fore Street, Edmonton N9 0PZ

For further information contact 0208 373 6218/6220

Registered Charity no: 1045236



Health Focus: No 4 Cardiovascular Disease



Cardiovascular disease (CHD) is a term used for all diseases of the heart and circulation, including heart disease, stroke, heart failure and congenital heart disease.

Heart and circulatory diseases cause more than a third of all deaths in the UK, over 208,000 deaths each year. Most deaths from heart disease are caused by a heart attack. In the UK, someone has a heart attack every two minutes. In 30% of heart attack cases, the victim dies.

South Asians living in the UK (Indians, Bangladeshis, Pakistanis and Sri Lankans) have a higher premature death rate from CHD than average. Data from the British Heart Foundation shows the death rate in the 1990s is 46% higher for men and 51% higher for women.

Delays put South Asian communities at heart attack risk

A British Heart Foundation (BHF) survey found that four out of five South Asians over 55 would not call **999** first if they had chest pain, even though they are one of the groups at highest risk of a heart attack.

The BHF have launched a campaign to call 999 with TV/Radio advertisements in South Asian languages (also available at bhf.org.uk/doubtkills).

The survey outlined the main reasons for failing to call 999 immediately:

- 63% see their GP as an expert
- 24% don't want an ambulance to come
- 20% want to speak to their GP in their own language

It is vital to call **999** immediately rather than calling a GP or relative. Any delay in receiving emergency treatment could lead to heart damage or be fatal. If in doubt call **999**.

For more information about this campaign call the BHF press office on 020 7487 7172

Symptoms of a heart attack

The pain of a heart attack is often severe and often described as a central, crushing type of pain. There may be a feeling of heaviness in your chest, a stomach ache, or heartburn. Sometimes it is mild and similar to indigestion. During a heart attack you may experience sweating, light-headedness, nausea and breathlessness. If you suspect a heart attack call **999**.

Improve Your Lifestyle and Reduce Your Risk of Heart Disease

- Give up smoking
- Control high blood pressure
- Reduce cholesterol
- Keep physically active
- Control your weight
- If you have diabetes control your blood glucose as much as possible

Support, Resources, Help

British Heart Foundation

Heart helpline 08450 70 80 70

Website: www.bhf.org.uk

Get your FREE copy of 'Heart Health' magazine and/or your FREE 'Heart & Soul' lifestyle magazine for the South Asian Community from the BHF website or call 0870 850 5281

Heart UK: The Cholesterol Charity

HEART UK are passionate about preventing premature deaths caused by high cholesterol and cardiovascular disease

Helpline number 0845 450 5988

10.00 - 4.00pm Monday-Friday
manned by specialist nurses & dieticians

Website: <http://www.heartuk.org.uk>

Health information, healthy recipes, interactive guides, factsheets

Contact us:

Enfield Racial Equality Council

Improving Health Project

Community House, 311 Fore Street, Edmonton, London, N9 0PZ

Phone: 020 8373 6273/8

Fax: 020 8373 6281

Email: improvinghealth@enfieldrec.org.uk

Web: www.enfieldrec.org.uk

Project Staff:

Co-ordinators (job-share) - Valdev Chaggar & Sameera Hamid

Project Administrator - Indrani Yogarajah

The views expressed in this newsletter are not necessarily those of the Enfield Racial Equality Council. EREC cannot take responsibility for information or articles submitted for inclusion in the newsletter.

We welcome your comments about this newsletter. If you would like to include information or an article in our next edition please contact us.



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Health Funding

This annual scheme is funded by GlaxoSmithKline as part of the company's commitment to promote community health and well-being. The award is organised and managed in partnership with the King's Fund, an independent health charity working to improve health and social care.

The awards are open to registered charities that are at least three years old, working in a health related field in the UK, with a total annual income between £10,000 and £1 million.

2009 GlaxoSmithKline IMPACT Awards in partnership with The King's Fund

Nine winners receive £25,000 and an overall winner receives £35,000. Organisations that are highly commended or runners up receive £5,000 or £3,000.

You do not need to present a new project. The awards are designed to recognise success and achievements for existing work. You decide how to use the award money.

Guidelines and application form available at www.kingsfund.org.uk/gskimpactawards.

Closing date for applications: **26th September 2008 at 5pm.**

Healthy Recipe - Chicken curry

A healthy Indian chicken dish. Serves 2 people.

Why not share your favourite healthy recipes with us, email improvinghealth@enfieldrec.org.uk

Ingredients:

2 tsp oil
1 onion, chopped
1 garlic clove, chopped
1 green chilli, chopped
1 tsp ginger, chopped
1/2 tsp turmeric
1/2 tsp salt
1 tsp garam masala
1 tomato, chopped
1 tbsp chopped coriander
2 chicken breast, skinless and chopped into bite size pieces
125ml water

Method:

1. Heat the oil in a pan, add the onion and fry until just caramelised.
2. Add the garlic, chilli and ginger and cook for a few minutes. Then add the turmeric, salt, garam masala and tomato and cook for 1/2 minute more.
3. Stir in the chicken, and cook for about 4 minutes on a high heat until browned. Add the water and cook for 7-8 minutes.
4. Garnish with the chopped coriander and serve with rice or chapattis.



Chicken curry