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Photographs

Top left: Fiona O Leary and Michelle Gocman (Enfield PCT)

Top right/Bottom left: Audience

Bottom Right: Mark Huggard's chair-based exercise session.

More photographs inside of the Prize draw winners

Launch of Healthy Eating Recipe booklet

The launch of the Health Eating Asian Recipe booklet on Tuesday 10th March 2009 was very well attended by 120 people. The free event held at Trinity at Bowes Methodist Church was hosted by Enfield Racial Equality Council, Improving Health Project, Enfield Primary Care Trust and Naree Shakti.

The Recipe booklet was produced from a workshop on Coronary Heart Disease for the Asian community held a year ago and contains healthier versions of seven traditional South Asian recipes.

Participants took part in an interactive session led by the Community Dietician Fiona O'Leary who explained **"most recipes such as dhals and curries can be altered to make them healthier"**. This was followed by a chair based exercise session led by fitness instructor Mark Huggard and a talk from health trainers Santokh and Balwant Rehal. The

event ended with a tasty and healthy lunch made from some of the recipes in the booklet and a free prize draw.

The evaluation undertaken by Enfield Primary Care Trust showed that nearly 90% of the attendees considered the event to be very good/excellent overall. With 97% of people at the event stated they would use the booklet to make their meals healthier.

The event raised awareness of services and physical activities available in the borough. With attendees stating they would make changes to their diet, by using less salt and oil and eating more vegetables.

For more information about the Improving Health Project or to get your copy of the booklet please contact Enfield Racial Equality Council on 020 8373 6273 or email improvinghealth@enfieldrec.org.uk

Photographs



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Improving Health Project Update

We say farewell to Sameera Hamid who has left EREC for pastures new and welcome aboard Sophie Khan. We wish Sameera well in her future endeavours and thank her for all her hard work at EREC.

The Improving health team is happy to hear from you, should you like to include information or an article on BME health in the next edition of the newsletter. Contact us on 020 8373 6278 or by emailing improvinghealth@enfieldrec.org.uk

Healthy Eating Recipe booklet launch Photographs



*Recipe
booklet
Prize
draw
winners*

Free Information Guide

Want to lead a healthier lifestyle?
Order your FREE information guide today

Did you know.....

- Older people of African and Caribbean origin are more likely to have high blood pressure (hypertension).
- African and Caribbean men are three times more likely to be diagnosed with prostate cancer than white men.
- South Asians are 5-6 times more likely to be at risk of Type 2 diabetes.
- South Asians have much lower rates of physical activity compared to the general population.

Because of the increased risks, two information guides are available to promote healthy ageing and healthy living for older people in African and Caribbean and South Asian communities.

Call the Free Phone Information Line on 0800 00 99 66 or visit [www.ageconcern.org.uk/](http://www.ageconcern.org.uk/AgeConcern/information-guides-list)
AgeConcern/information-guides-list to order/
download your free copies of Saltfish, peppers,
rice and peas and Khana aur sehat.

Source: Age Concern London: London Age Winter 2008-09

Free Seminar

**RAISING AWARENESS ON
ABUSE IN THE ASIAN
COMMUNITY**

TUESDAY 16 JUNE 2009

11:00 AM—2:00 PM

**TRINITY AT BOWES CHURCH
PALMERSTON ROAD
LONDON N22 8RA**

**To book your place please
contact:**

**Improving Health Project
020 8373 6273/**

**improvinghealth@enfieldrec.org.uk or
Naree Shakti 020 8888 6759**

*****Free Lunch and
Refreshments Provided*****

Health Focus: No 7 Alcohol

Alcohol misuse is a major public health problem and affects many individuals of all ages and races, placing a heavy burden on the NHS and on society.

Research on alcohol and its effect on Black and Minority Ethnic (BME) communities is limited but suggests that all minority groups, except Irish people drink smaller quantities and less frequently than the general population.

The Alcohol Concern Information and Research Bulletin (2003) on Alcohol drinking among BME communities in the UK, examines in particular the Afro-Caribbean and South Asian communities. They suggest a number of trigger factors for problematic drinking that are specific to BME communities. These include:

- Racism
- Intergenerational conflict
- Gender—how differently men and women react to social and cultural influences and pressures
- the link between social inequality and substance misuse

To read the full report and recommendations go to <http://www.alcoholconcern.org.uk>

The NHS advice on drinking is that men should not regularly drink more than 3 or 4 units of alcohol a day and women should drink no more than 2 or 3 units a day.

For a full explanation of units the **Know Your Limits** campaign (<http://units.nhs.uk>) raises awareness and provides advice for when you have a drink.

A common myth is that Alcohol is a stimulant but it is actually a depressant. This is why drinking too much often leads to impaired judgement, slurring of speech, a tendency to violent behaviour and loss of short term memory.

Other short term risks of drinking include, anxiety; slowed breathing and heartbeat; impaired judgement leading to accidents/injuries; sexual difficulties such as impotence; loss of consciousness; suffocation through choking on your own vomit; and potentially fatal poisoning.

The longer term risks of heavy drinking include liver disease; certain types of cancer; increased risk of heart disease and certain types of stroke.

If you are worried about your drinking and health, contact your GP. Below you will find useful sources of information and help.

Support, Resources, Help

NHS Choices

Information on Alcohol units, alcohol misuse, Cirrhosis and Liver Disease

Web: <http://www.nhs.uk/Livewell/alcohol/Pages/Alcoholhome.aspx>

Department for Health

For information on alcohol advice, alcohol misuse and alcohol campaigns

Web: <http://www.dh.gov.uk/en/Publichealth/Healthimprovement/Alcoholmisuse/index.htm>

Alcohol Forum Enfield

Take back control. Come and talk to people who have been there. No appointment needed—drop in for a chat and a cuppa.

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

Monday mornings 10am to 1pm
Friday afternoons 2.30pm to 5pm

Tel: 07950 426 998

Web: www.alcoholforumenfield.org.uk

Rugby House—Enfield

Services include confidential advice and information; individual support; support groups; support with alcohol detox; relapse prevention; complementary therapies

Tel: 020 8344 3180

Web: www.rugbyhouse.org.uk

Address: Rugby House—Enfield, 2nd Floor 308a Hertford Road, Edmonton, London, N9 7HD

Alcoholics Anonymous

National networks of local self-help groups

Tel: 0845 7697 555

Web: www.alcoholics-anonymous.org.uk

Drinkline

National advice and information line

Tel: 0800 917 8282

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:

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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 - The Sport England Small Grant Programme

The Sport England Small Grants Programme supports local community sport projects which seek to increase participation, sustain participation or develop opportunities for people to excel at their chosen sport.

For example, helping a sports club expand its age range by buying an extra team kit or paying additional coaching fees. Or to get more young people playing sport by helping youth clubs work together with local sports clubs.

Source: Sport: <http://funding.sportengland.org>

The grant is open to any bona fide not-for-profit club or association, statutory body or educational establishment.

You can apply for any sum from £300 to £10,000 but the total project cost cannot exceed £50,000. Once you have checked the eligibility criteria you can apply online at http://funding.sportengland.org/funding_programmes/small_grants.aspx at any time.

If you require assistance with your health funding application, please contact the Improving Health Project.

Healthy Recipe - Green Bean Stir Fry

A healthy, tasty and quick to cook dish. Serves 4 people.

Ingredients:

1 teaspoon sesame oil
1 red chilli chopped finely
1 tablespoon black bean garlic sauce
1/2 cup water
450 grams green beans, cut into 2.5cm pieces
1 1/2 cups stir fry vegetables (or frozen) (ie. baby sweetcorn, spring onion, oyster mushroom, bean sprouts, bamboo shoots)

Method:

1. Heat the oil in a non stick wok over a medium to high heat.
2. Add the green beans and chilli and cook, stirring for 2 to 3 minutes.
3. Add the water, cover and reduce the heat to medium and cook for another 4—5 minutes, stirring occasionally.
4. Then increase the heat to medium to high and add the stir fry vegetables and black bean garlic sauce, stirring for 2 minutes until the liquid has all gone.
5. Serve with steamed rice.

** To vary, add tofu or cooked chicken pieces*



Green Bean Stir Fry