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## Health Awareness Day – A Great Success

### Raising awareness of healthy living for Enfield's Black and Minority Ethnic Communities

On 17th July 2009 EREC's Improving Health Project held a Health Awareness Day at Community House in Edmonton. This was opened by Ade Adeshina, the new Chair of the Enfield Racial Equality Council.

This informative and enjoyable day was well attended by over 90 members of the Black and Minority Ethnic Communities who benefited from talks on 'Diabetes' by Enfield NHS and 'Keeping your heart healthy' by the British Heart Foundation.

Individuals were able to seek advice and information from various local and national health organisations that held stalls on the day namely the British Heart Foundation, the

Shane Project, Enfield and Haringey Primary Care Trust Stop Smoking Service, Total Healthcare and Enfield Health Trainers Service.

The project's evaluation showed that 99% of those completing evaluation forms rated the event as excellent / good. One person stated: *'I thought it was a good way to reach diverse ethnic groups and give them useful health information'*

A full day of health activities was enjoyed, including massage sessions, chair based yoga, blood pressure checks, food demonstration with taster session, healthy lunch, prize draw and free goody bags!



PICTURES: Blood Pressure Checks, Chair based Yoga and Prize draw winner

## Enfield Hearing Health Day

**Are you deaf or hard of hearing?**

**Free Hearing Health Day**  
**10th September 2009**  
**10:15am - 2:15pm**  
**Community House,**  
**311 Fore Street, N9 0PZ**

**Free lunch and refreshments**

Speakers on hearing aids, hearing health checks, NHS hearing aid troubleshooting & equipment demonstrations.

Booking is essential, contact the Improving Health Project on **020 8373 6273** or email [improving.health@enfieldrec.org.uk](mailto:improving.health@enfieldrec.org.uk)

Enfield Racial Equality Council's Improving Health Project, Enfield Disability Action—The Deaf Project and the Royal National Institute for the Deaf working in partnership.



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## EREC Meeting on the Primary & Community Services Consultation

NHS Enfield is consulting the local community on their plans to improve primary and community health services.



Their proposals state plans to ensure patients have 'better and more convenient access to a wider range of high quality primary and community services, provided closer to home and available over longer opening hours, and delivered for modern fit-for-purpose premises.'

'This is an important time of change in Enfield as it starts this process of transforming local health services to meet needs of its population in the 21st century.'

Enfield Racial Equality Council are hosting a consultation meeting as part of it's Strategic Race Forum with a presentation by Enfield NHS (tbc) and you are welcome to attend to provide your views.

**EREC Consultation meeting:**

**Monday 21st September 09, 6.30pm at Community House, N9 0PZ**

We have enclosed the consultation document with this newsletter. For more information, extra copies or to receive the full strategy document call 020 8370 8211 or email [feedback@enfield.nhs.uk](mailto:feedback@enfield.nhs.uk) [www.enfield.nhs.uk](http://www.enfield.nhs.uk)

**Deadline for responses is 27th September 2009**

### Health & Well Being Drop-in

**Enfield Racial Equality Council's  
Improving Health Project &  
Enfield Caribbean Association  
working in partnership**

**Drop-ins: Every Thursday until 22nd  
October 2009**

**Time: 11.00 am—2.00 pm**

**Venue: Edmonton Green Baptist Church  
Hall**

Activities include exercise, games, needlework, group walks, discussions, outings, and healthy food preparations. (Tea and biscuits provided)

**For more details contact Ken on 07932  
793985 or Rose on 07943 018876**



Enjoying a healthy lunch **Drop-in** — June 2009

### Holistic Healing Clinic

**Enfield Racial Equality Council's  
Improving Health Project  
working in partnership with  
Total Healthcare**

**A Walk-In Clinic**

*for your*

### HOLISTIC HEALING INTERVENTIONS

**Every Wednesday  
12 noon – 8.30 pm  
No Appointment Required**

**Reflective Worship &  
Therapeutic Prayer  
Themed Health promotion sessions  
Relaxation  
Refreshments Available**

**Venue - Total Healthcare, The Visitor's Centre,  
Pymmes Park, Victoria Road, N18 2UF**

**Tel: 020 8807 8023; Mobile: 07946 622753  
[Rita] 07552 898277**

# Health Focus: No 8 - Cholesterol



## What is Cholesterol?

Raised cholesterol is bad for your heart health. It can cause the build up of fatty deposits in your arteries and cause them to narrow, making it more difficult for your heart to pump blood around the body. Lipids are fats that are found throughout the body. Cholesterol, is a type of lipid, is found in foods from animal sources.

### Fixed risk factors - ones that you cannot alter:

- Ethnic group. For example, people who live in the UK with ancestry from India, Pakistan, Bangladesh, or Sri Lanka have an increased risk.
- A strong family history. This means if you have a father or brother who developed heart disease or a stroke before they were 55, or in a mother or sister before they were 65
- Being male
- An early menopause in women
- Age. The older you become, the more likely you are to develop atheroma (a main underlying cause of various cardiovascular diseases)

### Lifestyle risk factors - that can be prevented or changed:

- Smoking
- Lack of physical activity (a sedentary lifestyle)
- Obesity
- An unhealthy diet - including eating too much salt
- Excess alcohol
- Try fruits, raw veggies and low-fat dips, low-fat cookies

## Healthy Diet Tips

- Eat a diet that contains many low-cholesterol foods: fruits, veggies, whole grains (like breads and cereals), legumes (beans), and fish.
- Eat a diet that is low in saturated and trans fat. Replace saturated and trans fats with unsaturated fats — e.g., cook with olive oil
- If you eat meat, try using lean meat like skinless poultry. Make sure you trim off all noticeable fat before cooking and drain the fat from the pan after browning meats.
- Instead of frying, try boiling, broiling, baking, roasting, poaching, steaming, or sautéing.
- Instead of whole milk, use low-fat or non-fat milk. Also, try low-fat or non-fat yogurts and cheeses or cottage cheese. Use trans-fat-free margarine.
- Instead of meat, try beans, peas, lentils, or tofu.
- Instead of eggs, try just egg whites or cholesterol-free commercial egg substitutes.
- Use liquid vegetable oil or tub margarine instead of butter, shortening, or stick margarine.
- Pass on commercially prepared baked goods, which are often made with hydrogenated oils or trans fats.

## Support, Resources, Help

### Heart UK: The Cholesterol Charity

Preventing premature death caused by high cholesterol and cardiovascular disease. Factsheets available on risk factors diet, exercise, stress and fruit and vegetables.

**Helpline Number: 0845 450 5988**

**Email: [ask@heartuk.org.uk](mailto:ask@heartuk.org.uk)**

**Website: [www.heartuk.org.uk](http://www.heartuk.org.uk)**

**Information available in Hindi, Urdu and Punjabi on Fridays between 10:00am -12:00pm**

### British Heart Foundation

**Heart helpline 0300 330 3311**

**Website: [www.bhf.org.uk](http://www.bhf.org.uk)**

Download the booklet:  
Reducing Your Blood Cholesterol

### NHS Choices

**Telephone: 0845 4647**

**Website: [www.nhs.uk](http://www.nhs.uk)**

## Exercise, Massage and Relaxation

The Improving Health Project has been working successfully in partnership with Gargaar Somali Welfare Association to improve the health and wellbeing of it's Somali women through a weekly Exercise, Massage and Relaxation class (27th May—26th August 2009) held at Community House.



### Karima Therapies

A note from therapist, **Balkis**:

*"I am a massage therapist and reflexologist with a nursing background of 16 years. I found Community House in Edmonton very interesting as it caters for many activities. People of different races use these services. I commenced the massage sessions from 27th May 2009 and it has achieved much success. The Somali ladies using the service are very happy, although just one hour a week, the benefit to the ladies and the outcome will hopefully achieve positive results with health problems."*



Any community groups wishing to book Balkis for therapy sessions including: Indian Head & Shoulder Massage, Body Massage and Reflexology should contact her on **020 7791 3354**.

*Photographs: Balkis (therapist) and Mohamed Dini (Gargaar Somali Welfare Association)*

### Project Work Update

***The project continues to work on it's three aims to improve the health of BME communities via health promotion, community development and policy work.***

***Future partnership work includes health events and activities with Enfield Saheli, Deep Indian 50+ Association and the project is also a member of the World Mental Health Planning Group organising the World Mental Health event taking place 6th October 2009 at Southbury Leisure Centre.***

***Policy work will continue to focus on statutory health bodies and their Single Equality Schemes and local health consultations, including the Primary Care Strategy.***

***For further information about the Projects work email [improving-health@enfieldrec.org.uk](mailto:improving-health@enfieldrec.org.uk) or call 020 8373 6273/8.***

**ENFIELD ASIAN CARERS CONSORTIUM  
THE SHAKTI SEWA PROJECT**  
in partnership with  
**ENFIELD RACIAL EQUALITY COUNCIL'S  
IMPROVING HEALTH PROJECT**

### ***KEEPING HEALTHY KEEPING HAPPY***

*The aim of the day is to provide you with ideas for a healthier lifestyle. It will be an information packed day with a lot of fun thrown in.*

***TALKS ON HEALTHY LIVING  
DANCE SESSIONS  
FREE LUNCH***

***BRAIN TEASER ACTIVITY WORKSHOP  
RAFFLE DRAW***

To book contact EACC by 24/09/2009:

**ENFIELD ASIAN CARERS CONSORTIUM**  
83-85 Bowes Road, Palmers Green,  
London N13 4RU  
Tel: 020 8888 0999, Fax: 020 8888 3999,  
[asiancarers@tiscali.co.uk](mailto:asiancarers@tiscali.co.uk)



## Capel Manor Gardens Visit



One of the aims of the Improving Health project is improve awareness amongst Black and Minority Ethnic communities of living healthy lifestyles, particularly through physical activity. The Project Steering Group recommended this visit to promote gardening as a health and wellbeing activity for BME communities.

The Capel Manor Garden visit took place 24<sup>th</sup> June 2009. The free event was attended and thoroughly enjoyed by 14 people on a very warm summers day.

The programme for the day included transport from Community house, lunch, goody bag and guided tour of the Capel Manor gardens.

The tour included visiting the 'Growing Together in Faith' Garden (comprising of the following religions: Hinduism, Islam, Christianity and Judaism); Which Garden Trial Gardens, Capel Manor House, Lake, Victorian Stables, Animal Corner and much more.

*Photographs: Attendees of Capel Manor Gardens Visit at the Faith Gardens*

## Raising Awareness Of Abuse In The Asian Community

**Enfield Racial Equality Council working in partnership with Naree Shakti**

Over 90 people, including EREC members, Councillors, Enfield Council staff and the Naree Shakti ladies attended this free seminar held on Tuesday 16th June 2009 at Trinity at Bowes Church in Palmers Green.



The day included presentations given by Enfield Council's Head of Safeguarding Vulnerable Adults—Keezia Obi and the EKTA Project—Ramesh Verma and Sadia Fatimi.

*Photographs: Speakers and attendees of the Raising Awareness of Abuse in the Asian Community event*

## Stay Healthy During Ramadan

Information on staying healthy during Ramadan is available on many websites including NHS Choices and the Department of Health.

The Department of Health have produced a '**Ramadan Health Guide**' available at [www.dh.gov.uk](http://www.dh.gov.uk) to help people understand the health issues related to fasting and to maximise the benefits of the fast. The booklet suggests a diet plan and answers questions about fasting and medical issues.

The NHS Choices website ([www.nhs.uk](http://www.nhs.uk)) states that '*Fasting during the month of Ramadan can be good for your health if it's done correctly.*'

Information available includes:  
**A guide for healthy fasting,**  
**healthy Ramadan meal plan,**  
**Fasting: health risks**  
**Quit smoking during Ramadan**  
**Ramadan health FAQ's**  
**Video: Healthy Ramadan**

*Source: NHS Choices; Department of Health*

**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](mailto:improvinghealth@enfieldrec.org.uk)**Web:** [www.enfieldrec.org.uk](http://www.enfieldrec.org.uk)**Project Staff:**Co-ordinators (job-share) - Valdev Chaggar &  
Sophie Khan

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

**Wates Foundation**

Up to £40,000 available from 2010, main priorities is community health and includes mental health, addiction, complementary therapy, the disabled, aged and infirm.  
Contact: [Telephone 01372 861000](tel:01372861000) or visit the website at [www.watesfoundation.org.uk](http://www.watesfoundation.org.uk)

**Lankelly Chase Foundation**

'Breaking cycles of abuse' funds organisations who work with women who have suffered domestic violence, abuse and rape. 'Quiet minds' funds projects that aims to support those who experience severe mental health difficulties.  
Contact: [Telephone 01235 820044](tel:01235820044) or visit the website at [www.lankelly.org.uk](http://www.lankelly.org.uk)

If you require any assistance with health funding applications, please contact the Improving Health Project.

## Healthy Recipe - Chickpea and Bulgur Wheat Salad

**A healthy vegetarian dish. Serves 4 people.**

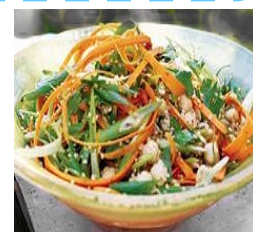
**Why not share your favourite healthy recipes with us, email [improvinghealth@enfieldrec.org.uk](mailto:improvinghealth@enfieldrec.org.uk)**

**Ingredients:**

- 150g bulgur wheat
- 100g carrots cut into matchsticks
- Bunch of spring onions, sliced diagonally
- 410g can chickpeas
- 4 tbsp olive oil
- 4 tbsp lemon juice
- 40g parsley, chopped

**Method:**

1. Put the bulgur wheat and 400ml boiling water in a pan over a medium heat. Reduce the heat and cook gently for 10-15 minutes, until softened. Drain and cool under cold water and drain again. Put in a large bowl.
2. Add the carrots, spring onions and chickpeas to a bowl and mix well.
3. Whisk the olive oil and lemon juice together. Toss through the salad with the parsley just before serving.



Source: [www.channel4.com/food](http://www.channel4.com/food)