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Black History Quiz A Winning Night



The winning team pictured, received a prize and certificate and included Cllr Kate Anolue, Ade Adeshina, Ken Allen, Dianne Martins and daughter, Val Munday, Rosaline Thompson and Sam Bell (not pictured).

The audience also enjoyed the tasty Caribbean food and health displays, including information and artifacts on the slave trade. Lastly, our thanks go Haycynth Slowley who kindly volunteered her services and entertained the children with her amazing face painting.

For more information about the projects work call 020 8373 6273.

The Black History Quiz family event held 21st October and hosted by the Improving Health Project proved to be a very successful and fun evening. Over 70 people, including 10 children packed into the cafe at Community House.

The programme began with talks by Ade Adeshina (EREC Chair), Sam Bell (EREC Trustee) and Cllr Kate Anolue (EREC Trustee) on their experiences working in health. This was followed by the Black History Quiz.



Enfield Hearing Health Day Very Popular



Deaf Project, the programme included talks and information on Hearing Aids and Audiology. As well as equipment demonstrations and new technologies and hearing aid troubleshooting. Many people also took advantage of the free hearing checks and tinnitus relaxation sessions.

The Enfield Hearing Health Day, held 10th September at Community House proved very popular with over 90 participants.

Hosted in partnership with the Improving Health Project, Royal National Institute for the Deaf and Enfield Disability Action - The

Feedback from the event indicated that this joint partnership event would be welcomed on a yearly basis and that people living in Enfield found it most informative. The full evaluation report from the event will be available shortly.



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Certificates Awarded To Reiki Training Attendees



The Improving Health Project has been working in partnership with Enfield Saheli – Support centre for Asian Women, to provide a Reiki training course for six of its members (pictured above with the Trainers).

Reiki involves the use of traditional Japanese techniques to heal yourself and others on physical, emotional and spiritual levels.

The trainees will now deliver Reiki to their members at the regular Friday drop-in, 10am-4pm at Community House. Contact Rubina at Enfield Saheli on 020 8373 6220 for more information.



Project Attends Black History Market Style Event

Photograph: Speakers, event organisers, participants and Project staff at the Black History Market Style Event

Project staff undertook some outreach when invited to have a stand alongside other community groups at the Black History Market style event. Extremely well attended, the event was organised by the Council's Health and Adult Social Care department at the Park Avenue Resource Centre, 16th October 2009.



Keep Healthy, Keep Happy And Salsa



The Keeping Healthy, Keeping Happy event at Trinity at Bowes Methodist Church took place 1st October with over 50 participants. Organised in partnership with the Improving Health Project and Enfield Asian Carers Consortium. The event was chaired by Anwar Chaudhury and the programme included talks on diet and nutrition, Reiki and Salsa dancing.



SANCTUARY HEALING

Free Walk-In Clinic for your

HOLISTIC HEALING INTERVENTIONS

Every Wednesday

2.30 pm – 7.30 pm

No Appointment Required

**Reflective Worship &
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: 07961061416 (Stephen)

Email: dragon4wand@yahoo.com Web: total-healthcare.org.uk

**Working in partnership with Enfield Racial
Equality Council's Improving Health Project**

Health Focus: No 9 Thalassaemia

Thalassaemia is the most common inherited condition of any major racial group in the UK, occurring in people of Cypriot, Italian, Greek, Indian, Pakistani, Bangladeshi and Chinese descent. People who originate from the Mediterranean basin, the Middle East, South Asia and East Asia are affected because the mutations that cause thalassaemia originally occurred in areas where malaria was common.

Thalassaemia is the name given to blood disorders that affect the body's ability to create red blood cells. These are important, because they carry a protein called haemoglobin around the body. Haemoglobin takes oxygen from our lungs to the rest of the body.

There are two types of thalassaemia:

- thalassaemia carrier (also known as thalassaemia minor or thalassaemia trait);
- thalassaemia major (also known as beta-thalassaemia major).

Symptoms of thalassaemia can range from mild such as anaemia to more severe, requiring blood transfusions. The condition can lead to complications such as organ damage, restricted growth, liver disease, heart failure and death.

Beta-thalassaemia is the most common and severe form of the condition in the UK. It can be diagnosed

using a blood test. Pregnant women are now routinely screened for the thalassaemia trait. If they test positive, their partner will also be tested. If both parents have the trait, there is a 25% chance the baby will have thalassaemia. Parents are then provided with information and counselling.

The UK Thalassaemia Society produced a report* in 2002 which showed how a publicity campaign targeting the Asian community (because 79% of babies born with beta-thalassaemia in the UK were to Asian parents), providing information in different formats and health promotion about the condition gave people the chance to be screened. Whilst this campaign was successful, the report states that the uptake of screening needs to increase.

Earlier this year, David Burrowes MP led a parliamentary debate about thalassaemia. He stated that in the UK, 1,000 patients with thalassaemia require regular transfusions and over 200,000 people carry the beta-thalassaemia gene. He highlighted the variations in care for thalassaemia patients and looked at how the lives of those with the condition could be improved. To read the full debate go to www.parliament.uk.

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

Support, Resources, Help

Patient UK

Information on
Thalassaemia

Web: <http://www.patient.co.uk/health/Thalassaemia.htm>

NHS Choices

Information on Thalassaemia

Web: <http://www.nhs.uk/Conditions/Thalassaemia/Pages/Introduction.aspx>

UK Thalassaemia Society

19 The Broadway, Southgate, London, N14 6PH

Tel: 020 8882 0011 Fax: 020 8882 8618
Web: www.ukts.org

*Thalassaemia Asian Awareness Campaign Report of a three year campaign 1997—2000

World Mental Health Day celebrated at Southbury Leisure Centre



Improving Health Project stand

NHS Enfield hosted a Well being Day event at Southbury Leisure Centre in partnership with the Improving Health Project and other community groups. The project was part of the Planning group to organise the World Mental Health Day event—6th October 2009. Over 130 people enjoyed the informative day which began with talks and included many activities - yoga, line dancing, relaxation sessions, gym tours, information stands and healthy lunch.



Line dancing participants

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 & 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 - Sportsmatch (England)

The Sport England Sportsmatch programme will be re-opening for grant applications in December 2009 for projects that will be delivered after April 2010.

The scheme offers pound for pound matched funding to investments made by individuals, trusts and companies into projects that encourage sports participation at community and grass roots level.

An example of how it works, if a business gives sponsorship to its local rugby club to organise new

coaching opportunities in the community, the grant would match the £1,000 with government money, doubling the money available to the club.

Applications can be made shortly at www.sportengland.org/funding/sportsmatch.aspx.

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

Source: <http://www.sportengland.org/funding/sportsmatch.aspx>

Healthy Recipe - Apple And Blackberry Oat Crumble

A healthier version of the traditional dish. Serves 4 people.
Share your healthy recipes by emailing improvinghealth@enfieldrec.org.uk



Ingredients:

85g plain wholemeal flour
55g oats
55g unsaturated margarine
70g brown sugar
3 apples
225g blackberries*
2tbsp lemon juice or water
1tbsp honey
1tsp ground cinnamon (optional)
* *Substitute with blueberries or raspberries*

Method:

1. Pre-heat the oven to Gas Mark 4/180 C/350 F.
2. Mix the flour and oats, then rub in margarine until the mixture resembles breadcrumbs. Stir in the sugar and cinnamon (optional).
3. Slice the apples thinly and mix in the blackberries, lemon juice and honey and then place in an ovenproof dish.
4. Spoon over the crumble mixture over the fruit.
5. Bake for 45 minutes or until golden brown.
6. Serve with low fat custard or ice-cream.