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Community groups to work with Project

Project staff met with community group representatives in January to outline the recommendations of the mapping exercise undertaken last year and to look at how the health of BME communities could be improved.

Groups were keen to run gender specific swimming/physical activity sessions, cooking demonstrations and hold preventative workshops for their members.

Currently the project is working with a mental health group to improving the well-being of its members through allotment gardening. Also, the project in partnership with Enfield Council Sports Department has provided several groups with training to become Walk Leads. This will enable

them to run walking sessions in the summer for their members, across the parks of Enfield. Other work in it's initial stages includes running a healthy cooking demonstration day for the Caribbean community.

The project also hopes to run some preventative workshops with other groups and also during the EREC open day to be held in early summer (date to be confirmed).

If you would like further information on the work of the project or a copy of the mapping summary contact the Improving Health Project on 020 8373 6273/8.

Looking After Your Health Seminar a Success

The successful partnership event organised with Enfield Primary Care Trust, Naree Shakti and Enfield Racial Equality Council took place late February at Community House in Edmonton. Michelle Gocman (Health Development Adviser, Enfield PCT) welcomed the Naree Shakti ladies who attended in volume and with a great eagerness to learn how to improve their health.

Fiona O'Leary (Community Dietician) led a session on Healthy Eating. She collected recipes from participants to examine and see if they could be made healthier. She explained that 'an Indian diet is healthy, but the influences of a western foods often makes people choose unhealthy options.'

Kit McAuley (Diabetes Facilitator) and Ketan Gondhia (Podiatrist) led a joint session on diabetes and maintaining good foot care. This included Ketan explaining to the participants the correct way to file toenails.

The Fitness Instructor, Mark Huggard ran a fun packed Chair based exercise session which was thoroughly enjoyed by all. The session ended with participants being given a pedometer and advice on how to improve their physical activity.



Photograph of some of the participants at the Looking After Your Health Seminar

Locum Co-ordinators, Valdev Chaggar and Saroj Parekh gave a short presentation on the aims and work of the Improving Health Project. The accompanying display focussed on 'Walk Enfield' and how to increase physical activity through the Enfield Council Sports programme.

The fun and highly informative event ended with a feast of South Asian food provided by Naree Shakti. The Improving Health Project is hoping to continue it's partnership working by running similar events in the future.



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Free Support for a Healthier Lifestyle

Enfield Primary Care Trust has a team of Health Trainers who can provide one to one sessions for those people who need practical support and information on how to lead a healthier lifestyle.

Contact a Health Trainer If you are interested in:

- > losing weight
- > eating more healthily
- > increasing your physical activity
- > quitting smoking

A number of languages are spoken by the Health Trainers and these include Turkish, Punjabi, Urdu, Somali, Hindi and Gujarati.

Don't delay, contact your local Health Trainer now. For further details on these sessions call Sonya on 020 8370 8296.

Health Trainers in Enfield

Phillip French 020 8344 3140 1.00-5.00pm

Forest Road Clinic

308a Hertford Road, Edmonton, N9 7HD

Maarya Attas, Degan Sultan, Rahme

Oytener 020 8807 4525 10.00am-2.00pm

TWSG, 42 North Square, Edmonton, N9 0HY

Susan Rayner 020 8443 1902 10.00am-2.00pm

Enfield Womens Centre

31a Derby Road, Enfield, EN3 4PX

Fardowsa Mohamed, Jaysen Subron

020 8807 8023 10.00am-2.00pm

Total Healthcare Project

Pymmes Park, 3 Pavillion, Victoria Road, Edmonton, N18 2UF

Source: Enfield NHS Primary Care Trust



Bowel Cancer Screening in Enfield

About 1 in 20 people in the UK will develop bowel cancer during their life. It is the third most common cancer in the UK, and the second leading cause of cancer deaths with over 16,000 people dying each year.

The bowel cancer screening programme in Enfield aims to detect the cancer at its early stage when treatment is more likely to be effective. It reduces the risk of dying from bowel cancer by 16 per cent.

The NHS Bowel Cancer Screening Programme was rolled out last year in Enfield. The programme is offered to both men and women between the ages of 60 and 69 years. Patients registered with a Enfield GP will receive an invitation to participate in the programme.

The invitation is sent out shortly after their birthday, with the test kit following two weeks later. The patient completes the test at home in privacy and posts it back to the testing centre at Northwick Park Hospital.

In the first year, patients will be invited on their 61st, 63rd, 65th, 67th or 69th birthday. In the second year of the programme, patients will be invited on their odd birthday. Those patients over 70 years of age can request a test kit by phoning the freephone helpline number 0800 707 6060.

Further information about treatments available and more information about bowel cancer go to:

www.cancerscreening.nhs.uk

Sources: www.cancerscreening.nhs.uk and Enfield NHS Primary Care Trust

“DO YOUR BIT
USE THE KIT”

Health Focus: No 2 Diabetes

There are currently over 2.3 million people with diabetes in the UK and there are up to another 750,000 who do not know they have diabetes (Diabetes UK). Enfield Primary Care Trust (EPCT) estimate that 14,000 people have diabetes in Enfield and numbers are increasing. They also estimate that there could be another 10,000 in Enfield who do not know they have diabetes.

According to the EPCT Annual Public Health Report 2006/7 'deaths caused by diabetes has fallen consistently since 1993.....However, the rate of deaths from diabetes in Enfield remains higher than the rate for England.'

Ethnic groups such as South Asians are more likely to develop Diabetes (Type 2) than their white counterparts, therefore more awareness raising within BME communities is needed. This health focus explains what diabetes is, signs to look out for, people most at risk of developing diabetes and where to get help and further information.

What is diabetes?

Diabetes mellitus is a condition, where there is too much glucose (sugar) in the blood, which the body cannot use it properly. Glucose comes from the digestion of starchy foods including bread, rice, potatoes, chapattis, yams and plantain; from sugar and other sweet foods; and from the liver which makes glucose. The hormone Insulin is made by the pancreas and that helps the glucose enter the cells where it is used as fuel by the body.

Who is most at risk from developing diabetes?

- > Asian and African Caribbean people
- > People with a family history
- > People older than 40 years
- > Previous history of gestational diabetes
- > PCOS (polycystic ovaries)
- > People with severe mental illness
- > People with increased waist circumference

Symptoms and signs of diabetes?

- > Increased thirst
- > Increased desire to urinate, particularly at night
- > Extreme tiredness
- > Weight loss
- > Blurred vision
- > Slow healing of wounds
- > Genital Itching or regular episodes of thrush

In Type 1 diabetes the signs and symptoms are usually obvious, developing quickly, over a few weeks.

In Type 2 diabetes the signs and symptoms are not so obvious or may be non-existent. If any of the above symptoms apply, take early action by asking your GP for a diabetes test.

The two types of diabetes

Type 1 diabetes develops if the body is unable to produce insulin and usually appears before the age of 40. This is the least common of the two main types.

Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the insulin produced does not work properly. Usually this is linked with people being overweight, over the age of 40, though in South Asian and African-Caribbean people it often appears after the age of 25. This is the most common type, with between 85-95% of all people with diabetes.

In both cases, the symptoms are quickly relieved once diabetes is treated. Early treatment also reduces the chances of developing serious health problems.

Support, Resources, Help

Enfield Diabetes Support Group

The group runs monthly meetings at the Diabetes Centre, Chase Farm Hospital for people with diabetes, their family and carers. For further details call Ruth 020 8360 4821 or David 020 8245 0948 or email edsg@blueyonder.co.uk

www.diabetes.org.uk

This website has information on diabetes available in the following languages: Arabic, Bengali, Chinese, Gujarati, Hindi, Punjabi, Somali, Urdu, Welsh.

Assortment of Young People with Diabetes

The support group of 11-17 year olds, known as AYPD meet monthly at the Diabetes Centre at Chase Farm Hospital. They run activities and have various speakers, including professionals to help them understand about Diabetes. For more information and dates contact Julia on 020 8375 2864.

Living With Diabetes Booklet

Download free from the Enfield Primary Care Trust website at www.enfieldpct.nhs.uk

Free Health and Lifestyle Screening Checks

Many pharmacies and chemists in Enfield offer free diabetes checks. For a list, contact the Improving Health Project on 020 8373 6273.

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:

Locum Co-ordinators - Valdev Chaggar & Saroj Parekh

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

£40 million available through Legacy Trust UK
celebrating the 2012 Olympic Games

A new £40 million fund that will use the 2012 Olympic and Paralympic Games to promote culture and sport amongst young people and communities was launched at the end of last year. The Big Lottery Fund, the Arts Council and the Department for Culture, Media and Sport have endowed Legacy Trust UK with 40m. This and other funds raised will be used to support cultural, artistic, educational and sporting activities that celebrate the 2012 Games.

Grants will be made under the following three broad themes: Sport & Wellbeing; Knowledge & Learning; Arts & Culture

Projects are likely to encompass: Community sport, healthy living, wellbeing, education, learning and personal development, heritage, the performing arts, creativity, community events and festivals.

The Trust welcomes projects which encourage a joined up approach across sport, education and culture. These themes are intended to inspire the widest possible range of projects.

Contact Legacy Trust UK at www.legacytrustuk.org or by telephoning 07961 454 205 for more information.

Healthy Recipe—Chicken Gumbo

A healthier version of the chicken recipe, using no oil. It serves 4 people. Enjoy!
Why not share your favourite healthy recipes —health@enfieldrec.org.uk

Ingredients:

500g skinless chicken pieces

500ml chicken stock

500ml water

1tsp cayenne pepper or 1tbsp Cajun seasoning

Pepper

25g parsley (reserve some for garnish)

200g brown rice

1 chopped onion

3 chopped carrots

1 chopped green pepper

250g sliced okra

200g canned/frozen sweetcorn

400g canned chopped tomatoes

Optional: 100g dried or cooked shrimp



Chicken Gumbo

Method:

1. Cover the chicken with the stock and water. Bring to a boil and simmer for 20 minutes.

2. Add the rest of the ingredients and simmer for about an hour until the rice is cooked and the vegetables are tender. If using shrimps, add 15 minutes before the end of cooking. Sprinkle with the reserved parsley.