



Health Events for June and July 2008

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Come along to our community events to raise awareness and improve the health of BME communities. The EREC Improving Health Project is working in partnership with several groups and Enfield Primary Care Trust. If you wish to attend any of the free events, book quickly as places will be offered on a first come first serve basis.

To kick things off are our Summer Exercise Classes (see inside for details and cost). Get fit for summer and exercise with Instructor Eileen Alger at Trinity at Bowes Methodist Church.

Do not miss our Caribbean Health Day on Thursday 5th June, working in partnership with Enfield Carib-

bean Association. Next, together with the Enfield Asian Carers Consortium, is the Diabetes Awareness Day on Wednesday 25th June.

On Wednesday 9th July we are holding our Women's Health Day, in conjunction with Enfield Primary Care Trust. Later in July we will be holding our Drugs and Alcohol Event working in partnership with Enfield Drugs and Alcohol and Naree Shakti. (Information about this event will be on the EREC website nearer the time).

Please support us in helping to raise awareness and improve the health and of Black and Minority Ethnic communities living in Enfield.

Enfield Racial Equality Council & Enfield Caribbean Association working in partnership

CARIBBEAN HEALTH DAY

THURSDAY 5TH JUNE 2008

10:30 AM - 3:30 PM

Edmonton Green Baptist Church,
Monmouth Road, London, N9 0LS



For a full programme of events and to **BOOK** your free place call 020 8351 1328

HEALTHY EATING DEMONSTRATIONS;
HEALTH CHECKS; FOOD HYGIENE INFORMATION & BOOK STALLS; LIGHT BUFFET; PRIZE DRAW

Enfield Racial Equality Council & Enfield Asian Carers Consortium working in partnership

Diabetes Awareness Day

Wednesday 25th June 2008

9:45am – 1:30pm

Trinity at Bowes Methodist Church

Palmerston Road, Palmers Green,
London, N22 8RA

Interactive workshop by Diabetes UK on What is diabetes; The different types of diabetes; Symptoms and causes. With a second session looking at prevention and healthy eating. Followed by a light buffet lunch and a chance to win Superdrug vouchers.

To book your free place call Nisha Patel at EACC on 020 8888 0999 or email nisha-asiancarers@tiscali.co.uk



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Health Events

Enfield Racial Equality Council & Enfield Caribbean Association

Working in partnership

Summer Exercise Class for Women

with Eileen Alger

EVERY WEDNESDAY

28TH MAY – 16TH JULY 2008
10:00 - 11:00 AM

Room 1, Trinity at Bowes Church
Palmerston Road, Palmers Green,
London, N22 8RA

Cost **£1.00** per class
(8 sessions payable in advance)

For more information and to BOOK your
place call 020 8351 1328 or email
eca@ukonline.co.uk

Enfield Racial Equality Council &
Enfield Primary Care Trust

Working in partnership

WOMEN'S HEALTH DAY

Wednesday 9th July 2008

9.30 am - 2.30pm

Trinity at Bowes Methodist Church
Palmerston Road, Palmers Green,
London, N22 8RA

Interactive workshops on Mental Health;
Physical Activity; Breast & Cervical Screening

To book your free place, telephone
020 8370 8196 or fill out the booking form
available on our website at
www.enfieldrec.org.uk

Report on the Experience of Black and Minority Ethnic Patients

The 'Report and analysis of the experience of patients in black and minority ethnic groups' is available from 22 May 2008.

Produced by the Department of Health and Healthcare Commission the report analyses self-reported views of NHS patients from different ethnic groups across a range of healthcare settings.

The reports main points include:

- Results show a range of variations between BME groups and their white British counterparts. Many areas show no dif-

Source: Department of Health website

ference, but others indicate that BME groups are less likely to report a positive experience.

- BME groups were less positive about questions relating to 'access and waiting' or to 'better information and more choice'

To read the full report go to
[www.dh.gov.uk/en/
Publicationsandstatistics/
Publications/DH_4067943](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_4067943)

Health Focus: No 3 Stroke

Stroke is the third biggest killer and leading cause of severe adult disability in the UK. It is estimated 150,000 people in the UK have a stroke every year - one person every five minutes. More than three times as many women die from stroke than breast cancer in the UK.

Unacceptable inadequacies exist in stroke care and research. For every £50 spent on cancer research only £1 is spent on stroke research.

Most people affected are over 65. If you are African, Caribbean or South Asian you are at higher risk of a stroke, particularly when young. It is a fact that the first time incidence of stroke is twice as high among African and Caribbean people as amongst Europeans.

STROKE SYMPTOMS 'FAST'

Facial weakness - can the person smile? Has their mouth or eye drooped?

Arm weakness - can the person raise both arms?

Speech problems - can the person speak clearly and understand what you say?

Test all three symptoms

Improve Your Lifestyle and Reduce Your Risk of a Stroke

- Stop smoking
- Reduce your alcohol consumption
- Eat a healthy diet, including reducing your salt intake, eating lots of fruit, vegetables, whole-grain foods and fish and less fat, red and processed meat
- Take regular exercise and try to keep a healthy weight
- Maintain the right blood pressure and low cholesterol levels

Stroke is an emergency

If you see these signs call **999**. Early treatment saves lives and increases the chances of making a better recovery. Delay can result in death or major long-term disabilities, such as paralysis, severe memory loss and communication problems.

What is a Transient Ischaemic Attack?

Also called a mini stroke a TIA is similar to a full stroke but symptoms may only last a few minutes and will have gone within 24 hours. Do not ignore this as it could lead to a major stroke. See your GP as soon as possible and ask to be referred to a specialist stroke service.

Support, Resources, Help

Stroke Prevention Leaflet

Available in five South Asian languages:

Bengali, Gujarati, Hindi, Punjabi and Urdu at www.stroke.org.uk

Action for Stroke Club

The club offers support, therapies and social activities to people who have had a stroke and their carers.

telephone: 020 8360 1195
email: info@total-healthcare.org.uk
website: www.total-healthcare.org.uk

National Stroke Strategy

Launched 5 December 2007 this sets a clear direction for the development of stroke services in England over the next ten years. Available at www.dh.gov.uk/en/Healthcare/NationalServiceFrameworks/Stroke/

Contact us:

Enfield Racial Equality Council

Improving Health Project

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Web: www.enfieldrec.org.uk

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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

Trusthouse Charitable Foundation Grants Programme

Charities and not for profit organisations that are active in the fields of Health Care and Disability; Community Support and the Arts and Education are able to apply for one off funding from the Trusthouse Charitable Foundation. The foundation distributes over £2m per year. Funding is available through the Small Grant Scheme, with grants up to £10,000 and the Large Grant Scheme offering grants between £10,000 and £30,000. Trustees will consider grants from the UK, particularly those concerned with areas of deprivation.

Any applications for the following areas will be considered: The support of carers; projects in deprived communities; the provision of sporting facilities or equipment in deprived areas; rehabilitation of substance and alcohol mis-users (see website below for full list).

Further information is available from
www.trusthousecharitablefoundation.org.uk

If you require any assistance with health funding applications, please contact us.

Healthy Recipe - Spring Rolls

A healthier version of Vegetarian Spring Rolls, baked in the oven. Serves 4 people.
Why not share your favourite healthy recipes with us, email improvinghealth@enfieldrec.org.uk

Ingredients:

1 carrot
2 celery sticks
1/2 red pepper
1 leek
1 red onion
1 red chilli
1cm piece of ginger
2 garlic cloves
Oil
2 tbsp soy sauce
1 tsp sesame oil
4tbsp chopped coriander
110g bean sprouts
6 small sheets of filo pastry
Egg white

Method:

1. Cut the carrot, celery, leeks, pepper, onions, into thin strips; finely chop the chilli, ginger and garlic. Fry with 1 tablespoon of oil until cooked but with some crunch. Turn off heat.
2. Add soy sauce, sesame oil, chopped coriander and bean sprouts and leave to cool.
3. Lay out the filo pastry sheets and brush edges with egg white. Divide vegetable mixture between each sheet. Fold the top of the filo over the mixture and press down. Fold in the sides, then roll up firmly.
4. Place the spring rolls on a lightly oiled baking tray. Bake for 15 minutes or until golden in a preheated oven at 180° C/ 350° F/ Gas 4. Serve immediately with Soy or Chilli sauce.

