



## Improving Health Project Launch

### INSIDE

#### THIS ISSUE

Improving Health Project Launch	2
Contact A Family	2
Ways to Improve Your Health	3
World Osteoporosis Day	4
What is FGM?	4
Improving Health Project	5
Free Health Checks	6
Health Trainer News	6
Project Staff Update	7
Funding News	7
Foundation Status Consultation	7
Contact Us	8
Healthy Recipe	8



From left: Bevin Betton (EREC Chair), Cllr Dogan Delman (Mayor of Enfield), Sameera

Enfield Racial Equality Council launched its new Improving Health Project on 19<sup>th</sup> July with a discussion on the Consultation to change services at Chase Farm Hospital.

Over 50 local community representatives

attended the meeting at Enfield's Civic Centre, which received a presentation from Anita Grabarz and Dr Ugo Okoli of Enfield Primary Care Trust.

Sameera Hamid, Project Co-ordinator stated, **'This project aims to improve the health of local ethnic minority communities. One of the ways we can do this is by ensuring local health services are taking action to address inequalities which result in these communities disproportionately suffering from poorer health than their white counterparts.'**

Ms Hamid added, **'We feel that the future of Chase Farm Hospital is a major health issue for all residents in Enfield, and that the Project's launch was an ideal opportunity for consultation organisers to hear from representatives of Enfield's diverse and hard to reach communities.'**

(continued on page 2)

## Improving Health Mapping Exercise Results Awaited

The Improving Health Project has been undertaking a mapping exercise to ascertain key health concerns and gaps in health services and activities for local Black and Minority Ethnic (BME) communities.

The mapping included an assessment of local data and health plans, questionnaires to local stakeholders, and questionnaires and outreach interviews with local BME community groups.

The mapping will assist the project to

target its health promotion, awareness raising, and community development work over the next 3 years to focus on priority communities whose needs are currently not being met.

The resulting report will be of use to local professionals and decision-makers keen to improve health inequalities in Enfield.

Findings from the report will be available on the website ([www.enfieldrec.org.uk](http://www.enfieldrec.org.uk)) later in the autumn.



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## Improving Health Project Launch (continued)



Anita Grabarz and Dr Ugo Okoli taking questions at EREC's AGM

Concerns were raised at the meeting that the closure of services at Chase Farm Hospital would lead to many unemployed local junior doctors, and that more reassurances were needed about how services in the community would be improved and meet increased demand. Participants also requested that the consultation organisers should do more to ensure residents who did not speak English or who had little understanding of local

health services were assisted to have their say on proposals.

The comments have been used to compile EREC's formal response to the consultation. With the key issue raised by EREC being the inadequate race equality impact assessment undertaken by the Trust.

A full copy of EREC's response can be found at [www.enfieldrec.org.uk](http://www.enfieldrec.org.uk) Or by contacting the project on 020 8373 6273/8

or by email [improvinghealth@enfieldrec.org.uk](mailto:improvinghealth@enfieldrec.org.uk)

### REMINDER

Your Health, Your Future

Get your ticket for the End of Consultation Event

21st November 2007

0800 321 3129  
behfuture  
[@enfield.nhs.uk](mailto:@enfield.nhs.uk)

## Contact a Family

By Claire Harding, Paediatric Project Officer for London

### Contact a Family Guide for Parents: When Your Child Has Additional Needs

The text version of the above booklet can be downloaded free at [www.cafamily.org.uk](http://www.cafamily.org.uk) in the following languages:

Arabic  
Bengali  
Chinese  
Farsi  
Somali  
Turkish  
Urdu  
Welsh  
English

Contact a Family is the only UK-wide charity providing advice, information and support to parents of all disabled children - no matter what their disability or health condition. We provide information on where to go for help in local areas as well as putting families in touch with one another through our linking service.

Contact a Family also offers information and advice to professionals who work with families who have a disabled child.

The role of the Paediatric Project Officer is to:-

- Provide paediatricians and healthcare profes-

sionals in London with information about Contact a Family to pass on to parents.

- Work with paediatricians and other healthcare professionals in London to explore ways that parents of disabled children, particularly from Black Minority Ethnic (BME) backgrounds, can help shape local child health services which best meet their needs.

The Paediatric Project Officer is keen to identify and contact community organisations and parent support groups, reflecting the BME community, who would be interested in working with health

professionals in looking at ways to improve child health services.

If you would like to know more about the Paediatric Project and the work of Contact a Family please telephone 020 7608 8785 or email [claire.harding@cafamily.org.uk](mailto:claire.harding@cafamily.org.uk).

For families with disabled children the Contact a Family Telephone Helpline



0808 808 3555 offers an interpreted service covering 150 different languages

# Ways to Improve Your Health: No.1 Giving up Smoking



**If you smoke, giving up will be the biggest single step you can take to improve your health.**

In Enfield smoking is the cause of 1,730 hospital admissions and 390 deaths a year. A needs survey carried out by Enfield Primary Care Trust on the Turkish community found that over 50% of those responding smoked. Reducing the rates of smoking amongst Turkish communities is a key target in Enfield. The Improving Health Project would like similar surveys conducted on other key ethnic groups in Enfield. Particularly the Bangladeshi, Caribbean, Greek Cypriot and Irish communities.

Tobacco smoke contains over 4,000 chemicals, 50 of which are known to cause cancer. Of the three main components, nicotine makes smoking addictive and carbon monoxide and tar can cause serious diseases.

Most people know the diseases caused by smoking include cancer and heart disease but the health benefits seen below are reasons to give up smoking.

After	Giving Up—The Health Benefits
20 minutes	Blood pressure and pulse return to normal. Circulation improves, particularly to hands and feet.
8 hours	Blood oxygen levels increase to normal.....chances of having a heart attack start to fall.
24 hours	Carbon monoxide leaves your body. The lungs start to clear out mucus and debris.
48 hours	Your body is nicotine free. Your senses of taste and smell begin to improve.
72 hours	Breathing is easier and energy levels rise.
2 – 12 weeks	Circulation improves throughout your body. Walking and exercising become easier.
3-9 months	Breathing, coughing, wheezing improve. Lung efficiency increases by 5 – 10%
5 years	Risk of having a heart attack falls to about half that of a smoker.
10 years	Risk of lung cancer falls to around half that of a smoker. Risk of heart attack becomes the same as that of a non-smoker.

**Services, Resources, Help**  
**Give up smoking—Nobody say's it's easy but it is worth the effort!**

**Enfield & Haringey Quit Smoking Service**

This service has helped hundreds of local people give up smoking in Enfield. Specialist Smokers Clinics are available at St Michael's Centre - Chase Side and Forest Primary Care Centre - Edmonton. All the help and support you need is FREE. For further information or on how to access support in another language or to contact the Turkish Smoking Cessation Service. Call or log on to the website:

**0800 085 6258      [quitsmoking.uk.com](http://quitsmoking.uk.com)**

**NHS ASIAN TOBACCO HELPLINE**

Urdu    0800 169 0 881  
 Punjabi    0800 169 0 882  
 Hindi    0800 169 0 883  
 Gujarati    0800 169 0 884  
 Bengali    0800 169 0 885

**Help on the Web**

'Breaking the smoking habit'

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

Arabic, Chinese, Gujarati, Somali, Bengali,  
 Punjabi, Urdu  
 Advice available in written and audio formats



Food and nutrition can contribute to build and maintain strong bones

# World Osteoporosis Day: 20.10.07

'Beat the break': Know and reduce your osteoporosis risk

Visit [www.iofbonehealth.org](http://www.iofbonehealth.org) for further information about the debilitating bone disease that affects one in three women and one in five men worldwide. The year of bone health awareness includes the launch of the new IOF One Minute Risk Test on how to identify your risk and to learn measures to prevent this condition.

## What is Female Genital Mutilation?

by Caroline Barrett, Community Partnership Adviser



**FGM is illegal and prohibited by the Female Genital Mutilation Act 2003. Practice now carries a 14-year prison sentence.**

**Female Genital Mutilation (FGM) or Female Circumcision** refers to all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for cultural or other non-medical reasons. It affects more than 100 million girls and women worldwide.

FGM has been performed by cultures across Ages and Continents. Many reasons have been put forward to justify its continued practice. Reasons can include: family honour, custom and tradition, hygiene and cleanliness, preservation of virginity/chastity, social acceptance especially for marriage, mistaken belief it is a religious requirement and sense of group belonging.

With migration to the UK from countries where it is practised. FGM is more common than most people realise. It is increasingly found within our communities here in the UK, including Enfield. Women and girls at high risk include communities particularly Somalia, Sierra Leone, Ethiopia, the Sudan, the Middle East, other central and North African countries.

The health risks are serious. In the short-term health implications can include severe

pain and shock, haemorrhaging, blood and wound infection, injury to adjacent tissue, damage to organs and death. In the long-term, health implications can include chronic vaginal and pelvic infections, difficulties in menstruation, damage to reproductive organs and system, maternal or fetal death, mental health and psychosexual problems, increased risk of HIV and other sexually transmitted diseases.

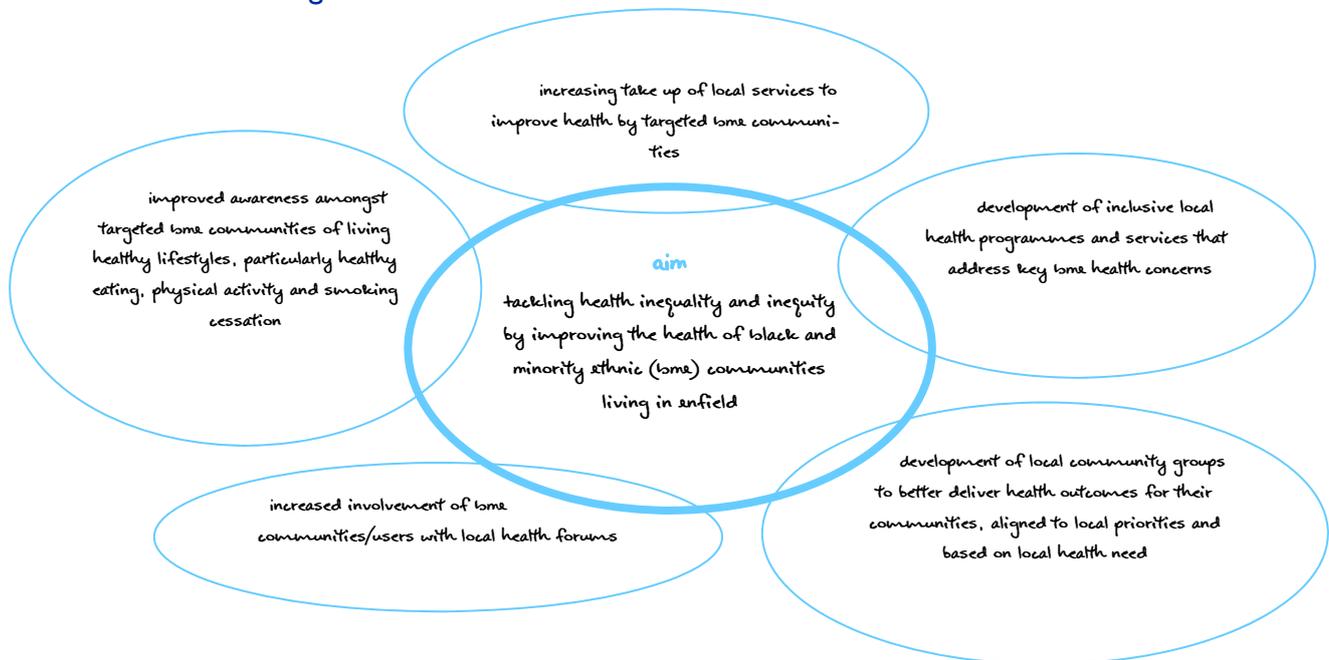
Female Genital Mutilation is illegal and prohibited by the Female Genital Mutilation Act 2003. Practice now carries a 14-year prison sentence.

It is acknowledged that some families see it as an act of love rather than cruelty, however, FGM causes significant harm both in the short and long term and constitutes physical and emotional abuse to women, girls and babies.

The London Borough of Enfield would like to connect with local BME and faith communities to help address concerns associated with the practice of FGM. If you would like to get involved or for further information or advice, please email: [caroline.barrett@enfield.gov.uk](mailto:caroline.barrett@enfield.gov.uk)

# Improving Health Project

In September 2006, Enfield Racial Equality Council (EREC) was awarded a grant from the Big Lottery Fund to deliver its Improving Health Project. The project received funding for four years to tackle health inequality and inequity by improving the health of Enfield's Black and Minority Ethnic (BME) communities. Enfield's most deprived wards have a high percentage of Black and Minority Ethnic (BME) populations, and are amongst the worst 25% of wards in England in regard to health. Mortality rates for Enfield show that residents of Enfield North wards and Edmonton Wards have the highest death rates from coronary heart disease, stroke and diabetes.\* The project's aim and outcomes it is working to achieve are:



These outcomes will be achieved through a variety of methods:

- Lobbying and working with local decision makers to address inequalities, service access, and gaps in services
- Health promotion work through targeted information, displays, and interventions to local BME communities, delivered in partnership with local BME community groups and
- Community development work with targeted BME groups to help them secure funding to carry out health activities and health improvement projects.

for more information on the project contact valdev or saraj on [02083634444](tel:02083634444) or email

[improvinghealth@enfieldrec.org.uk](mailto:improvinghealth@enfieldrec.org.uk) or keep up-to-date via our website [www.enfieldrec.org.uk](http://www.enfieldrec.org.uk)

(\*sources: annual report of north central london strategic health authority [www.nclsha.nhs.uk](http://www.nclsha.nhs.uk); annual public health report [www.enfieldrec.org.uk](http://www.enfieldrec.org.uk); anfield primary care trust)

## Free health checks for Enfield residents

From October, fifteen selected Pharmacies in Enfield will be offering Health and Lifestyle screening checks for Coronary Heart Disease (CHD) and Diabetes risk factors. Many also offer a Stop Smoking Session service for those having the health check.

In Enfield CHD affects over 7,000 people and over 9,000 people have Diabetes. Many people may not know they have these conditions. Ethnic groups such as South Asians are more likely to develop Diabetes (type 2) than their white counterparts. These conditions are also more prevalent in deprived parts of the borough.

Pharmacists will be able to check for: Cholesterol and Glucose levels, Blood Pressure, Weight and Body Mass Index to allow residents to take action and modify their lifestyles and receive the appropriate treatment.

**Source:** Enfield PCT Pharmacies offer free screening for Coronary Heart Disease and Diabetes 27/9/07

### Health and Lifestyle Screening checks are available at:

Lloyds Pharmacy	98a South St.	EN3 4QA
MK Shah	734-736 Hertford Rd	EN3 6PR
Aldermans Pharmacy	30 Aldermans Hill	N13 4DN
Walkers Chemist Ltd	410-412 Green Lanes	N13 5XG
Greens Pharmacy	48 Green Lanes	N13 6JU
C Atkinsons Chemist	750 Green Lanes	N21 3RE
Anson Pharmacy	4 Florey Sq	N21 1UJ
Sainsburys Pharmacy	681 Green Lanes	N21 3RS
Green Cross Pharmacy	213 Fore St	N18 2TZ
Wise Pharmacy	76a Fore St	N18 2SL
Superdrug	21 Market Sq	N9 0TZ
Skot Chemist	139 Victoria Rd	N9 9BA
VMS Pharmacy	291 Hertford Rd	N9 7ES
GM Alexander Pharmacy	316 Hertford Rd	N9 7HB
Virens Chemist	560 Hertford Rd	N9 8AG



## Health Trainer News

Are you a voluntary sector organisation?

Would you like to have a health trainer placed in your organisation?

Health trainers provide one to one support for people who would like to eat more healthily, be more physically active or stop smoking.

To find out more information contact Paulette Yusuf on 020 8370 8213

## Improving Health Project Staff Update

Sameera Hamid (Co-ordinator, Improving Health Project) has now gone on maternity leave and EREC wishes her well and thanks her for all her hard work on the Improving Health Project so far.

The project has two new Locum Co-ordinator's - Valdev Chaggar and Saroj Parekh working as a job-share. Joining the team is Indrani Yogarajah, the new Project Administrator.

The Improving health team look forward to working with everyone on this exciting project. They would be 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 6273/8 or by emailing [improvinghealth@enfieldrec.org.uk](mailto:improvinghealth@enfieldrec.org.uk)

## Funding News

### Round 3 of Connecting Communities Plus, Community Grants Now Open

The grants scheme Connecting Communities Plus, Community Grants welcomes applications from small, local run, voluntary and community organizations.

Do you want to improve opportunities for local people to improve relations between people of different ethnic and/or faith backgrounds?

The fund's priorities derive from the 'Improved Opportunity, Strengthening Society', the government strategy to increase race equality and community cohesion.

Grants between £6,000 and £12,000 are available. The round finishes on 8th January 2008 and all funding must be spent by 31st March 2009.

The next London briefing event is on Saturday 17th November 2007. For information on this event call 01223 400343 or email [ccplus@cdf.org.uk](mailto:ccplus@cdf.org.uk)

Application forms and guidance notes can be found at <http://www.cdf.org.uk> or contact Laura Miller-Grants Administrator on 01223 400343.

## Have Your Say: Foundation Status Consultation

Barnet, Enfield and Haringey Mental Health NHS Trust is applying for Foundation status. The consultation will run from 17th October 2007 to 16th January 2008. After this a formal application will be submitted to the Secretary of State for Health.

To learn more and have your say on the consultation, public meetings are taking place across the three boroughs. The next Enfield public meeting is taking place **Wednesday 21st November at 2pm** at the North London Business Park.

Information on the consultation can be found at: **[www.beh-foundation-consultation.org.uk](http://www.beh-foundation-consultation.org.uk)** or call 020 8375 1692 or write to the freepost address:

Barnet Enfield and Haringey Mental Health Trust  
FREEPOST RRLT-GXKK-GLKU  
Trust Headquarters  
Avon Villa  
Chase Farm Hospital Site  
The Ridgeway  
Enfield  
EN2 8JL

## 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:

Locum Co-ordinators - Valdev Chaggar &  
Saroj Parekh

Project Administrator - Indrani Yogarajah



Become a member of Enfield Racial Equality Council. If you support the work of EREC, then why not come on board as a member. Membership is free and is open to individuals who live or work in Enfield and to organisations operating in Enfield, who are committed in furthering the work of EREC.

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.**

*Challenging Racism and Promoting Racial Equality  
within the London Borough of Enfield*



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**The National Lottery**<sup>®</sup>  
through the Big Lottery Fund



## Healthy Recipe—Spicy Pumpkin Soup

A lovely autumn soup using seasonal vegetables, that is both low in fat and vegetarian. Serves 2-4 people. Enjoy!

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

#### Ingredients:

900g pumkin/butternut squash cubed  
1 large onion, chopped  
1 large potato cubed  
1 clove of garlic crushed  
1 chilli chopped  
Salt and freshly ground pepper  
4 cups of Vegetable stock  
1 tbsp olive oil  
*Optional: Coriander leaves for garnish*

#### Method:

1. Sweat the chopped onion in the oil until transparent
2. Add the crushed garlic and chopped chilli
3. Add the cubes of pumkin, potato, stir then add the stock, simmer until tender
4. Transfer to a blender, add salt and pepper to taste, until creamy in consistency
5. Garnish with coriander leaves and serve with crusty wholemeal rolls for a healthy meal



**Spicy Pumpkin Soup**