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## Looking After Your Mental Health

Enfield Racial Equality Council, Improving Health Project is working in partnership with Mind in Enfield and Enfield Primary Care Trust to run the following free event.

Looking After Your Mental Health  
Tuesday 2nd December 2008  
9.45am—1.30pm  
Angel Community Centre  
Raynham Road, Edmonton, N18 2JG

The seminar will include talks on 'Looking After Your Mental Health' run by Kate Crook

(Nursing Team Leader, Barnet, Enfield & Haringey Mental Health Trust) and 'Eating for a Healthy Mind' run by Fiona O'Leary (Senior Specialist Dietician, Enfield Primary Care Trust) as well as an interactive yoga session, health stalls, healthy lunch and free prize draw.

Come along and enjoy this informative day. To book your free place contact the Improving Health Project on 020 8373 6273 or email [improvinghealth@enfieldrec.org.uk](mailto:improvinghealth@enfieldrec.org.uk)

## Pranayama, Yoga and Meditation



The Improving Health Project is working in partnership with Deep Indian 50 Plus Association (Enfield) to run the Pranayama, Yoga & Meditation Class every Wednesday 11.00am—12.30pm at Trinity at Bowes Methodist Church, Palmerston Road, N22 8RA.

Come and join the simple Pranayama, Yoga & Meditation class with time for relaxation, healthy living and simple Ayurvedic home remedy tips. The weekly class costs £1.50 per sessions and the partnership runs from Wednesday 15th October 2008—28th January 2009.

Twenty-four eager participants (pictured above) attended the class October 22nd and

completed evaluation forms. Initial evaluation resulted in many positive comments about the instructor, venue and cost. Participants commented that they were eager to attend other classes to improve their health including Aerobics, Tai Chi and Pilates. This shows a demand for further exercise classes that are both affordable and accessible to BME communities.

For further information and to book your place on this class contact the Deep Indian 50 Plus Association (Enfield): Ramanbhai Tailor 020 8361 5981; Chandrika Bheda 07941 338 919; Ranjan Jani 020 8883 9351 or Nalini Rayani 020 8440 3929.



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# Keep Warm, Keep Healthy



## Keep Warm, Keep Healthy

Keeping warm over the winter months is vital to staying **healthy**. **Cold homes can affect people's health**. Arthritis symptoms are often worse for sufferers living in cold, **damp homes, and the cold can also affect people's brain function and manual dexterity increasing the likelihood of falls and accidents in the home**. Figures show that **temperatures below 16°C (61°F) can lower the body's resistance to respiratory infections, and temperatures below 12°C (54°F) can cause older people's blood pressure to rise, which increases the risk of heart attack**.

The effects of the cold can be even more extreme. The UK has one of the worst winter death rates in Europe, an average of 30,000 people die every year, which is 20% more than any other season. Winter deaths are especially likely to occur in older people, particularly those 75 and over.

## Fuel Poverty

Despite the associated health problems, some people cannot afford to heat their homes. People who spend more than 10% of their household income on fuel in order to heat their homes to a healthy and comfortable living environment (21°C/70°F for older people) are said to be living in fuel poverty. There are roughly 5 million UK households living in fuel poverty, many of these people being **older, disabled, or chronically sick**. **What's more** many people, experience not only the problems associated with fuel poverty but face language difficulties that prevent them accessing the information they need to keep warm

and well. This can put them at greater risk of contracting cold-related illnesses. Help is available in the form of benefits, grants and advice on saving on fuel bills.

## Benefits

Benefits are there to help those in need but are not always claimed. Up to 1.8m eligible people do not claim council tax benefit, 30% of eligible pensioners do not claim Pension Credit. In fact, every year benefits worth £4.2 billion are left unclaimed by pensioners. That amounts to an average £29 a week per household in unclaimed benefits.

## Saving on fuel bills

For help and advice on how to save energy in the home and save on fuel bills the Home Support Network is here to help. The Network is a partnership of organisations that promote the issues of older people in Enfield and have joined forces with the Energy Saving Trust to provide information and advice on various grants and discounts in the Borough. Following a home check questionnaire, customers are entitled to a **FREE** home energy report providing measures needed to make the home more energy efficient and warm and grants and discounts available to carry out these measures. These measures are **FREE** for those on certain income-based benefits and discounted for those not in receipt of these benefits. It may surprise you to know you could have loft insulation, cavity wall insulation, super-efficient boilers and thermostats, hot water tank insulation or draft-proofing.

**By Debra Ayipeh (Home Support Network Coordinator)**

Over 50? Worried about your fuel bills this winter?

Then join us at our

## Enfield Energy Efficiency Community Event

Edmonton Leisure Centre, The Broadway, Edmonton, N9

On Thursday 13th November 2008, 10am - 2pm

Energy Saving Trust, The Pensions Service and Enfield Homes  
will help you

**Keep Warm and Save Money**

There will be a **FREE** light lunch, **FREE** gifts and lots of information.

Bring a recent Gas or Electricity bill and get a **FREE** quote.

Special energy efficiency events are available for Community group leaders/ reps, enquire at the Home Support Network Stand



# Health Focus: No 5 Mental Health

One in four of us will have some kind of mental health problem in our lifetime. Problems many of us experience include stress about work, money worries or the death of a loved one - these issues can affect our mental health.

In some cases, this can be serious or long-lasting. A quarter of all visits to GPs are for a mental health problem, often anxiety or depression.

These issues particularly affect Black African and African Caribbean communities. Everyday life has a big impact on mental health and black communities in the UK are still more likely than others to face problems such as bad housing, unemployment, stress and racism, all of which can make people ill.

One in five mental health in-patients comes from a black and minority ethnic (BME) background, compared to about one in ten of the population as a whole.

In January 2005, the Department of Health published a five-year action plan, Delivering Race Equality (DRE) in Mental Health Care. DRE aims to help mental health services provide care that fully meets the needs of BME patients and build stronger links with diverse communities. Further information about this can be found at [www.dh.gov.uk](http://www.dh.gov.uk)

Barnet, Enfield and Haringey Mental Health NHS Trust provides a wide range of mental health services. Their aim is to improve the mental health and wellbeing of local people and to provide an effective and modern mental health service. Get involved and have your say by becoming a member of the proposed Foundation Trust. As a member the trust has arranged a series of informal events led by consultant staff. Further information on this can be found at [www.beh-mht.nhs.uk](http://www.beh-mht.nhs.uk)

As is the case nationally, mental health problems in Enfield include higher diagnosed cases of Schizophrenia amongst Black African and Black Caribbean individuals than other ethnic groups. Individuals from these communities are also more likely to be sectioned under the Mental Health Act than their counterparts.

If you are worried about your health, seek help as soon as possible. Talk to your GP first. They can refer you to specialist services. Below you will find useful information and help.

To find out more about mental health, please contact the Improving Health Project on 020 8373 6273 or email [improvinghealth@enfieldrec.org.uk](mailto:improvinghealth@enfieldrec.org.uk) to book onto the free '**Looking After Your Mental Health**' event taking place Tuesday 2nd December (flyer enclosed).

## Support, Resources, Help

### Mind in Enfield

Tel: 020 8884 5000/14

Web: [www.mind-in-enfield.org.uk](http://www.mind-in-enfield.org.uk)

**African/Caribbean Drop-in**  
**Wednesdays 10.00am—2.00pm**  
 275 Fore Street, Edmonton, N9 0PD

### Enfield Mental Health Users Group

Tel: 020 8366 6560

Email:  
[emugroup@tiscali.co.uk](mailto:emugroup@tiscali.co.uk)

Web:  
[www.groupadvocacy.org.uk](http://www.groupadvocacy.org.uk)

### Enfield Saheli Mental Health Project

This project provides advice and support to Asian women, that are suffering with mental health problems and to their children and families. As well as helping women that are isolated or going through emotional distress. If you need help then call **020 8373 6220**  
**Drop-in, Fridays, 11.00am—4.00pm,**  
 Community House, 311 Fore Street,  
 Edmonton, N9 0PZ

### National Help

**MIND: [www.mind.org.uk](http://www.mind.org.uk)**  
**Mind info line: 0845 766 0163**  
**Monday—Friday 9.00am—5.00pm**

**NHS Direct: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**  
**Telephone: 0845 4647**

### The Samaritans of Enfield, Haringey, Barnet

**Tel: 020 88896888**  
**40 Queens Road, London, N11 2QU**

**Web: [www.samaritans.org](http://www.samaritans.org)**  
**24 hour telephone: 08457 90 90 90**  
**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

## 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)

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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—Healthy Heart Grants

Healthy Heart Grants support innovative projects designed to promote heart health and to prevent or reduce the risks of heart disease in specific groups or communities.

Grants of up to £10,000 are available to community groups, voluntary organisations and researchers who are spreading the healthy heart message.

Government or local authority funded institutions are not supported, although community and voluntary groups aided

by public money can apply.

Applications are only accepted during January and February for the May round of grants and July and August for grants awarded in November each year. Applications received at any other time of year will be returned.

For further information go to the Heart Research UK website at [www.heartresearch.org.uk/healthy\\_heart\\_grants.htm](http://www.heartresearch.org.uk/healthy_heart_grants.htm) or contact the Improving Health Project.

## Healthy Recipe - Vegetable Dolmades

A healthy Greek dish. Serves 4 people.

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

### Ingredients:

Fresh vine leaves (or packet/jar), soaked in boiled water (for approx 10 minutes to soften) and drained

Olive oil for frying

1 large onion, chopped

1 large tin or fresh chopped tomatoes

½ cup long grain rice

½ cup mushrooms\*, chopped small

½ cup courgette\*, chopped small

½ cup aubergine\*, chopped small

½ cup carrot\*, finely chopped

Parsley, finely chopped

2 tsp dried mint

1 tsp cinnamon

Salt and black pepper to taste

1 tablespoon fresh lemon juice

1 vegetable stock cube

\*substitute other vegetables according to your taste

### Method:

1. Heat olive oil in a large stainless steel pan to fry the onion until soft.
2. Add the tomatoes and cook for another minute.
3. Add the chopped vegetables and cook for a few more minutes.
4. Add the rice and remaining ingredients (except the stock cube), stirring to coat and combine.
5. Remove from the heat and transfer into a large bowl.
6. Wrap filling into leaves – place a vine leaf (smooth side down) with the stem towards you on the work surface. Place a tablespoon of the filling near the stem end and fold in the sides of the leaf over the filling and roll into a parcel. Repeat for remaining leaves.
7. Pack tightly and layer the dolmades into the same pan.
8. Dissolve the stock cube in a cup of boiled water and pour over them, and add enough cold water to just cover them.
9. Cover and simmer until tender for about 30 minutes and all liquid has been absorbed.
10. Serve hot or cold with a salad.



Vegetable Dolmades

Recipe by Soula Solomon