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## Healthy Eating Asian Recipe Book Launch

Following on from last year's successful partnership working, Enfield Racial Equality Council's Improving Health Project, Enfield Primary Care Trust and Naree Shakti are hosting the following **free** event.

### Launch of the Healthy Eating Asian Recipe Book

**Tuesday 10th March 2009**

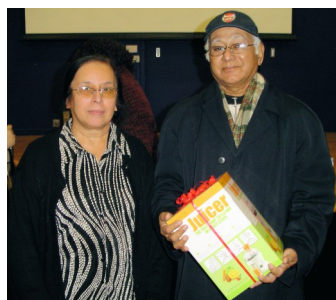
**10.30am—1.30pm**

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

As well as receiving your free copy of the new Healthy Eating Asian Recipe Book. The event will include talks on 'How to use the new Recipe Book' by Fiona O'Leary (Senior Specialist Dietician, Enfield Primary Care Trust) and a talk from Health Trainers Santokh and Balwant Rehal; 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)

## Mental Health Day A Big Success



Photographs from the Looking After Your Mental Health event including the Prize draw winners and the chair based Yoga session

On the 2nd December 2008, Enfield Primary Care Trust, Mind in Enfield and the Improving Health Project hosted a community engagement event 'Looking After Your Mental Health'. Forty-five attendees came to the event held at the Angel Community Centre in Edmonton.

The aim of the day was to promote mental health, healthy eating and physical activity. The programme included talks from Kate Crook, Nursing Team Leader (Barnet, Enfield and Haringey Mental Health Trust); Eating for a Healthy Mind by Fiona O'Leary, Senior Specialist Dietician (Enfield Primary Care Trust) and Chair based yoga with Emily Kopp, Yoga tutor (Mind in Enfield).

The evaluation of the event showed that nearly 90% of attendees considered the event as very good/excellent overall. Other key findings included 84% of attendees stating that they would consider changing their diet as a result of the event, whilst 16% stated they would not. With 85% of attendees stating they would consider participating in more exercise and 15% stating they would not.

Many positive comments were received from the evaluation and included 'A truly enjoyable session. When is the next one?' and 'Excellent event, good range of topics and speakers.' For a copy of the evaluation report contact the Project.



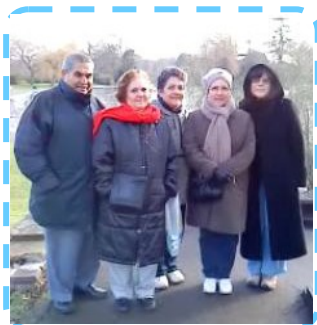
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# Turkish Women's Walk Group

The Improving Health Project has assisted several community group representatives to undertake walk lead training via the Enfield Sports programme. Hulya from the Turkish Women's Philanthropic Association of England completed the training and has written the following article about her organisation for readers.



Photograph of TWPA members on one of their walks

My name is Hulya, I joined the Turkish Women's Philanthropic Association (TWPA) in 1992. The group is also a member of Enfield Racial Equality Council (EREC). Since EREC started the Improving

Health Project, I have been one of the people trained to take the groups for the walks in the park.

The TWPA was established in May 1970 by Turkish Cypriot housewives, dismayed by their isolation and lack of voice in the community. In 1975 TWPA became a Charity, its main aim being to provide practical and financial help for the Turkish women and their families. Fund raising activities include afternoon teas, dinner dances and organised trips both at home and abroad.

TWPA bought its own building in 1992. The centre is used for drop-in's, information, social gatherings and health seminars. The success after 38 years comes mainly from the determination and dedication of its many volunteers and the support of its ever-growing membership.

## TWPA Activities:

**Mondays** 10:30am - 11:30am  
Yoga (£3.00 per session)

Newcomers are welcome.

**Tuesdays** 11:00am - 2:00pm  
Needlework classes. Anyone interested in needlework is welcome.

**Wednesdays** 10:00am - 11:00pm  
Walks in the park  
Broomfield Park, Palmers Green.

**Fridays** 10:00am - 2:00pm  
Drop-in.

**Last Sunday of the month** 2:00-5:00pm  
Afternoon tea.

## TWPA Contact details:

Chair: Ayse Osman, Vice-chair: Emine Arslan, Secretary: Hulya Degirmencioglu, Treasurer: Havva Beyzade.

The centre is located at 4 Wiloughby Road, Hornsey, London N8 0HR

Telephone: 020 8340 1600  
E-mail: [info@twpa.co.uk](mailto:info@twpa.co.uk)

## Healthcare, Inequalities and Fairness Conference

Enfield Primary Care Trust organised a conference entitled 'Healthcare, Inequalities and Fairness: What's in it for me' which was held 26th January 2009. The event was well attended and included a workshop on **Ethnicity: Access, Removing Barriers in Healthcare** facilitated by Valdev Chaggar, Co-ordinator of the Improving Health Project and Roulla Nahlis from the Citizens Advice Bureau.

The full report from the event is due out shortly and the Improving Health Project will be working with Enfield Primary Care Trust on its Single Equality Scheme and on the Primary Care Strategy consultation due to begin later in the Spring.

Please contact the project for more information about the conference findings.

## Diabetes Toolkit Support for South Asian Communities

Diabetes UK has created a toolkit for use by community and religious leaders to host events for South Asian communities. With a handbook, powerpoint presentations (Understanding Diabetes & Food and Diabetes), speaker notes and a quiz on food myths.

If you would like to raise awareness of diabetes in the community, temple, Mosque, or Gurdwara contact Jennie Dixit at Diabetes UK (email [jennie.dixit@diabetes.org.uk](mailto:jennie.dixit@diabetes.org.uk))

'**Diabetes Lifestyle**' a newsletter providing invaluable information and advice for black and minority ethnic communities is also available at [www.diabetes.org.uk](http://www.diabetes.org.uk).

Source: Diabetes Lifestyle – Winter 2008/  
[www.diabetes.org.uk](http://www.diabetes.org.uk)

# Health Focus: No 6 Obesity

Obesity is one of the biggest public health issues facing individuals living in Enfield. As well as affecting your health, there is an increase in the risk of type 2 diabetes, cardiovascular disease and some cancers.

According to the Department for Health, already a quarter of the adult population and nearly a fifth of all children in England are classified as obese. Obesity is responsible for 9,000 premature deaths each year and reduces life expectancy by approximately 9 years. People who are obese may also be stigmatised or bullied, sometimes leading to low self-esteem and depression.

It is estimated that the financial burden to the NHS is approximately £4.2 billion and it forecast that this sum will double by 2050.

Obesity is defined usually by having a Body Mass Index (BMI) of 30 or above. This involves comparing your weight to your height and dividing the weight measurement (in kilograms) by the square of the height (in meters).

Sport England conducted a national survey in 2006 which looked at levels of physical activity in the population. In Enfield, it showed that approximately 20% of adults took part in moderate physical activity lasting 30 minutes, three times a week.

The National Child Measurement Programme measures the weight of children in reception and year 6 classes in England's primary schools and was set up in 2005 as part of the government's strategy to tackle the rise in excess weight in children. It found that Enfield's primary school aged children have the 11th highest obesity rates in reception years and 14th highest obesity in year 6 of all London's Primary Care Trusts. Nationally Enfield is the 24th highest in reception and 21st highest in year 6. Obesity rates vary across the borough with the highest levels often found in the poorer wards of Enfield.

Obesity is one of the health issues that has therefore been prioritised by the borough. If your community group would like to work in partnership with the project to raise awareness around obesity by holding a health awareness event, then please contact Valdev on 020 8373 6273 or email [improving-health@enfieldrec.org.uk](mailto:improving-health@enfieldrec.org.uk). Or to get your free copy of the '**Healthy Eating Asian Recipe Book**' come to the launch event taking place **Tuesday 10th March 2009** (flyer enclosed).

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

## Support, Resources, Help

### Enfield Health Trainers Service

Do you want **FREE** support to lead a healthy lifestyle?

Tools and advice available on how to increase physical activity and on healthier eating.

For an appointment ring  
**020 8370 8296**

### Mind in Enfield

Healthy Eating Sessions

**Spring 2009**

For further details call Martine on **020 8887 1494** or email [martine.drake@mind-in-enfield.org.uk](mailto:martine.drake@mind-in-enfield.org.uk)

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

### Change 4 Life

To help families eat well, move more and live longer

Get your free welcome and personalised action plan at  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

or to have a chat with the team call **0300 123 4567**

### Enfield Sports Facilities

For a copy of the London Borough of Enfield's Sports Development programme contact the team on **020 8379 3766**.

For details of Enfield's Leisure Centres go to  
[www.enfieldleisurecentres.co.uk](http://www.enfieldleisurecentres.co.uk)

## 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:

Co-ordinators (job-share) - Valdev Chaggar & Sameera Hamid

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 - Improving Londoners' Mental Health

The City Bridge, Improving Londoners' Mental Health grant aims to improve the mental health of Londoners which it sees as an important investment in London's well-being and its future. Mental health is more prevalent in London than in the rest of the UK. Around one in five Londoners lives with a mental health illness and people with mental health problems are often the most marginalised groups in the UK.

### What will be funded?

- Work tackling depression amongst older people.
- Services specifically for children and young people and their families and carers.

- Work supporting homeless people, transient people and rough sleepers.
- Work with prisoners, ex-prisoners and others in contact with the Criminal Justice System.
- Work particularly around "trauma" amongst refugee and asylum seekers.
- Resettlement support for people with mental health issues living independently or in supported accommodation.

For further information go to

[www.bridgehousegrants.org.uk/CityBridgeTrusts/Grants/GrantProgrammeGuidelines](http://www.bridgehousegrants.org.uk/CityBridgeTrusts/Grants/GrantProgrammeGuidelines) or contact the Improving Health Project for assistance with your bid.

# Healthy Recipe - Honey and Bran Muffins

A healthier version of a favourite snack or dessert. Makes 24 muffins.

### Ingredients:

175g All-bran  
110g plain flour  
275ml skimmed milk  
4 tablespoons honey  
1 egg  
1 teaspoon bicarbonate of soda  
1/2 teaspoon salt

*To vary the muffins, try adding dried fruits and nuts to the basic recipe.*

### Method:

1. Heat the oven to Gas Mark 6/200°C/400°F
2. In a bowl mix the All-bran, milk and honey and allow to stand for 2 minutes.
3. Beat in the egg.
4. In another bowl mix together the flour, bicarbonate of soda and salt. Add to the first mixture, stirring gently until just combined.
5. Spoon the mixture into paper bun cases.
6. Bake for 20—25 until an inserted knife in the centre of the muffin comes out clean.
7. Leave to stand for five minutes then serve immediately.

