

## Community Empowerment and Support Initiatives (CESI) - UK

### **Reaching Communities** **Greenwich Nepalese / Gurkha Integration Project**

#### **Report on Health Awareness and Healthy Living Workshop** *(An interactive meeting on information sharing and problem solving).*

<b>Event</b>	Health Awareness and Healthy Living Workshop
<b>Venue</b>	Clock house Community Centre, Defiance Walk, Woolwich Dockyard, Woolwich; London SE18 5QL Royal Borough.
<b>Date/Time</b>	Wednesday, 14th August 2013/10.00-16.00
<b>facilitator</b>	Mr. Arka Timsina, the project Coordinator
<b>Participant</b>	Nepalese Gurkha community
<b>Resource Person 1</b>	Jasbinder Kang, Public Health and Wellbeing, Royal Borough of Greenwich
<b>Resource Person 2</b>	Debbie Walker, Public Health and Wellbeing, Royal Borough of Greenwich
<b>Resource Person 3</b>	Rupesh Shah, Public Health and Wellbeing, Royal Borough of Greenwich

A one day Health Awareness and Healthy Living Workshop was organised on 14th August 2013. This workshop was attended by 67 people of Nepalese/ Gurkha community, project staff, volunteers, steering committee members and CESI executive committee members. The workshop was started at 10 AM and finished at 4 PM.

Laxman Sah, Chair person of CESI welcomed the participants, resource person and provided the introduction of the project funded by The Big Lottery Fund England- Reaching Communities. Chair person explained the objectives, outcomes and the activities of the project. Mr Sah also highlighted the importance of the outcome no. 2 of the project: **"150 Gurkha elderly people per year, both men and women, will have reported improvement in their health through specialised health and healthier consultation provided by the project"**. CESI chair formally declared the workshop open.



The aforementioned three resource persons were from the Public Health and Wellbeing Department, Royal Greenwich. Mr. Arka Timsina, the project Coordinator had played the role workshop facilitator including Translation and Interpretation in all three sessions of the event.

Arka Timsina also presented the workshop programme and schedule for the day (See Annex 2 for workshop Programme). He explained the objectives of the workshop.

The objectives of the workshop were as follows.

- To inform the participants about cancer and its sign and symptoms
- To educate the participants about the lifestyle that prevent people from the cancer
- To aware and inform the participants on screening programme for Breast cancer, cervical cancer, and Bowl cancer.
- To inform the participants about the Greenwich Expert Patients Programme (EPP).
- To answer the health related questions of the participants during Question and Answer Sessions

## Session 1: Cancer Information and Outreach Project

Trainer of this first session was Ms Jasbinder Kang. Cancer Information and Outreach Officer, Greenwich Healthy Living Services, Royal Greenwich, The Woolwich centre, 35 Wellington Street, Greenwich, SE18 6HQ, Mobile: 07942 758906

Jasbinder kang, the Cancer Information and Outreach Officer of Greenwich Healthy Living Services, Royal Greenwich briefed the participation about the Cancer Information and Outreach project provide to the people of the Royal Borough of Greenwich.

The two hour session was divided into four parts. 1) Information on cancer. What is cancer? What are the sign and symptoms of the cancer and, 2) cancer awareness and information on screening programme for Breast cancer, cervical cancer, and Bowl cancer including importance of early diagnostic



Ms kang informed the participants that the **Cancer Information and Outreach Project** offers people affected by cancer access to good quality, comprehensive and appropriate non-clinical information. She mentioned that the service offers information to anyone who has cancer, as well as their relatives, friends and carers, and provides awareness raising sessions on cancer prevention, cancer services and how to lead a healthy lifestyle,

including information about the three National Screening Programmes (breast, cervical and bowel screening). Training for health professionals, voluntary and community organisations is also available.

The project also offers an outreach service through a Cancer Information Outreach Worker, who has an understanding of different cultures and speaks English, Punjabi and Hindi. The Outreach Worker works in the community of Greenwich, as well as in satellite clinics.

## **Session 2: Greenwich Expert Patients Programme (EPP) and Overview**

The EEP Session was divided into three sub session

### **2.1. Greenwich Expert Patients Programme (EPP) and Overview**

### **2.2. Question and Answer Session**

### **2.3. EPP Courses**

### **2.1. Greenwich Expert Patients Programme (EPP) and Overview**

The Greenwich Expert Patients Programme (EPP) provides free self-management courses for anybody living with a long-term health condition, as well as to people that are caring for someone with a long-term condition. Courses offer participants the opportunity to develop the confidence and skills necessary to manage long-term conditions on a day-to-day basis.

We aim to help people:

- Take control of their health
- Obtain the greatest possible quality of life
- Work effectively with healthcare professionals
- Make the best use of all available resources.

Courses typically run over six weeks, structured as a two-and-a-half hour session each week.

### **2.2. Question and Answer Session**

Your body changes as you get older, but a balanced diet will help you stay healthy. Here's what to eat and how to keep healthy as you get older.

What to eat



## **A healthy, balanced diet**

Whatever your age, it's important to eat a healthy, balanced diet. This means you should try to eat:

- plenty of fruit and vegetables – aim for at least five portions of a variety of fruit and veg a day
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties if you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein – try to eat at least two portions of fish a week, including a portion of oily fish
- just a small amount of foods and drinks that are high in fat or sugar

Look at the eat well plate for more information on how to have a healthy, balanced diet. Plenty of foods rich in starch and fibre.

Fibre-rich foods include wholegrain or brown types of starchy foods such as bread, rice, pasta and breakfast cereals. Other good sources of fibre are potatoes, oats, beans, peas, lentils, fruit and vegetables.

Eating foods containing fibre could be good for your digestion. [Constipation](#) tends to become more of a nuisance as you get older, but fibre-rich foods can prevent constipation and other [digestive problems](#).

Don't buy raw bran and sprinkle it on your food to increase your fibre as this may prevent your body absorbing some important minerals.

### ***Eat Iron-rich foods***

Iron is important for our general health. A lack of iron can make us feel as though we have no energy, so include some iron-rich foods in your diet.

The best source of iron is lean red meat. However, if you eat more than 90g (cooked weight) of red and processed meat a day, the Department of Health advises that you cut down to 70g.

Iron is also found in pulses (such as peas, beans and lentils), oily fish such as sardines, eggs, bread, green vegetables and breakfast cereals with added vitamins.

Liver is a good source of iron. However, be careful how much liver you eat as it's also rich in vitamin A, too much of which can be harmful.

### ***Eat Calcium-rich foods***

[Osteoporosis](#) is a major health issue for older people, particularly women. It happens when your bone density decreases, which raises your risk of fractures. It's important to have calcium in your diet to keep your bones healthy.

Eating calcium-rich foods can help you avoid osteoporosis. Good sources include dairy products such as milk, cheese and yoghurt. Choose lower-fat varieties when you can or eat higher-fat varieties in smaller amounts.

Calcium is also found in canned fish with bones such as sardines, green leafy vegetables such as broccoli and cabbage (but not spinach), soya beans and tofu.

### ***Eat less salt***

Many of us in the UK eat too much salt. Too much salt can raise your blood pressure, which puts you at increased risk of health problems such as heart disease or a stroke. Try to have less than 6g of salt a day.

Most of the salt we eat is already in foods such as cereals, bread, tinned soups and other ready-prepared foods. Check food labels before you buy and choose ones that contain less salt. Don't add salt to your food when cooking and at the table.

### ***Enough vitamin D***

Vitamin D is also essential for healthy bones as it helps you absorb calcium. We mainly get our vitamin D through the effect of summer sunshine on our skin. However, it's also important to get some in your diet.

Good sources include eggs, oily fish, some fortified breakfast cereals and fortified spreads.

### ***Vitamin A***

Having too much vitamin A (more than 1.5mg of vitamin A a day from food and supplements) might increase your risk of bone fracture.

Liver is high in vitamin A. Don't eat liver or liver products, such as pate, more than once a week, or eat them in smaller portions. If you do eat liver more than once a week, don't take any supplements containing vitamin A or fish liver oils (which also contain high levels of vitamin A).

### ***Keeping healthy***

As well as making sure you eat enough of the right types of food, try to follow these food and diet tips to stay healthy:

#### ***Stay a healthy weight***

Try to keep your weight at a healthy level. It's not good to be either overweight or underweight.

As you grow older, if you're overweight, you'll become less mobile. This can affect your health and quality of life. Being overweight also increases your risk of diseases such as heart disease and diabetes.

Being underweight isn't healthy either and may be a sign that you're not eating enough or that you're unwell. Being underweight also increases your risk of osteoporosis.

If you're worried about your weight, ask your GP to check it. They may refer you to a dietitian, who can advise you about changing what you eat to meet your current needs.

### ***Watch out for lack of appetite***

As we age, it's natural to eat less or be less interested in food. This is partly because we're not as active as we used to be, and also because we lose some muscle so our bodies burn fewer calories.

However, it's important to get all the energy and nutrients that your body needs. If you don't eat as much as you used to, eat smaller meals more often and supplement them with nutritious snacks, such as fruit, vegetables and wholegrain toast. You may eat less because you find it more difficult to buy or prepare food, or because you find it harder to get around if you have a condition such as [arthritis](#).

Eat regularly, at least three times a day. If you don't feel like cooking from scratch, have a tinned, chilled or frozen ready-prepared meal instead. It's a good idea to have a store of foods in the freezer and cupboard in case you cannot go out.

### ***Don't get thirsty***

Aim to drink about 1.2 litres (or two and a half pints) of fluid every day to stop you getting dehydrated. This is about six 200ml or eight 150ml glasses, cups or mugs. When the weather is warm or when you are active, you'll probably need more than this.

All non-alcoholic drinks count towards your daily fluid intake, including tea and coffee. However, water, milk and fruit juices are the healthiest choices.

Drinks that contain a lot of caffeine, such as strong tea and coffee, might make your body produce more urine. If you mostly drink strong tea or coffee (or other drinks that contain a lot of caffeine), make sure you also drink some water or other fluids each day that don't contain caffeine.

## **2.3. EPP Courses**

Rupesh Shah, Public Health and Wellbeing, Royal Borough of Greenwich explained the importance of: 1) using your mind to manage symptoms, 2) exercising for Fun and Fitness, and 3) Exercising for flexibility and strength: Warm-up Cool-down.

He said that these three set of exercises could make people to become an expert patient and active self- manager of their own health.

In the first part of the session, he explained about "Using Your Mind to manage Symptoms. Symptoms of long-term conditions, their causes and the ways they interact are complex. A vicious circle can be set up in people's daily lives, which requires decision and effort to break.



Understanding the nature, causes and interactions of symptoms will make management easier. A meditation exercise was conducted.

In the second, Mr. Shah told the participants that regular exercise and physical activity are vital to our physical and emotional health and can bring fund and fitness at the same time. He said the truth is that long period of inactivity in anyone, young or old, ill or well, can lead to weakness, stiffness, fatigue, poor appetite, high blood pressure, obesity, osteoporosis, constipation, and increased sensitivity to pain, anxiety, and depression. Because symptoms like these also arise from chronic illness, it can be difficult to tell whether it is the illness, the inactivity, or a combination of the two that is responsible for these problems.

The third informative session was about the "Exercising for flexibility and strength: Warm-up Cool-down". He said that you can choose exercises to build a strengthening and flexibility programme for whole body. You can choose specific exercise to improve your balance.

**He mentioned that we will go all these three programmes in our next EPP sessions at CESI Plumstead.**

During the workshop, a local pharmacy was called to take weight and blood pressure check-up of the participants.



### Annex 1: Workshop Programme

Time	Activity	Responsible person
10:00-10:30	Registration	
10:30-11:15	Cancer Awareness and Signs & Symptoms	Jasbinder Kang
11:15- 11:45	Question and Answer Session	
11:45-12:15	SHORT BREAK WITH TEA AND COFFEE	
12:15-13:00	Expert Patient Programme – An over view	Debbie Walker
13:00-13:30	Question and Answer Session	
13:30-14:00	EPP – Language courses (SAFH) Taster Activity	Rupesh
14:00-14:15	Question and Answer Session on	
14:15-14:30	Feedback collection	Team
14:13-15:00	Lunch	