

Camden Health Inequalities Forum Bulletin

The Camden Health Inequalities Forum (HIF) is run as a partnership between the voluntary and community sector, NHS Camden and L.B. Camden to contribute to tackling health inequalities and reducing the gap in morbidity (disease) and mortality for residents.

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www.vac.org.uk/networks/healthinequalities.htm

Previous Health Inequalities Bulletins are available on the website

2010 LGBT Health Summit: Hatfield, Hertfordshire, 6th & 7th September

The LGBT Health Summit will be held in Hatfield, Hertfordshire on 6th & 7th September 2010 hosted by Hertfordshire Partnership NHS Foundation Trust. The Summit was founded in 2006 to provide a safe and supportive space for individuals, organisations and activists to discuss, debate and challenge thinking and practice on LGBT health issues in the UK. The theme of this year's summit is '*The emotional connection: healthy mind, healthy body*', and is about getting a holistic view of LGBT health and understanding the links between different health issues.

The event is free. You can reserve a place online at www.lgbthealth.co.uk Anyone interested in becoming more actively involved at the Summit, either through volunteering, attending a workshop or speaking, can find further information on the LGBT website.

Henna launches New Exercise and Skills Classes

Henna Asian Women's Group is launching a new programme of Women Only exercise classes every Thursday from 1-2 pm, they are also testing a Saturday morning class from 10-11am, once a month, for those who have limited time on weekdays. In addition to getting physically fit, Henna wants to explore women's potential and learn new skills. Bookings are required for some classes:
Henna Asian Women's Group, Abbey Community Centre, 222c Belsize Rd, NW6 4 DJ.
Phone: 02073729860. Email: mamta_hennaorg@yahoo.co.uk

Referrals from refugees and asylum seekers at Womens Therapy Centre

The Women's Therapy Centre is able to accept referrals from refugee and asylum seeking women who are resident in Camden. They offer psychoanalytic psychotherapy either on a one-to-one or group basis. For further information visit :

www.womenstherapycentre.co.uk. Please do not hesitate to get in touch if you require any more information or wish to refer anyone to our services.

NEWS OF FREE SWIMMING!

2 months of Free swimming lessons for 60+_- Limited space available, please call to book in for a class. The aim is to provide an introduction to learning to swim for older adults. There will be an emphasis on balance, posture and CV fitness

Who is the session appropriate for? Adults over the age of 60 who have little/no experience of swimming. Adults who are independently mobile (may use walking stick/cane). Adults in a stable state of health.

Who is this session not appropriate for? Adults who can already competently swim. Adults with uncontrolled/poorly managed health conditions. Anyone who requires specialist one-to-one support.

Sessions will take place at Swiss Cottage School's hydrotherapy pool, 80 Avenue Road, NW8 6HX Start date: 29th May, Final session: 31st July, Saturday 1.30-2.00pm and

To book a place, or to discuss the class details please call Lucy at the Camden Active Health Team on 0207 974 2985.

Adults (any age) free swimming lessons – Greenwich Leisure Limited (GLL)

Adults can complete a registration form and GLL will be offering up to 6 hours of free lessons. There is no guarantee that all needs will be met but the more applications they receive then the more we can push to provide more tailored classes.

Either register online at <https://secure.gll.org/webform.asp> or <http://www.gll.org/freeswimminglessons/> Or contact the 'Free Swimming Lessons' support team on 0845 600 6230, between the hours of: Mon to Thurs 8.00am - 7:30pm, Friday 8.00am - 5.00pm, Saturday 8.30am - 1.00pm

NHS Camden- Men's Health Week 14th – 21st June.

NHS Camden is working with the Men's Health Forum and a host of voluntary sector organisations to encourage men to adopt a healthier lifestyle. A programme of awareness raising workshops will be delivered across the borough focusing on the ten top male health problems. A team of NHS health specialists will be on hand to provide expert 1:1 advice on the various NHS services that are on offer and pathways to treatment.

On offer will NHS Health Check Service during the week. Health checks indicate the risk of stroke, diabetes, heart disease and kidney disease and offer support in preventing these before they have a chance of impact on a person's life.

NHS Camden will also be working in partnership with local workplaces in Camden to raise awareness of men's health issues amongst employees.

To kick off the week NHS Camden will be hosting a community 5-a-side football tournament will take place at the Community centre, 21 Castlehaven Road, NW1 8RU on Monday 14th June. The event will include 8 teams all competing for the prestigious Camden Communities Cup. Some free refreshments will be provided. For more information about the football competition contact: Lewis Smith , Tel: 0203 317 3703
Email; lewis.smith@camdenpct.nhs.uk

If you are a Camden resident and would like to get involved in Men's Health Week or would like more information on Men's Health Week and becoming more physically active, contact: Josh Wellman , Tel: 020 3317 3699, Email: Josh.wellman@camdenpct.nhs.uk

For more information about our work with Camden workplaces, email: workwell@camdenpct.nhs.uk

Getting Camden Cycling

The London Cycle Challenge starts on 1 June and runs for the whole month of June. It's easy to set up a team, so why not visit tfl.gov.uk/cyclechallenge, register and set up your own team then invite as many people as possible to join your team.

Teams can be formed and people can join up at any point during June. Participants are asked to log their mileage on line. There are prizes for the teams logging the most amount of mileage & for new cyclist teams. Workplaces, social groups, community groups, etc, are encouraged to organise teams, which can be done online at tfl.gov.uk/cyclechallenge.

Teams are really easy to organise and join.

- The main idea is for as many people as possible to sign up to the challenge.
- It lasts for the whole month of June and people can sign up at any time during the month.
- People signing up can do as little or as much cycling as they want – beginners and returners to cycling are particularly welcome
- When signing up you can either join an existing team or create your own.
- You are asked to log your mileage on line throughout June & the teams with the highest mileage get prizes.
- A running display of the top teams is visible on line.
- There are 2 types of team: workplaces & social groups.
- Free cycle proficiency sessions are offered on first come first served basis – information is on line. Camden council also offer free cycle proficiency sessions.

- It's very easy to set up a team – 1 person needs to take responsibility as team organiser – think of a team name & then email round to everyone suitable to invite to join their team once it's set up
- Anyone can join a team whether they cycle for 10 mins in the month or 2 hours daily – all welcome

Friendly Visitor Service for older Lesbian, Gay, Bisexual and Transgendered People in Camden

Opening Doors at Age Concern Camden is extending its befriending and social support services for older Lesbian, Gay, Bisexual and Transgendered people in Camden.

Age Concern Camden recognises the special problems of social isolation that face many older LGBT people and the obstacles that make it difficult for them to share in LGBT community life. People who share an ethnic, cultural or religious identity report a sense of improved well being when they are able to socialise with others from a similar back ground. LGBT people share this need to be able to socialise with others who share a common history and life experience.

That is why the Opening Doors Project at Age Concern Camden is helping to build community by matching older LGBT people with volunteer friendly visitors. The volunteers are recruited from the LGBT communities and are matched with an older person who shares similar interests or who enjoys participating in the same activities. This helps to build relationships that are enjoyable and rewarding for both parties.

The volunteers are carefully screened and fully trained. They make a commitment to visit once a week for 1 ½ hours. They may be able to accompany an older person to a social event or to a medical appointment.

The service is for any resident of Camden who identifies as lesbian, gay, bisexual or transgendered who is aged over 50. For more information or to refer to the service please contact: Brian Collins-McDougall, Age Concern Camden LGBT Befriending Co-ordinator. T: 0207 121 3333. E: B.Collins-McDougall@ageconcerncamden.org.uk