



A Wembley Methodist Circuit
& Brent Healthy Lifestyle Team, Public Health Event

Healthy Fun Day 2014

www.plmc.org.uk

Programme

Saturday 25th January 2014
Park Lane Methodist Church, Wembley
1 - 4pm



1.15 - 1.45

Look After Your Heart



Dr Markand Patel, Hammersmith Hospital

There's lots you can do to keep your heart healthy - whatever your age. Taking exercise, eating a healthy diet, encouraging children to be heart healthy and being aware of dangers such as smoking, drinking, high blood pressure and stress are all important for your long term heart health.

Dr Patel's presentation will be on Coronary Heart Disease. As he is a Community Emergency Life Support trainer with BAPS Charities, supporting the British Heart Foundation's Heartstart initiative, he will also conduct a short demonstration on CPR, Cardio Pulmonary Resuscitation.

SEMINARS & PR

1.50 - 2.05

Healthy Eating

Baldeesh Rai, Dietician



Heart UK is a charity committed to raising awareness about the risks of high cholesterol, lobbying for better detection of those at risk and supporting health professional training for people who care for people with dyslipidaemia. They work with a variety of partners as well as the British Heart Foundation to promote healthier lifestyle options.

Baldeesh Rai is a Dietician for Heart UK and will talk about how you can improve your heart by healthier eating.
See more at: www.heartuk.org.uk

2.10 - 2.25

Prostate Cancer

Nicole Bobb



Prostate Cancer - 'What you need to know' talk presented by Ms Nicole Bobb, a Community Champion Volunteer with Prostate Cancer UK.

The talk will cover what can go wrong with the prostate, what you can do about it and how Prostate Cancer UK can help and support those affected by or concerned about prostate cancer

2.30 - 3.00

Looking After Your Mental Well Being

Amarinder Vadera, MIND NLP Coach

A comprehensive seminar from Amarinda Vadera of Mind UK. Talk on depression, anxiety and dealing with stress.

Amarinder will also focus on prevention and self help, prevention of severe symptoms and signposting to relevant health services.



For better
mental health

PRESENTATIONS IN THE SIDE ROOM

3.05 - 3.20

The Importance of Immunisation

Dr Donald Palmer



Dr Donald Palmer is a Senior Lecturer in Immunology and member of Park Lane Methodist Church.

Dr Palmer's research examines the function of the immune system and his talk and presentation will concentrate on the importance of vaccination in the young and old; and is suitable for all age groups. Not to be missed.

IN THE TOP ROOM

2.00 and 3.00

Football Coaching & Demonstration

Keith Gussy Young

Something for our 8-12 year old audience. Keith Gussy Young is a professional football coach and today will demonstrate how our young people can keep fit.

Keith was the Brent torch bearer at the 2012 Olympics. He currently coaches at Youngs Football Coaching School, is the Brent and Middlesex school's football manager as well as an established radio presenter at Roots FM.

Keith will be displaying his 2012
Olympics Torch on the day





Brent Healthy Lifestyle' Team Health & Well Being

Information and advice will be available on a range of healthy living topics including how to eat more healthily and be more active every day. Diet and exercise are vital for promoting well being and reduce the risk of diabetes, hypertension, coronary heart disease and stroke.

Other topics you will be able to discuss with health trainers will include cancer, women's, men's and teenagers health awareness, childhood immunisation under 14 years, and mental health and well-being.

Drug & Alcohol Abuse Advice Sandy Youngson - Brent Public Health

Drug & alcohol abuse information and advice from Sandy Youngson.

General Health Checks Silver Star



Silver Star is a registered charity campaigning to provide diabetes awareness. They will conduct diabetes risk assessments, weight, height, BMI (Body Mass Index) and blood sugar testing.

Bowel Screening

Davina Baptiste - Northwick Park Hospital

Davina Baptiste is a Health Improvement Specialist at St Marks Bowel Cancer Screening Programme Northwick Park Hospital.
www.bowelcanceruk.org.uk

British Heart Foundation

Venkat Chennubotla

Venkat Chennubotla will be on hand with information and advice on their research work in eradicating heart disease.
www.bhf.org.uk



Information on Prostate Cancer

Nicole Bobb

Nicole Bobb, a Community Champion Volunteer with Prostate Cancer UK will be on hand to talk about what can go wrong with the prostate and how to obtain help and support.



Dental Health Sharon Mclaggan

Sharron Mclaggan is Oral Health Promoter and Co-ordinator at Wembley Centre for Health & Care.



Bee Tatham

Health & Well Being Demonstration

Come, discover and experience healthy cooking and eating, top supplements for optimal health along with a mini facial with premium beauty range. Led by Bee Tatham.

2.30 - 3.00 Autism - What is It?

Andrew Matthews

Founder of Autism Charity Ruah Care

Andy Matthews has spent much of his working life working for local authority Social Services Departments in the East Midlands. During this time he has worked with people with learning and mental health difficulties and more recently with those who have autism and Asperger's Syndrome, setting up the charitable company Ruah Care.

2.10 - 2.40 Salsa Demo & Class

Mambo City

Join the Mambo City Salsa Team for a dance demonstration and class to remember!



2.50 - 3.20 Zumba Class

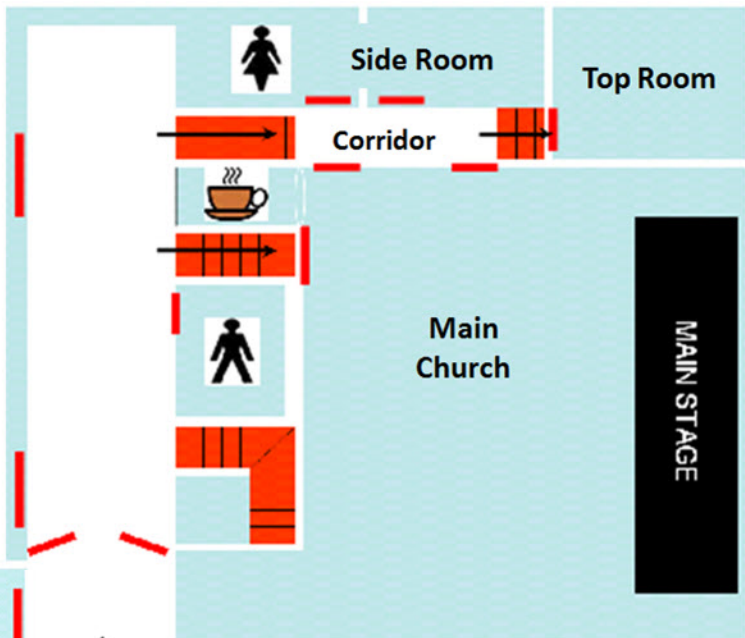
Vanessa Simpson



Get ready to kick start the new year with Zumba and Vanessa. The dance fitness workout featuring merengue, salsa, reggaeton and calypso.

Small Chapel

The Venue



Contributors



The Brent Public Health Team is new to the local authority and has a large remit. The overall objectives of the team are to promote general health and well-being to the borough's residents and give them the best chance at a healthy life.

The Council is encouraging residents to take responsibility for their own health by engaging in preventative services offered, and living more healthily.

The team promotes healthy eating and physical activity, offers stop smoking services and health checks and is working to reduce the impact of drugs and alcohol.

www.brent.gov.uk



Prostate Cancer UK are the leading UK charity for men with prostate cancer and prostate problems. They have recently changed from The Prostate Cancer Charity to Prostate Cancer UK.

The charity was set up in 1996, with an urgent mission to increase spending on prostate cancer research and raise awareness of the disease. It was founded by Professor Jonathan Waxman.

You can speak to their specialist nurses on 0800 074 8383 or visit the website www.prostatecanceruk.org



Every day more people discover they have high cholesterol and need the HEART UK team to help them.

Whether you give your time, your experience or your support, we can all do our bit to help. Ways you can get involved. Donate a regular gift will help Heart UK plan continued support for people with high cholesterol throughout the year.

If you have any enquiries about getting involved with HEART UK get in touch with their Development Team on 01628 777 046 or email at info@teamredlaces.org.uk



MamboCity

MamboCity provide quality classes in Salsa and other related Afro Latin dance styles with over ten years experience in running dance classes, dance holidays and dance festivals.

Whether you are a beginner or advanced they have classes and events that will cater for you and inspire you whether you just want to have fun or take your dancing to the next level.

MamboCity is a place where you will be welcomed EVERY Monday at St Joseph's Social Club, Empire Way, Wembley, opposite Tesco Express and the new London Designer Outlet Wembley.

7.30pm Salsa for Beginners & Intermediate
8.30pm Salsa for Improvers
9.30-10.00pm Social Dancing for all students



The Original Dance-Fitness Party

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party.

Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.



Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Their 'Local Minds' support over 250,000 people across England and Wales. Their services include supported housing, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending. www.mind.org.uk/



Message from Revd Elaine Joseph,
Superintendent Minister
Wembley Methodist Circuit

The Wembley Circuit of the Methodist Church invites you to our Healthy Fun Day. This afternoon has the potential to transform your thinking and could lead to some improvement in your most valuable asset: your health. Our prayer for you in 2014: ***“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”*** (3 John 1:2).

We are offering three hours, in a neutral environment, with healthcare professionals who have come to talk about different aspects of our physical and mental health. There will be seminars, demonstrations and delicious refreshment to excite your taste buds and nourish your body.

The Bible proposes a simple alternative lifestyle choice for all of us to try: ***“A cheerful heart is good medicine, but a crushed spirit dries up the bones.”*** (Proverbs 17:22). If we choose to laugh more we may find that we are reducing our stress levels and our wrinkles, as well as increasing our health and friendship circles.

We hope that this fun day will help us all to improve our physical, mental and spiritual health. We pray that this year will be a Healthier New Year for you all.

There will be photography taken throughout the day
for use in future Park Lane publicity only

