



MOSTON Health Forum

Newsletter Spring 09

What is Moston Health Forum?

It's a group of local people getting together with the Zest Healthy Living Project officers from the city council, and other organisations, to discuss issues which affect the health of residents - young & old who live in the Moston Ward.

What does it do?

Explores what affects our health, both good and bad.

Tries to bring about changes which influence good health

Covers health of all ages.

The group sits down and discusses the needs of the community. It then takes actions, aimed at improving the health and well being of the community.

What Sorts of things do you discuss?

We discuss a wide range of topics, some of which are influenced by local issues and some which are part of the wider picture, such as reducing incidences of cancer and improving our mortality rates.

We also discuss ways of Improving health services in our community as well as organising a variety of health events. Feeling good about ourselves is a topic always on our agenda as this is a key ingredient to good health.

Some of our discussions also focus upon how best we can:

Promote healthy living as a way to good health!

Get important information to the people who need it most, people like you and me who live in our communities, often unaware of information/services which could, potentially, improve our lives!

Encourage organisations like the Primary Care Trust to deliver locally services which have been identified by the community.

Improve Men's' Health by getting them to go for regular check-ups etc.

Improve the quality of life of our older residents.

Help people to feel better about themselves.

Everybody is welcome to our Quarterly Meetings

These take place always take place on a Monday afternoon and are held on the ground floor of the Parkfield Dance Centre.

The dates of our next meetings are:

8th June, 14th September, 7th December and 8th March 2010.

Meetings start at 2pm

If you want more information about our meetings please ring **Shirley McCardell - Zest - 655 7882.**

Bowel Cancer Screening

The Bowel Cancer Screening Programme is now operating in North Manchester. If you are aged between 60 and 69 and registered with a GP you will automatically be sent a screening kit to use in the privacy of your own home around the time of your even birthday.

Most bowel cancers occur in people aged 60 and over and can go unnoticed until it is advanced. However, if spotted early, lots of bowel cancers can be successfully treated.

Screening can help detect bowel cancer at an early stage and therefore save lives, so it is important not to be embarrassed about using the test kit.

Within two weeks of sending in your completed test kit, you'll get the results by post. Almost everyone will receive a normal result, after which invitations for bowel cancer screening are sent every two years until the age of 70. Anyone who has an abnormal test result is offered an appointment with a specialist nurse to discuss further investigations. Although the test kit does not diagnose cancer, it does show whether further investigations are needed.

If you are over 69, you won't automatically receive a screening test kit, but you can easily request one by calling 0800 707 6060.

Remember, when your screening kit arrives, use it and return it!

If you would like some further information about the screening please contact Tara Davies at Public Health Development Service on 0161 882 2307.

Health Forum Tips:

Don't be shy about this we all have bottoms and we all go to the toilet!

A Paper Plate is great for getting your sample - just pop it into the toilet bowl!

Healthy Homes = Healthy Communities

Over 70 percent of UK housing is in the private sector and while the majority of landlords and homeowners maintain properties to a good standard the private sector is also home to some of the most unhealthy and unsafe properties.

There are strong links between the health and housing agendas. The provision of healthy housing can help reduce hospital admissions by tackling problems at source. For example, through preventing falls in the home and the installation of adequate heating.



Poor quality housing can affect your physical, social and emotional wellbeing. Poor living conditions increase the risk of illness and death through excess cold; increased infections; asthma and other respiratory illnesses.

How can Private Sector Housing Help?

Private Sector Housing is committed to working with local communities to ensure North Manchester continues to go from strength to strength.

Our service covers private housing and neighbourhood management on a day-to-day basis, dealing with abandoned and vandalised properties in the area; providing help to private tenants to ensure landlords carry out necessary repairs; working with our partners - Street Environment Managers, Police, Residents Groups to manage and improve the physical environment. For help or further information please contact

Private Sector Housing on 655 7800

Feeling Good about Our Neighbourhood

It has long been recognised that our surroundings influence how we feel. So, ensuring our neighbourhood looks good, will go a long way to improving our feelings of well being!

To this end, members of the Health Forum have been working with the Moston Brook Steering Group helping to raise funds and awareness of the project to regenerate the Brook. The Brook is heavily polluted and suffers from years of neglect.

The area stretches through an area known locally in New Moston as the White Stuff or Wrigley Head Canal Bridge, for about 5 miles through an ex-landfill site Hardman Fold, Wrigley Head (including a section of the Rochdale canal); the former railways siding known as Moston Fairway, Broadway Common, land between Lightbowne Rd and St. Marys road; and Moston Brook itself. These sites when combined extend over two local council areas (Manchester and Oldham).

This is an exciting 10 year project which has both City Councils working together to transform the

area into an area of natural beauty, one which nestles on our own doorsteps!

Temporary improvements are already being made with work on pathways to Hale Lane and the cutting back of thick undergrowth. In addition, the Environment Agency has recently concluded its work on establishing the source of the pollutants. Results of the surveys are expected in the next few weeks.

All of this work would not have been possible without the efforts of local people, so please get involved -you really can make a difference!

To get involved in this exciting project, come along to our next Steering Group Meeting

**Tuesday 9th June 09:
6.30pm
Lancaster Club
Off Broadway**

For more information ring: 273 2835

New Doctor's Surgery in Moston

Moston Residents are at the bottom of all NHS health league tables. We die younger than residents who live the south of our city, and we have fewer health facilities than residents in the south.

Residents in Moston, Harpurhey, FLAMA and the Moston Health Forum have worked long & hard to establish the need for new health services in our ward.

We're pleased to announce a contract has now been signed for a new practice to open at Simpson Memorial Hall in Moston this summer.

This represents a large investment in GPs services which will bring more health professionals to the area and make more appointments available to residents.

This is an important first step towards improving health in our area, but it can't stop here. More focus needs to be put upon prevention so that we

can all live healthier, happier, longer lives.

Laura Roberts, Chief Executive of NHS Manchester, said: "This is a big step towards launching new GP services in the city centre and Moston later in the year.

Be assured Health Forum Members will continue put our needs on the agenda with NHS Manchester.

If you want to get involved and make a difference then come along to our next meeting, details are on the front page of this newsletter.



Wanted Your Views on Maternity Services at North Manchester General

NHS Manchester would like to hear from pregnant women, mothers, fathers, grandparents and other family members about your experiences and views of maternity services in Manchester. We would like to hear from you if you have experiences to share about maternity services at the following hospitals:

North Manchester General, Hospital, Manchester Royal Infirmary, St Mary's Hospital and Wythenshawe hospital.

You can share your experiences



both anonymously and confidentially by using the methods below:

Email - talkinghealth@manchester.nhs.uk

If you have a drop-in or regular meeting you would like me to attend, to talk about this work, please do not hesitate to contact me, Val Bayliss-Brideaux on:

0161 217 4311 or by email val.bb@manchester.nhs.uk

All information will be used to improve the patient experiences of maternity services in Manchester.

Healthy Eating in New Moston

Allotments are now all the rage....everyone wants one... even children in schools are growing their own fruit and veg!

NEPHRA Residents Association has been cultivating its own organic allotment and small orchard for over two years now, in the grounds of the Northfield Day Centre.

To date it has produced thousands of portions of vegetables which are either turned into delicious organic soup or are served as vegetables for lunch at the associations lunch club.

The orchard is still in its infancy and we have had only a small harvest of pears, apples and plums. However, the soft fruit - blueberries red & blackcurrants have had good yields.

The Head Honcho at the allotment is Dena Murphy, a sprightly 80 year old who almost single-handedly grows onions, beetroot, broccoli, cabbage, peas, beans, celery, spinach, courgettes, marrows, carrots, sprouts, tomatoes, cucumbers, peppers etc. She even grows her own grapes!

Other exciting spin-offs from the allotment are the Grow Cook & Taste Classes & Children's gardening club. The Grow Cook and Taste Classes have proved to be very popular with older residents. They get a free stick blender, a bag of ingredients, a recipe card and a plant to grow on at home. In the first week they cook a home-made soup and a smoothie and in the second week, they make a main course and a desert! **The next class runs on 9th & 16th July. For more information ring Shirley 655 7882.**

The Saturday Gardening Club is popular with young Children, the classes are free and run from 10.30 till 12.30 on a Saturday morning at our allotment, Children under 8 must be supervised. For more information ring Dena on 0798 260 4573

Students at Northfield love to join in our activities, and Dena even finds time to hold classes. Such is the success of our joint working, this year Northfields have secured funding for a part time dedicated gardener of their own.

Doing a spot of Gardening is not only good for the soul, but also good for the body, it's a great way to gently exercise your body. If anyone would like to "Grow their own" or give a much needed helping hand at the allotment then Dena will be pleased to help or give advice.

Dena says " It's just a case of getting started. Tomatoes do really well in pots or window boxes. Have a go, ask anyone who has ever tasted vegetables straight from the ground if there is a difference in taste - you'll hear a resounding yes!". Dena finishes by saying, she is on site most days, so please do call in for a potting shed chat!

NEPHRA Grow Cook and Taste Classes.



Are you a Health Freak or a Junk Monkey - Try Our Fun Quiz!

Question 1

How often should you eat fish, according to experts?

- A: Once a week
- B: Twice a week
- C: Every day

Question 2

What contains the most vitamin C?

- A: Milk
- B: Sprouts
- C: Oranges

Question 3

How much water do experts reckon people should drink every day?

- A: 1 litre
- B: 2 litres

Question 4

How much calcium do our bodies need to be healthy?

- A: 100 mg per day
- B: 400 mg per day
- C: 700 mg per day

Question 5

Which fat is the worst type for our health?

- A: Polyunsaturated fat
- B: Saturated fat
- C: Monounsaturated fat

Question 6

What percentage of our daily calorie intake (energy) should come from carbohydrates?

- A: 50 per cent
- B: 80 per cent
- C: 100 per cent

Question 3
B 2 Litres

Question 2
B Sprouts

Question 1
B Twice a week

Quiz Answers

Question 3
A 50%

Question 5
B Saturated Fat

Question 4
C 700mg

Quiz Answers

Healthy Living Facts

What is Obesity?

The word obesity means being so overweight that it's bad for your health. Doctors work out if a person is obese by looking at how tall they are and how much they weigh.

We're putting on weight because we eat a lot more calories but we don't do as much exercise as we used to. Also, experts say portion sizes have got bigger, fast food is available everywhere and we're all encouraged to buy high fat and high sugar products advertised on the TV and by supermarkets.

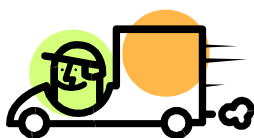
Being obese can be very dangerous to your health. It's linked to heart disease, cancer, strokes, high blood pressure and weak bones. It can also lead to emotional problems like feeling down.

What Can I do Make Sure I Stay Fit & Healthy?

- **Eat a Balanced Diet - Avoid fatty foods, include fruit and veg in your diet, as well as carbohydrates for energy!**
- **Have Smaller Portions - Don't load your plate and you'll see the pounds drop off!**
- **Avoid pre-packaged meals - these are often full of fat, salt & sugar to make them taste good!**
- **Take More Exercise - Walk Your Way into Good Health! Or try one of the Amazing Zest Classes - See back page for other information, or Ring Shirley 655 7882.**
- **Take up a free place on the Grow Cook & Taste Class - 9th & 16th July Ring Bren 07745 502 526.**

Did You Know.....

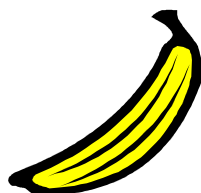
Fresh Fruit & Vegetables can be bought from Herbie the Fruit & Veg Van every Tuesday, outside the Parkfield Dance Centre! Herbie can be found



outside the centre on Parkfield Road North New Moston between 11.30am and 12.15.

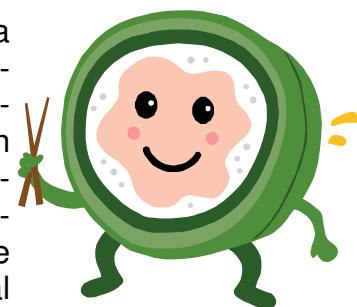
This Fruit and Veg Van initiative, fondly named Herbie, was set up by MERCi to provide affordable, fresh fruit and vegetables to local residents who do not have access to a green grocer!

Herbie operates like a mobile greengrocers, customers can walk on board and choose from a good range of affordable fresh produce. You can buy as much or as little as you want - 1 apple, a banana, or just a carrot - no problem, just hop on board for fresh friendly service!



Herbie also supply boxes of fruit to schools and works closely with local schools, sheltered housing, churches, health clinics and resident groups to ensure that we reach as many people in our local community as possible

Herbie strives to be a friendly, reliable, community-led service, providing a good selection of affordable, fresh produce to communities adversely affected by the closure of small local shops. Herbie is committed to promote healthy eating whilst remaining environmentally responsible by maintaining a zero waste policy.



If you want more information about Herbie and other routes that it serves call 0161 273 1736.

Did You also Know.....

NEPHRA Residents Association has its own Lunch Club, which serves delicious home-cooked meals every Tuesday. The Club is run solely by volunteers who live in the neighbourhood, so you'll be assured of a warm welcome. So if you like good food, come along to the Ground Floor of the Parkfield Dance Centre, Parkfield Road North any Tuesday between 11.45 and 12.45.

Meals are all healthily cooked and are low in fat sugar and salt, and wherever possible we use our own organic home-grown fruit and vegetables. Taste isn't compromised, as we're constantly told by the 40 or so residents that we feed each week, that our grub is delicious!



On the opposite page you'll find a typical days menu, one which was served on the 17th March this year. The Luncheon Club is open to all residents who are over 50. So if you qualify and like good food why not give us a try!

NEPHRA Residents Association
Good Food Luncheon Club
Every Tuesday
Parkfield Dance Centre
Parkfield Road North
New Moston

For more information Ring 07745 502 526

NEPHRA Luncheon Club

17th March 09



Healthy Eating Bren's Homemade with Produce (from our Allotment)
Root Vegetable & Tomato Served with Crusty Bread 80p

Healthy Eating Dave's Homemade Pork Casserole - Tender Pieces of Pork
Cooked with Apples & Cider with New Potatoes & Seasonal Vegetables £2.30

Or

Healthy Eating Lillian's Home-cooked Baked White Fish Served with
Mashed Potatoes, Broccoli & Homemade Parsley Sauce £2.30

Or

Healthily Cooked Bren's Home-cooked Roast Beef Dinner Served with Yorkshire Pudding,
Mashed & Roast Potatoes, Spring Greens (Grown by **Dena** on our Allotment),
Topped with Homemade Gravy £2.30

Bren's Home-cooked Golden Poached Pears Served with Homemade Ice-cream 80p

Or

Healthy Eating - Rice Pudding Topped with Stewed Apple Puree - 80p

Tea, Coffee and Fruit Juice 40p.

**All our Dishes are Healthily Cooked - By Oven Baking, Grilling,
Boiling, Steaming & Poaching.**

Our Healthy Eating Dishes are also Low in Fat, Sugar & Salt.

[Please Note Our Dishes may contain traces of Nut]





Your Healthy Living Project in North Manchester

Many of you will have participated in the many activities which Zest provided in Moston or in North Manchester. All our activities have all been developed by working closely with local residents. Listed below is a selection of the activities in and around Moston, but there are many other activities taking place which you may prefer to attend. You can go to any Zest activity in any area – you will always be made to feel welcome.

You do not need to book for the majority of Zest activities, and it is a good way of making new friends and becoming a little more active. Everyone who teaches the classes is always happy to talk to you and you only need to join in what you feel comfortable with.

Come along and give it a try.

For further information, or if you wish to receive a list of all Zest activities, then please ring Shirley (Zest worker for Moston), on 655 7882.



<p>Yoga for All (beginners welcome) Thursdays : 9:15am-10.45am Cost £2.00 at Parkfield Dance Centre</p>	<p>Baby Yoga Adult must stay throughout the session Thursdays : 11.00-11.45am £2.00 incl. drink at Parkfield Dance Centre</p>	<p>Card and Paper Craft Class Thursdays 12.45-2.45pm £2.00 plus cost of materials at Parkfield Dance Centre</p>	<p>Learning to Dance Thursdays 3.00-4.30pm £2.00 at Parkfield Dance Centre</p>
<p>Join in the Fun and Learn Traditional Country Dancing (Military Two Step/Gay Gordon - not line dance) Tuesdays 6.30-7.30pm Cost £1.50 at Parkfield Dance Centre</p>	<p>Tai Chi Wet Gentle Tai Chi sessions performed in the pool. Excellent for people with problems with knees or hips. Fridays 9.30-10.30am Cost £1.50 Broadway Leisure Centre</p>	<p>Tai Chi sessions at New Moston Library Mondays 1.00pm Tuesdays 10.00am Saturdays 10.30am All classes 1 hour All Free - just turn up</p>	<p>FREE Cycling Fun for All Family Saturdays 11.00-1.00am Free Bring your Bike, a helmet and a smile A limited number of adapted cycles for children and adults with disabilities. Ring Mark on 07717725449 for further information.</p>

