



## **Summer Outing**

### **Longleat Safari Park**

We are inviting you to discover some of the stars of the BBC's Animal Park programme, who live in the world famous Longleat Safari Park. You will have the opportunity to explore King Arthur's Mirror Maze and Mystical Garden. The outing is on Friday 27th July and will cost between £20-£25 for members. This includes the coach, entry, and breakfast. This trip is also open to non members who will not be entitled to a discount. Please contact the office on 020 8373 6220/6218 by 31st of May 2007 to reserve places.

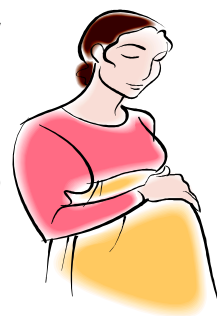
## **Pregnancy and Mental Health**

One in seven women are affected by antenatal and postnatal depression. Research studies have found the average scores of depression recorded were higher during pregnancy than after the births. Over the last 10 - 15 years, the number of tests and lifestyle advice given to pregnant women could well have increased the anxiety associated with pregnancy. Postnatal depression has been a recognised problem for many years, with an estimated one in ten women suffering from the condition. There has been relatively little research into the consequences of antenatal depression.

Research suggests, women are more likely to become depressed while pregnant than after their babies are born. Scientists found the peak for depression was thirty-two weeks into pregnancy, close to birth. Severe postnatal depression can lead to family break-up, neglect of the child, suicide, and emotional and behavioural problems in the child, and a rise in stress hormones could lead to low birth weight.

Sue Baker, a spokeswoman for MIND said "Depression is a stigmatized condition, and if there's no-one to talk to and if no-one recognises the condition, that's even more difficult."

If you would like further information or support about this, please contact us on the office number.



## **New Management Committee Members and their Away day**

We are very happy to welcome three new Trustees onto the Management committee; Hyacinth Marshall an experienced Mental Health nurse, Dr V Singh a well established G.P in Enfield, and Sharmila Mitra, Manager of Pro-Diverse an employment agency. The new Trustees will attend an induction and training day with the rest of the Management Committee at the Royal Chase hotel this spring. We hope that new Trustees will enjoy their time with us and we thank them for their commitment in helping us to develop Enfield Saheli.

## **Chase Farm Mental Health Unit Ward visits.**

Our new mental health officer Rubina Khan has been working towards ensuring that we are supporting Asian women suffering from Mental ill health right from the onset of them being admitted to a mental health ward.

She recently met with the Patient Liaison officer and Lead nurse in order to put forward a proposal suggesting that we have a regular presence on the wards supporting female Asian patients. Relationships developed at this stage encourage women to continue to access the vital support they need once they are discharged. We have been given the green light to regularly visit the wards.

She also regularly attends the Community Mental Health team meetings in order for Female Asian patients to be referred onto our services where they can access support, counselling, and a variety of other activities.

## **International Women's Day**

International women's day was organised and celebrated on 9<sup>th</sup> March by our service users. The theme for the day was "Women's achievements."

The women gave short presentations on achievements at different stages in their lives. One of the women presented a poem she had written about the suffering and struggles of women in her eyes. Afterwards there was a group discussion about the problems women face in today's society, and the probable solutions.

A large number of women attended on the day wearing dresses they had made themselves. The day was empowering and recognised how far Asian women have come in today's society. We would like to thank all the women for making it a day to remember.

**Tips for herb garden:** The spring season is here so lets get planting! You can plant some coriander, mint and tomatoes and create your own herb garden, adding fresh ingredients to garnish your curries. An easy way to get started with your garden is to purchase starter plants from your local nursery and plant them in the spring. Your herb garden can take many forms starting from a couple of potted herbs in your kitchen, to a large and diverse plot in your yard. Keep colours and heights of the other plants in yard in mind as you plan. Also think about the possibility of adding raised beds, borders and walkways. You can use containers and planters for your garden if your space is limited, or if you want to add character to your garden. The library has many books and resources to help you with your new hobby!



## Community Volunteering Fair

The event was held on 17th March 2007 in community house. The aim was to demonstrate the success and partnership working in the borough and allow residents and organisations to find out more about their activities and services within the voluntary sector making Enfield a better place to live and study. It was a great success as our service users participated in the event. We had a table booked for exhibition of service user's work and a stall on which information was displayed about Enfield Saheli.

### Regular Events

**Friday Drop-in 10:00 - 3:30 pm**

Come and join us for some gentle exercise, arts & crafts and make new friends !

**Monday Yoga 10:30 -11:30am**

Start the spring season with a new hobby –Join us for yoga classes and relax, stretch and meditate.

New classes start from 26th March 2007. Please contact the staff at the office for further details.

## MEMBERSHIP RENEWAL

PLEASE CONTACT THE OFFICE AND ARRANGE TO COME IN AND RENEW YOUR MEMBERSHIP DURING MAY. THE FEE IS £4 FOR WAGED MEMBERS AND £2 FOR NON-WAGES MEMBERS. WE WELCOME NEW MEMBERS SO ASK A FRIEND OR FAMILY MEMBER TO JOIN UP!

WE LOOK FORWARD TO HEARING FROM YOU

## Dates for your diary!

**Friday 27th April 2007 ( 1.30 - 3.30 pm )**

Information on Victim Support

**Friday 25th May 2007 ( 1.30 - 3.30 pm )**

Talk on Arthritis and its cure

**Friday 29th June 2007 ( 1.00 - 3.30 pm )**

Talk on Dental care

The above events will be held at community house in room eight on the first floor.

**Many thanks** to our users, supporters, Friends, Enfield NHS Primary Care Trust, The London Borough of Enfield and The London Probation service for their on-going support.

## Enfield Saheli

**Community House**  
311 Fore Street  
Edmonton  
N9 0PZ

**Project Coordinator 020 8373 6218**  
**Mental Health 020 8373 6220**

**Fax No 020 8373 6219**  
**Email: info@enfieldsaheli.org.uk**  
**www.EnfieldSaheli.org**  
Reg. charity no.1045236

**Buses to Fore Street**  
**102, 144, 149, 259,279, 491**  
**Buses to Edmonton Green**  
**W6, W8, 191**