



Funding NEWS

The London Borough of Enfield carried out a funding review in December. Niki Nicolaou the Grant officer was pleased with the progress Saheli had made and funding was secured for the project until March 08. The Primary Care Trust also carried out a review. The staff team worked hard to compile a report which detailed the initiatives and progress Saheli has made. Harmeet Kaur a service user also supported us by attending the review meeting and giving her views. We were very pleased to receive " a green light " for the Mental health project .

Have you forgotten how to RELAX?

There are so many different ways to relax ranging from soothing scents to meditation. Relaxation methods can help you to improve your overall health, relieve anxiety and give you a sense of well being. Progressive muscle **relaxation** is a technique which involves tensing and relaxing group of muscles at a time in order to relax your entire body. This technique helps to lower blood pressure in people with stress related hypertension. The method is to lie on your back, breath in deeply, then tense your whole body and hold the tension for few seconds. Let it go while exhaling, repeat this with all the muscles of the body separately and notice the difference at the end. In **meditation**, look for a quiet place, wear comfortable clothes, take slow and deep breathes, and concentrate or, focus on a word or a phrase such as "peace" or any religious word such as "om" also called mantra. When other words enter your mind redirect your attention to your word or phrase. This might be difficult at first, but as you become more skilled at meditation, you will be able to clear your mind of all distractions. Another way of relaxation is to focus on your **breathing**. During the time of stress, we tend to take short shallow breaths, filling only the upper chest with oxygen. Breath in slowly, make sure that your abdomen, not chest, expands as your lungs fill with the air. Hold the breath in, slowly exhale with the whoosh of sound, pause for a second and repeat. Studies have shown that **visualization** can lessen the anxiety and even sometimes ease pain. Imagine a peaceful scene, it maybe a mountain top, or any place where you feel calm and absorb yourself fully in the scene between 5-8 minutes, breath slowly and allow the image to fade away slowly.



Welcome to our new Chairperson!

We are pleased to welcome Saroj Parekh onto the Management Committee at Enfield Saheli. Saroj has many years of experience in the voluntary and public sector and we are privileged to have her on board. Our existing members are; Bharti Shetty Vice Chair, Shanti Mati Beehary, and Jaya Ajodha. We are also currently seeking individuals to join our management committee and would like to hear from you if you are interested in volunteering, or if you know of anyone that may like to gain some experience in the Charity sector, please pass this on. Please contact Saira Razaq (project coordinator) on 0208 373 6218 for an informal chat.

Changing Times.....

New Project Coordinator – Saira Razaq

formally accepted the position in October having previously been in post on a temporary basis. It is a very challenging time for Saheli and Saira has proved she's up for the challenge! We are all looking forward to an exciting 2007.

Mental health project NEWS - Rubina Khan

Mental health Officer joined Saheli in August 2006. Rubina has been focusing on developing partnership work, which has been very successful. She has formed strong links with all the Mental health teams, GP surgeries and Chase Farm Mental Health Unit. As a result we have seen an increase in referrals.

RECIPE IDEA- Oriental Vegetable Kebabs with peanut dressing

Ingredients:

1 red pepper, 1 yellow pepper, de seeded and cubed

12 cherry tomatoes, 2 baby courgettes, 4 salad onions cut into chunks.

Groundnut or sunflower oil for grilling

4 kebab skewers

Basmati rice to serve.

For the marinade:

2-3 tbsp soy sauce, 1 garlic clove-crushed

1 tsp sugar, pinch of ground ginger

Salt and freshly ground pepper to taste.

For dressing:

1 tbsp groundnut or sunflower oil, 1 shallot, finely chopped

1/2 hot chilly powder

1 garlic clove, crushed

1 tbsp dark brown sugar

110/4oz unsalted roast peanuts—ground

150ml/5fl oz coconut milk

1. Mix all the vegetables together in a bowl. Combine the marinade ingredients and pour over the vegetables, making sure the vegetables are evenly coated.

2. Cover and leave for 2 hours, stirring occasionally.

Making the dressing:

Heat the oil in a small pan and fry the shallot until starting to brown. Add the chilli powder and cook for 1 minute.

3. Stir in the 2 tbsp of the marinade from the vegetables, the garlic, sugar and ground peanuts. Stir well.

4. Add the coconut milk a little at a time. Bring to the boil and simmer gently for 2 minutes. Stir in the lemon juice and season to taste.

5. Thread the marinated vegetables on to skewers. Brush with a little oil and grill over the coals for about 15 minutes, turning occasionally.

6. Gently re-heat the peanut dressing.

7. Serve the kebabs on a bed of rice, drizzled with peanut dressing.

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 new year of with a new hobby –Join us for yoga classes and relax, stretch and meditate.

Please contact the staff at the office for further details

Annual Member's Day Trip

Last Summer the members went on a day trip to Greenwich which they thoroughly enjoyed. We are in the process of planning this summers trip and would like your suggestions ! Please contact the staff at the office to give them your ideas.

Enfield Saheli

Community House

311 Fore Street

Edmonton

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Mental Health 020 8373 6220

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www.EnfieldSaheli.org

Reg. charity no.1045236

Buses to Fore Street

102, 144, 149, 259,279, 491

Buses to Edmonton Green

W6, W8, 191

Dates for your diary!

Friday 26th January 2007(1.30 - 3.30 pm)

Talk on Food Allergies and Intolerances

Friday 23rd February 2007(1.30 - 3.30 pm)

Talk on Working in schools as a career

Friday 30th March 2007 (1.00 - 3.30 pm)

Talk on Food & Mood

The above events will be held at

Community House

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.

