



Managing your Moods:

Everyone feels down at times. It is perfectly normal and often an appropriate reaction to a change or loss, such as divorce, bereavement or a redundancy, but chronic depression can make you more vulnerable to illness and aggravate such conditions as heart disease, rheumatoid arthritis, diabetes and peptic ulcers. Because depression elevates levels of hormones cortisol, which robs bones of calcium, it may also contribute to bone loss, increasing risk of fractures.

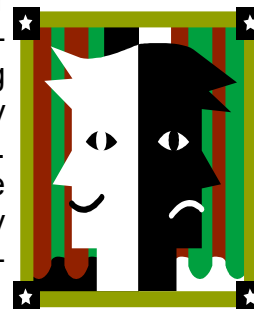
If your unhappy feeling lingers for more than two weeks or if you consistently lack energy, feel worthless, take no pleasure in what used to delight you or if you begin to experience sleeping problems, significant weight gain or loss, difficulty concentrating or remembering or persistent thoughts of death or suicide, you should talk to your doctor or seek help from a professional who may decide that if you need an antidepressant.



One way to stave off your depression is by maintaining an active social network and staying involved in life. But the fastest way to raise your spirits is to get out and exercise. You will boost your levels of endorphins, good chemicals, exercise can even help to prevent depression in the first place. Another way is to discuss your fears and worries with a trusted friend, which can help lift the burden of worries and also gives your friend an opportunity to offer comforting thoughts or perhaps a dose of reality.

Taking a session on stress reduction can help you to slow down those racing thoughts of gloom and doom and it also help to refocus your thoughts. If your worries spin out of your control continually or if you have an exaggerated feeling of distress or apprehension, a therapist or a counsellor can help you to work on ways to regain control.

Anger can be a healthy emotion when you examine and express it constructively, it can lead to personal growth and greater intimacy. But if you are quick at anger and you tend to act out your anger in destructive ways, then try and learn some of the following strategies: Firstly, recognise and accept your anger. Secondly, take responsibility for your anger, it is your choice whether or not to become angry. Once you accept the responsibility for your feelings you are less likely to react explosively. Thirdly, talk about your anger, verbally expressing how you feel is better than acting your anger out, it will make you feel more empowered in your personal relationships. Lastly cool yourself off, with time you may understand what set you off and decide whether action is necessary or not. If your anger doesn't dissipate or if you find yourself simmering and getting irritated all over again, try to cool off by counting to ten or taking deep breaths and focusing on breathing or calming yourself by visualizing a setting where you feel peaceful and unthreatened. You can also meditate or talk yourself down to a calmer or more positive place. An anger management course or a therapist may help you to learn to defuse your rage and untangle your past unresolved feelings and emotions.



Reduce your carbon dioxide emissions and help prevent climate change

Britons are amongst the most energy wasteful people in Europe according to a recent survey, as 71% of us regularly leave appliances on standby unnecessarily while 67% boil more water than needed in the kettle. By bringing energy saving into every aspect of your life - work, travel, and day to day living - you can make a real difference. Not only will you be doing your bit to help prevent climate change you will also see a difference in your pocket. The average household could save up to **£250** a year on energy bills by being more energy efficient. Women are leading the way because they make up over half (53%) of the most influential group, the 'super-influencers'. If everyone were to take just a few simple steps to curb our energy wastage, we could have a dramatic effect on cutting the UK's carbon emissions while, at the same time, saving ourselves a small fortune in energy bills. Some ideas to reduce energy consumption:

<u>Install low energy light bulbs</u>	<u>Don't leave appliances on standby</u>
<u>Insulate your loft</u>	<u>Keep your fridge and freezer full</u>
<u>Install cavity wall insulation</u>	<u>Only boil as much water as you need</u>
<u>Fit individual radiator thermostats</u>	<u>Turn your thermostat down by 1°C</u>
<u>Shower instead of bathing</u>	<u>Wash your laundry at lower temperatures</u>

You are entitled to **FREE ENERGY SAVING BULBS** from **Saheli** if you claim one of the following benefits:

Council tax benefit — Attendance allowance

Housing benefit — Disability Living allowance

income Support — Income-based job seekers allowance

State pension credit — Child tax benefit— Working tax credit.



You can claim two bulbs/house by coming and showing a document to Saheli staff, which confirms that you receive one of the above mentioned benefits.

Dates for your diary!

Friday 1st Feb 2008 (1:30pm-3:30pm)

Health consultation by Healthcare for London - pl do attend as this is the opportunity for you to voice your concerns to people who matter!

Friday 22nd February 2008 (1.30 - 3.30 pm)

Talk on Disability Welfare Rights.

Friday 28th March 2008(1.30 - 3.30 pm)

Talk on how to prevent yourself from getting a stroke attack.

The above events will be held at Community House in Room 8 on the first floor.

Regular Events

**Monday Yoga 10:30 - 11:30 am
& 11:45 am – 12:45 pm**

Start the winter season with yoga classes to relax, stretch and meditate.

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

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

Photos of the End of Year Party & Monthly Talks/Workshops



Henna Practitioner doing designs on the hand of a member



Members listening to the Speaker at a talk



Saheli members enjoying the party



Members at the drop-in party on 7th Dec



A member relaxing and enjoying the quiz on substance abuse



Service user enjoying a head massage

Enfield Saheli would like to offer thanks to our service users, supporters, friends, the Enfield Primary Care Trust and the London Borough of Enfield for their on-going support.

NEWSFLASH!!

The **Welfare Benefits Surgery** is running once a week with great success at Enfield Saheli! If you have any queries regarding your welfare benefits then be the first one to book your appointment with Ila Bell, who runs the surgery on Wednesdays from 1.30 pm to 3.30 pm.

We also now host a **Debt Advisor** from the CAB, who can provide advice on how to manage your budget or if you are in debt then how to reduce it and deal with creditors. Shabnam Kermali will be available on Wednesdays fortnightly (from 2 pm to 4.15pm—last appt at 3.30 pm) to solve your problems. For appointments and further details, please contact the office **well in advance**, as we will be booking on a First come First served basis.

Information about “INFORMED FAMILIES”

Informed families is a free, impartial and confidential service that provides information on choosing quality childcare, help with costs of childcare and other parenting support to Enfield's families.

They can advise families about looking for childminders, pre-schools, nursery education and after – school clubs. We hold information on becoming a childminder or a day-care provider.

From April 2008 Informed Families will have a Brokerage Officer and Disability and Inclusion Officer who will provide face-to-face support to parents and carers in order to help them find suitable childcare in Enfield.

Contact for free information: T-020 8482 1066 / FAX-020 8350 4812

Email if@enfield.gov.uk Website www.enfield.gov.uk/if

Some thoughts on Positive Thinking.....

Thoughts have great power.
Thoughts are like seeds you plant in your mind.
The more you hold onto a particular thought,
the more power you invest in it.
Positive thoughts give us energy and strength.
Negative thoughts rob us of power
and make us feel tired and strained.
We are by nature positive. Negativity is
the result of faulty thinking.
You can change if you want to.
You can't control other people, situations
or circumstances, but you can control what
is going on inside you. It takes time to change
and transform those old patterns of thinking.
Be patient with yourself.
It starts with a thought..... Today!

ADDRESS

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@enfield-saheli.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