

# Enfield Saheli Mental Health Project

## Quarterly Newsletter

### THIS ISSUE INCLUDES:

**Rise in Mental Illness—Unhealthy diets  
Sewing Project**

**Enfield Community Fair 2006**

**Dates for your diary**

### Rise in mental illness linked to unhealthy diets, say studies.

While reading The Guardian I came across this article which I felt would benefit everyone suffering or recovering from mental health problems. The article highlights scientific studies clearly linking attention deficit disorder, depression, Alzheimer's disease and Schizophrenia to junk food and the absence of essential fats, vitamins and minerals in industrialised diets. Sustain (an organisation which campaigns for better food) reports that food can have an immediate and long lasting effect on mental health and behaviour because of the way it effects the structure and function of the brain.

Rates of depression have been shown to be high in countries with lack of intake of folic acid, omega-3 fatty acids, selenium and tryptophan also deficiencies of essential fatty acids and vitamins are also thought to be a contributory factor in Schizophrenia.

The mental health programme has devised a therapy which includes omega-3 fatty acids and multivitamins, with advice on cutting junk food and replacing it with oily fish, leafy vegetables for folic acid, brazil nuts for selenium and food providing tryptophan. Some patients who have undergone the therapy have reported an improvement in mood and energy, are more confident and energetic. Within a month there's been significant reduction in depression. A student who was diagnosed with bipolar disorder after been sectioned repeatedly his father, read the role of nutrition in mental health. The two went to Brain Bio Centre where his nutrient levels were checked and found to be allergic to gluten and yeast. He was given supplements of B vitamins and essential fatty acids. These medication helped him to sleep better and made him more energetic and confident. This article indicates how diet can play a vital role and should be an everyday component of mental health care.

Source: **The Guardian**

### Enfield Community Fair 2006

Saheli took part in the Community fair event organised by Enfield Community Empowerment Network and Enfield Strategic Partnership (ESP) on event on the 17th March 06. The aim was to demonstrate the success and partnership working in the borough and allow residents and organisations to find out more about the activities and services within the voluntary sector, making Enfield a better place to live, work or study.

This event was open to the whole community, those interested in volunteering and for the members of ESP and ECEN.

The event provided Saheli with the opportunity to show off the work of the drop-in, whereby many of the women kindly demonstrated their skills in bag making, knitting and crochet. The women attracted much attention people were so impressed with the work that they wanted to purchase items on display.

**Below a photo of the Asian women  
from the drop-in exhibiting their work in  
Arts & Craft**

## Dates for your diary

**Friday 31st March 2006**

**2.00 pm - 4.00 pm**

Flower arrangement

**Friday 28th April 2006**

**2.00 pm - 4.00 pm**

Miriam from Age Concern will provide us a talk on the Safehouse Project.

**Friday 30th June 2006**

**2.00 pm - 4.00 pm**

Yet to be decided.

The above events will be held at  
Community House.

Refreshments are available at all our Drop-ins

### Sewing Classes in the Drop-in For Asian Women

**Attention all Asian women in Enfield!!!**

Enfield Saheli Mental Health Project is proud to announce the success of its sewing class :

**By A PROFESSIONAL ASIAN FEMALE SEWING TUTOR**

- **Do you want to learn new skills in pattern making, shalwar kameez, sari blouses and trouser suits etc.**
- **Make new friends and have fun**

If yes, then come and join us on:

**Every Friday from 10.00am - 1.00pm,  
at the Community House, 311 Fore Street,  
Edmonton, N9 OPZ.**

For further details please contact:  
Sabah / Hasu on 020 8373 6220



**Many thanks to our users, supporters, friends and Enfield NHS Primary Care Trust**

Registered Charity Number: 1045236