



January 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|---|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 Arthritis Research Week Jan 03-08 ^A | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 Bug Busting Day - Head Lice Beware ^B Jan 31 | | | | | | |

^A Arthritis Research Campaign
T 01246 558 033
www.arc.org.uk

^B Community Hygiene Concern
T 020 7686 4321
www.nits.net/bugbusting

Obesity epidemic



- Much is heard about the 'obesity epidemic'. The more overweight you are, the more likely you are to suffer from diabetes, high blood pressure, heart disease, stroke, some types of cancer and arthritis.
- We are getting fatter. There is no readily available data for Brent, but we are likely to be heading in the same direction as the rest of England.
- Over the last 10 years both women and men have steadily become more obese, with more than a fifth of the population now affected.
- Use the chart on the back of this calendar to work out if you are obese.
- Or measure your waist size:
- If it is 40 inches (102 cm) or more (men) or 35 inches (88cm) or more (women), then you are obese.



February 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|--|---|----|----|----|----|----|
| | 1 Raynaud's & Scleroderma Awareness Month Feb 01-28 ^A | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 National Impotence Day Feb 14 ^B | 15 Contra-ceptive Awareness Week Feb 14-20 ^C | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |

^A Raynaud's & Scleroderma Association
T 01270 872 776
www.raynauds.org.uk

^B Sexual Dysfunction Association
T 0870 774 3571
www.sda.uk.net

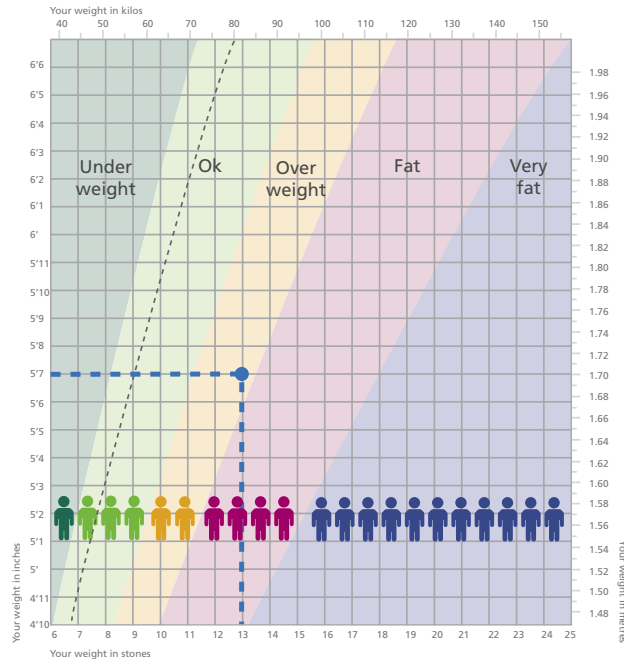
^C fpa
T 020 7923 5216
www.fpa.org.uk

What can you do about obesity?



- The best way to maintain your ideal weight is by having a healthy diet and regular exercise.
- Eat as much fruit and vegetables as you like, but keep fatty and sweet foods to a minimum.
- Try to take moderate physical activity for at least 30 minutes a day on at least five days a week. A good way to achieve this is to build physical activity into your ordinary daily routine.
- For short journeys walk or cycle instead of driving. Use stairs, not lifts.
- Walk the first or last stop of your bus journey.

Are you the right weight for your height?





March 2005

| Mo | Tu | We | Th | Fr | Sa | Su |
|---|--|--|----|----|----|----|
| | 1 Marie Curie Daffodil Campaign Mar 01-31 ^A | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 No Smoking Day Mar 09 ^B | 10 | 11 | 12 | 13 |
| 14 Brain Injury Awareness Week Mar 14-20 ^C | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

^A Marie Curie Cancer Care
T 020 7599 7777
www.mariecurie.org.uk/daffodil

^B No Smoking Day
T 0870 770 7909
www.nosmokingday.org.uk

^C Headway -The Brain Injury Association
T 0115 924 0800
www.headway.org.uk

Health Promotion



- Smoking cessation
We have a wide range of successful services. For information to help you STOP SMOKING call 020 8965 2244. We offer support, information and nicotine replacement therapy, all free (conditions apply).
- 5 a day
We are helping to make fruit and vegetables more acceptable, available and inexpensive in Brent.
- Information and resources
Thousands of leaflets and posters are being supplied and other items loaned to a wide range of professionals in Brent, with increased use of the Health Promotion Resource Centre.
- Successful Campaigns
No Smoking Day and Child Safety Week.
- Health development services
Including sexual health projects in barbers and nail bars; developing the health promotion capacity of places of worship; training teachers; exercise sessions in care homes; and supporting breastfeeding policy and immunisation projects.



April 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

National
MS Week^A
Apr 10-17

^A Multiple Sclerosis Society
T 020 8438 0700
www.mssociety.org.uk

Mental Health



- Brent's overall mental health needs are similar to those of the rest of the country.
- However, Brent has a higher than average need for services for serious mental illness.
- We have new crisis resolution teams.
- The assertive outreach programme is now running.
- We are planning 'early intervention for psychosis' teams.
- We have a suicide audit running, in order to improve our understanding of the local factors involved and reduce future suicides.
- Brent Primary Care Trust is implementing the National Service Framework for Mental Health.



May 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|--------------------------------------|----|----|----|---|--|--|
| | | | | | 1 | 2 |
| 3 World Asthma Day May 03 A | 4 | 5 | 6 | 7 Baby Safety Week May 07-14 B | 8 Dystonia Awareness Week May 08-14 C | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 National Smile Week May 15-21 D | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 National Hypnotherapy Awareness Week May 23-29 E |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

A Asthma UK
T 020 7226 2260
www.asthma.org.uk

B Foundation for the Study of Infant Deaths
T 0870 787 0885
www.sids.org.uk/fsid

C The Dystonia Society
T 020 7490 5671
www.dystonia.org.uk

D British Dental Health Foundation
T 0870 770 4000
www.dentalhealth.org.uk

E London College of Clinical Hypnosis
T 020 7706 3360
www.hypnotherapyawareness.co.uk

Children: Breaking the Cycle of Poor Health



- We are committed to reducing health and social inequalities so that children have the best start in life. We have three 'sure-start' programmes helping to reduce inequalities.
- Prevention and early intervention are aspects of childrens' services which we are improving.
- We aim to help disadvantaged families and communities to arrest the negative impact of poverty and social deprivation.
- We aim to provide good quality care at all levels of need, knowing that children and young peoples' needs change as they develop.



June 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|---|---|---|---|---|--|--|
| | 1 Everyman Male Cancer Month Jun 01–30 ^A | 2 | 3 | 4 Heart Week Jun 04–12 ^B | 5 | 6 Down's Syndrome Awareness Week Jun 06–12 ^C |
| 7 Glaucoma Awareness Week Jun 06–12 ^D | 8 Tampon Alert Week Jun 06–12 ^E | 9 | 10 | 11 Bike Week Jun 11–19 ^F | 12 Diabetes Week Jun 12–18 ^G | 13 National Food Safety Week Jun 13–19 ^H |
| 14 National Men's Health Week Jun 13–19 ^I | 15 Bug Busting Day - Head Lice Beware ^J Jun 15 | 16 National Childcare Week Jun 14–20 ^K | 17 Homeopathy Awareness Week Jun 14–21 ^L | 18 MND Week Jun 18–26 ^M | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 Deafblind Awareness Week Jun 27–Jul 03 ^N |
| 28 | 29 | 30 | | | | |

^A Institute of Cancer Research
T 0800 731 9468
www.icr.ac.uk/everyman

^B British Heart Foundation
T 020 7487 9485
www.bhf.org.uk

^C Down's Syndrome Association
T 0845 230 0372
www.downs-syndrome.org.uk

^D International Glaucoma Association
T 020 7737 3265
www.iga.org.uk

^E Alice Kilvert Tampon Alert
T 0161 748 3123
www.tamponalert.org.uk

^F Bike Week
T 01243 527 444
www.bikeweek.org.uk

^G Diabetes UK
T 020 7424 1000
www.diabetes.org.uk

^H Food and Drink Federation
T 020 7836 2460
www.foodlink.org.uk

^I The Men's Health Forum
T 020 7388 4449
www.menshealthforum.org.uk

^J Community Hygiene Concern
T 020 7686 4321
www.nits.net/bugbusting

^K Daycare Trust
T 020 7840 3350
www.daycaretrust.org.uk

^L The Society of Homeopaths
T 0845 450 6611
www.homeopathy-soh.org

^M Motor Neurone Disease Association
T 01604 250 505
www.mndassociation.org

^N Deafblind UK
T 01733 358 100
www.deafblind.org.uk

Diabetes



- Brent has one of the highest rates of diabetes in England, with about 15,000 people affected.
- It is estimated that up to half of people who have diabetes are unaware of their disease. It can remain hidden for a few years before symptoms appear. These are usually increased thirst, passing large quantities of urine, weight loss and general tiredness. During this hidden period, damage is already occurring.
- Diabetes can affect nearly all parts of the body. If not managed well, diabetes can lead to heart disease, kidney failure, blindness and other disorders. If diabetes is controlled well these conditions can be prevented or delayed.
- The Diabetes Priority Action Group at the PCT is actively working to improve services for people with diabetes.



July 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|---|----|----|----|----|----|--|
| | | | | 1 | 2 | 3 Metabolic Disease Awareness Week Jul 03-09 ^A |
| 4 Twins, Triplets & More Week Jul 04-09 ^B | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

^A The National Information and
Advice Centre for Metabolic Diseases
T 0870 7700 325
www.climb.org.uk

^B Twins & Multiple Birth Association (TAMBA)
T 0870 7703305
www.tamba.org.uk

Life expectancy



- Life expectancy at birth is an estimate of the number of years a new-born baby would survive if the death rate for the area remained the same throughout his or her lifetime.
- There are large differences in life expectancy within Brent. A baby boy born in Northwick Park electoral ward can expect to live to 81 years, a baby boy born in Harlesden ward can expect to live to 71 years. This ten year difference in life expectancy happens in just 3.5 miles: for every stop along the Bakerloo line between Harlesden and South Kenton, a boy can expect to have an extra 2.5 years of life.
- The pattern is similar for women, but on a lesser scale.



August 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|---|----|----|----|----|----|----|
| 1 Sexual Health Week Aug 01-07 ^A | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

^A fpa
T 020 7923 5216
www.fpa.org.uk

August - MMR



- As in other parts of England, measles and mumps are becoming a real danger to the children of Brent. The danger of babies being born deaf and blind with Congenital Rubella syndrome is also increasing.
- These dangers are due to the decrease in MMR vaccine uptake in Brent. In Kilburn, only half of the children who could have benefited from it actually received it. This is not enough to protect our children.
- In response, Brent PCT has been lobbying nationally and set up a group to work with the local community to dispel the myths about MMR and to convince mothers that MMR vaccine is the safest option for their children.



September 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|---|----|--|----|----|--|---|
| | | | 1 | 2 | 3 Migraine Awareness Week Sep 03-11 ^A | 4 |
| 5 Hughes Syndrome Awareness Week Sep 05-11 ^B | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 Continence Awareness Week Sep 12-18 ^C | 13 | 14 | 15 | 16 | 17 | 18 Children's Hospice Week Sep 18-25 ^D |
| 19 | 20 | 21 World Alzheimer's Day Sep 21 ^E | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

^A Migraine Action Association
T 01536 461 333
www.migraine.org.uk

^B Hughes Syndrome Foundation
T 020 7960 5561
www.hughes-syndrome.org

^C Continence Foundation
T 020 7404 6875
www.continence-foundation.org.uk

^D Association for Children's Hospices
T 0117 905 5082
www.childhospice.org.uk

^E Alzheimer's Disease International
T 020 7620 3011
www.alz.co.uk

FleXi Heart Plan



- Coronary Heart Disease is a major cause of illness and mortality and Brent reflects the national picture.
- The FleXi Heart Plan is a cardiac rehabilitation programme designed to increase the capacity of the existing health services and to improve uptake by patients. There are many reasons why people find it difficult to use the services, including being housebound and returning to work afterwards.
- The service is designed for all Brent patients who have heart disease. Referrals can be from anyone in the health service.
- The FleXi Heart Plan is broadly a home-based programme where each patient has an identified care manager, a cardiac nurse, who develops a plan tailored to the needs of that patient.



October 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|--|----|----|--|----|---|---|
| | | | | | 1 Breast Cancer Awareness Month Oct 01-31 ^A | 2 Lupus Awareness Month Oct 01-31 ^B |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 BackCare Awareness Week Oct 10-16 ^C | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 World Osteoporosis Day Oct 20 ^D | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 Bug Busting Day - Head Lice Beware Oct 31 ^E | | | | | | |

^A Breast Cancer Care
T 020 7384 2984
www.breastcancercare.org.uk

^B Lupus UK
T 01708 731 251
www.lupusuk.com

^C BackCare
T 020 8977 5474
www.backcare.org.uk

^D National Osteoporosis Society
T 01761 471 771
www.nos.org.uk

^E Community Hygiene Concern
T 020 7686 4321
www.nits.net/bugbusting

Deprivation



- Deprivation has a crucial effect on the health of individuals and communities.
- We currently measure deprivation using a new Index of Multiple Deprivation which is issued by the Office of the Deputy Prime Minister. The Index is based on a combination of factors such as income, employment, health and disability, education, housing, geography, crime and the environment.
- There is marked variation in deprivation around the borough of Brent. The higher the score, the greater the deprivation. The highest scores are in Harlesden (41.9) and Stonebridge wards (42.2) which correspondingly have the highest mortality rates. The lowest scores are in Northwick Park (14.1), Preston (16.7), Kenton (12.8) and Queensbury wards (17.0). The average for London is 24.6. The range for London 1.5 – 76.4.



November 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

Living with Cancer



- We check who receives cervical and breast screening so that we can improve the use of screening services by all Brent women.
- We work with our local hospitals to ensure that waiting times for cancer services are within national targets.
- We are working with the North West London Cancer Network to develop centres to support patients, carers and their families.
- We are also working with Macmillan Cancer Relief to ensure the information needs of Brent cancer patients, carers and their families are being met.
- We are working with our local palliative care providers, both NHS and voluntary sector, to ensure that cancer patients, carers and their families are supported if they need terminal care or bereavement services.



December 2005



| Mo | Tu | We | Th | Fr | Sa | Su |
|----|----|----|---|----|----|----|
| | | | 1 World AIDS Day Dec 01 ^A | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

^A National AIDS Trust
T 020 7814 6767
www.worldAIDSday.org

Tuberculosis



- The increase in tuberculosis is of large public importance. The Brent Health Action Zone programme is addressing this through:
- public education and raising awareness;
- tackling the issues of stigma associated with certain groups (e.g refugees and the homeless); and
- assisting individuals throughout their illness.
- The programme will consist of four themes: research; training and raising awareness; information; and patient support.
- The lead agencies are: Brent Homeless Families Group; Brent Refugee Forum; Brent Race, Health & Social Care Forum; TB Alert; Brent Indian Association; Brent & Harrow Community Health Projects; North West London TB Network and Asian People with Disabilities Alliance.

