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These stories were compiled with the help of Homerton University Hospital, City & Hackney Clinical Commissioning Group & East London NHS Foundation Trust

health



Core Arts deputy director Giuliana Molinari, Core Sport Inclusive Sports Development Manager Laura-Jane Connolly and Core Arts director Paul Monks

Success at its core

HACKNEY can now boast that it is the best sports club in London.

Core Sport, a service designed to improve mental and physical health through exercise, was named 'London Sports Club of the Year' at the London Sport Awards last month.

The Core Sport programme is run by mental health charity Core Arts. It offers free courses in a wide range of sports from table tennis to white water rafting, and GPs can refer patients to the programme.

Core's Inclusive Sports Development Manager,

“It's so inspiring to see how our clients transform physically and mentally through sport”

Laura-Jane Connolly, said: “This is a fantastic endorsement of the work we've been doing to promote better mental health. Hopefully we can use this award as a springboard to reach even more people and offer even more courses.

“It's so inspiring to see how our clients transform physically and mentally

through sport and incredible to see the effect on their confidence and social lives, which reinforces their recovery.”

Chair of the judging panel, Tove Okunniwa, added: “Every winner and nominee has had a significant impact on the health and prosperity of London.

“This commitment to

grassroots sport makes our great city a blueprint for places around the world. I'm delighted to have seen so many inspirational stories given the platform they deserve at the London Sport Awards.”

The award ceremony, held at Wembley Stadium on 8 March, was organised to honour sports organisations that are changing lives in London.

MORE INFO

For more info on Core Sport, visit: www.corearts.co.uk/core-sport

News in brief

Students help make Hackney a dementia friendly borough

SOME of the borough's isolated older people have been receiving visits from students from Our Lady's Convent High School, N16.

Residents of Century Court in Upper Clapton, a Housing with Care scheme, were given fortnightly round-table tennis sessions and flower arrangement workshops. As part of the school's Core Religious Education, all of its A-level students are placed in the local community to provide interaction and activities to groups of isolated older people.

The pupils received training and support by Dementia Friendly Hackney and T3 Ping Pong Foundation, as part of its Dementia Friendly Hackney programme.

To help make Hackney a dementia friendly community, email: sandra.cater@alzheimers.org.uk; or call: 020 8533 0091.



Funding secured to help tackle Hackney's health inequalities

HACKNEY CVS, the local umbrella body for the voluntary sector, has recently secured funding to help tackle health inequalities in the borough.

The grassroots projects agreed for funding are: supporting migrants to access health services; bowel cancer awareness raising in the African community; and peer support for people living with long-term health conditions. Jackie Brett, Director of Communities and Partnerships at Hackney CVS, said: “The way to a fairer Hackney is to support people where they are and build service around people's needs; community groups do this.”

For more information on Hackney CVS, email: jackie@hcvs.org.uk; or call: 020 7923 1962.

Take a pause at the Wellbeing festival, at Dalston Eastern Curve Garden, on 16 May



RESIDENTS are being encouraged to 'take a pause' and practise mindfulness as part of the Wellbeing festival on 16 May.

Now in its fourth year, the annual Wellbeing festival is set to take place at Dalston Eastern Curve Garden next month, as part of Mental

Health Awareness Week.

The free event aims to get residents to take a pause from busy city life, teach them simple self-care techniques, and open the discussion about mental health.

The evening will run from 6-8.30pm, and is set to involve several community

organisations from the City and Hackney Wellbeing Network. It will also include live music, food, and the opportunity to experience mindfulness, as well as free complementary therapies such as massages, yoga and aromatherapy.

Led by Mind in the City,

Hackney and Waltham Forest, the 'take a pause' campaign promotes the practice of mindfulness, and encourages residents to take a few minutes out of their everyday lives to invest in their wellbeing.

For more info, visit: www.mindhackney.org.uk