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Lancashire Gujarat Health Users Forum
Working towards a healthier community



Health Mela

Saturday 8th April 2006
10am to 4pm

Gujarat Hindu Society,
South Meadow Lane, Preston



Programme guide

In partnership with:

Preston **NHS**
Primary Care Trust

Lancashire Teaching Hospitals **NHS**
NHS Foundation Trust



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ROYAL AIR FORCE

Chairman's message

We are honoured that the President of the General Medical Council is taking the time to come to the event.

We expect hundreds of people to attend the Health Mela which is primarily aimed at developing relationships between health professionals and people in

minority ethnic communities, but everyone from all walks of life is welcome to come along. There are plenty of activities for all the family to enjoy.

**Professor Romesh Gupta,
Chairman of the Lancashire
Gujarat Health Users Forum
and a Consultant at
Lancashire Teaching Hospitals**



Chief guests message

I am delighted to be able to make a contribution to this booklet and to be your chief guest at the Health Mela.

It is clear that these annual Health Melas have made a considerable impact on the local community by encouraging greater health awareness among ethnic minority groups. The Health Melas do not stand alone but build on the work of the Lancashire Gujarat Health Users Forum and its many partner organisations. The aim, to encourage greater integration of different societies and ethnic mix, has led to an improved understanding of services offered by the health and social services sector, with a positive emphasis on health education and prevention.

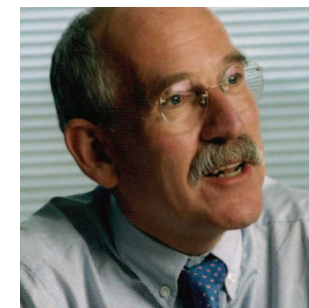
For many years now our health service has been dependent upon doctors who have been trained overseas, not least from the Indian sub-continent. The benefit to patients has been enormous and these international medical graduates (IMGs) have

played a significant role in the development of the NHS and, indeed, in the activities of the General Medical Council. Often we fail as a nation to recognise just how significant their contribution has been and sometimes we have even taken it for granted.

In recent times we have become aware of the difficulties IMGs have in obtaining their first post in the health service; the length of time taken for that first appointment frequently leads to considerable financial hardship. The GMC, which is required to assess the fitness to practice of all IMGs seeking employment here, has been undertaking surveys of those taking the 'Professional and Linguistic Assessment Board (PLAB) exams which is the IMGs route to our medical register. We know that there is hardship. For some time now we have been warning those who want to work here that passing our exam will not guarantee a job. We have also enabled some candidates to take the first part of the PLAB

exam in their country of origin, removing the need to live here without the ability to practice medicine. But hardship continues and the GMC has worked and talked with those who are in a position to find a solution. We will continue to do so. We owe it to those who come here, and enable the NHS to meet patient need, to see that they are properly rewarded for their services.

I look forward to meeting you all on 8th April.



**The President of the GMC,
Professor Sir Graeme Catto**

Messages of Support

I am delighted that Preston PCT is, once again, supporting this popular local event. We value the involvement which this gives us, and which makes people aware of the health initiatives we support as a primary care trust.

Wendy Hogg, Chair of Preston PCT

I for one am looking forward very much to this year's Mela. It is an event that is not only entertaining and a wonderful chance to meet old friends and make new ones, but also an important opportunity to involve the whole community in the promotion of good health. We believe that Lancashire Teaching Hospitals is the best in the land but every one of us would prefer to practice prevention rather than cure and the Mela is a good place to start.

Dennis Benson, Chair, Lancashire Teaching Hospitals NHS Foundation Trust

I visited the Lancashire Gujarat Health Users Forum in February and was tremendously impressed both by the Forum's work and the beautiful temple surroundings.

The government is currently stressing how important it is for us all to look after our health and on care in the community. These issues are important to all of us. The Health Mel - is an example of very best practice.

Bringing people from the same community together with local healthcare organisations to ensure they can exchange views on health issues and ensure they get the best possible healthcare

tailored to their needs is exactly what care in the community is about. I wish the Health Mela every success both on the day and in the subsequent benefits for the community.

Anna Walker, Chief Executive, Healthcare Commission

The Health Mela and the Lancashire Health User's Forum have made a direct and significant contribution to improving the health of local communities and is an example of best practice that needs to be replicated nationally.

Professor Iqbal Singh, Commissioner, Healthcare Commission

I'm delighted to offer my support for this years Health Mela. What you are doing is very important.

The health service is here for everyone, yet we know there are some communities that we can, and must, reach better. We know for example that people in the South Asian Community are more likely to suffer from certain conditions such as diabetes or heart disease.

This event neatly encapsulates the ways in which we need to take this forward. It is bringing people together in a comfortable environment to talk about an important subject - health. It is providing valuable advice and basic checks that can make a real difference to people's lives and also their perceptions - both about themselves and the NHS. It is harnessing the strengths of the community by working across organisational boundaries and, crucially, it is locally driven.

I'm sure there will be much learning to come from this and I hope you will take every opportunity to share it with the rest of the NHS. It is vital that we share the things that work well to improve the service for everyone, everywhere.

With best wishes for a successful and enjoyable day.

Sir Nigel Crisp KCB, Chief Executive, Department of Health and NHS

It is encouraging and heartening that the event is held in the heart of the community.

Community has a better understanding of different types of services available and how to access appropriate services. Much useful information is provided and bi-lingual professionals enhance communication.

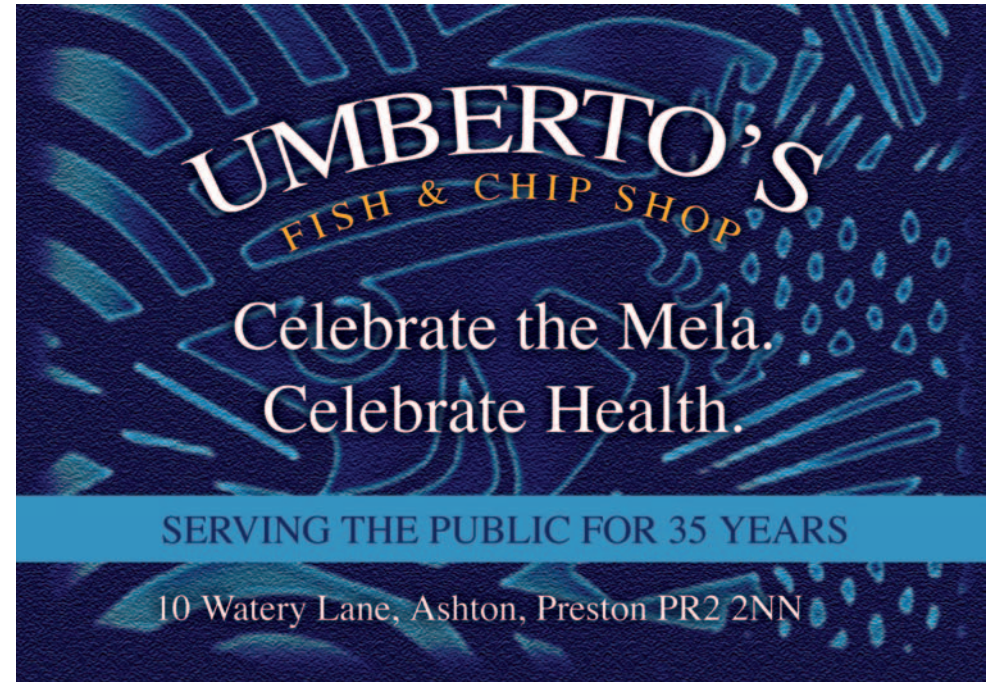
Accessible and satisfactory health service leads to improved personal health and a better quality of life.

I congratulate Professor Gupta and his team for raising the health consciousness level of the Lancashire Gujarati community and for making Health Mela an annual event that many people look forward to attending.

**Bhikhu Patel
Mayor of Preston**

Congratulations and best wishes for a very successful Health Mela initiative and all the work over the years.

Royal Society of Medicine, Lancashire and Cumbria Division



Best wishes to Lancashire
Gujarat Health Users Forum
and the Steering Group

from Lancashire Indo-British Association

Lancashire Gujarat Health Users Forum

Working towards a healthier community in partnership with



c/o Gujarat Hindu Society
South Meadow Street
Preston
PR1 8JN
Tel: 01772 253901
Fax: 01772 882221



Chairman: Professor R.C. Gupta
Secretary: Mr. John Freeman

Aims and Objectives

1. To improve awareness of the range of health care services within south asian community.
2. To encourage a greater and appropriate use of health care services.
3. To ensure that services are developed and organised in the user friendly manner for all south asian community.
4. To develop partnership between the health care users, health care providers and social services.
5. To assist service provider in raising the general health of the ethnic communities by empowering them to adopt healthy living styles.
6. To understand the importance of non clinical environmental factors which affect health such as education, housing, pollution, employment, social and other health related issues.
7. To advice the patient advocate groups and other representative bodies regarding specific health care requirements for the south asian community.
8. To provide suggestions on policy and strategies impacting on the health of south asian community.

The Lancashire Gujarat Health Users Forum is supported by the Gujarat Hindu Society



Exhibition stalls



Blood testing



Opening dance



School children attending Health Mela

Health Mela Programme

10.20am	Welcome dance by the students from GHS
10.30am	Garland for guests of honour
10.35am	Introduction by Professor Romesh Gupta Chairman of LGHUF
10.45am	Key note address by Professor Sir Graeme Catto President of the General Medical Council
11.05am	Dance performance by GHS Girls
11.15am	Vote of thanks by Mr. Ishwer Tailor President of GHS and Treasurer of LGHUF
11.20am	Visit of the displays by the guests.
11.45pm	Meeting with Professor Sir Graeme Catto, including guests, with members of the LGHUF and senior members of NHS staff

Activities in the Main Hall

	12.15	1.00	1.15	1.30	2.00	2.15	2.30	3.00	3.15	4.00
Healthy Cooking	•		•			•			•	
Exercise		•			•			•		•
Salsa				•			•			

Interactive sessions upstairs in classrooms 1 & 1A

Session	1.00 - 1.30	1.45 - 2.15	2.30 - 3.00
Healthy Heart / Diabetes	1A		
Women's Health / Breast Self Examination		1	
Men's Health			1
Oral Hygiene		1A	
Young People's Health			1A
Stop Smoking	1		

Consultation sessions available upstairs

Session	Location	Time
Reiki	Conference Room 1	From 2.00pm
Pharmaceutical Reps.	Conference Room 1	10.00am to 1.00pm
Holistic Therapy	Conference Room 2	From 1.00pm
Head Massage	Classroom 2	Throughout the day
Memory Loss	Classroom 2a	11.00am to 2.00pm
Baby Massage	Classroom 2a	2.00pm and 3.00pm

Throughout the day in the car park there is a fire engine from the Lancashire Fire and Rescue Service. There is also an ambulance from the Lancashire Ambulance NHS Trust with demonstrations of basic life support.

Health Check

Gujarat Hindu Cultural Centre
8th April 2006

Name _____ Age _____

Name of GP _____

Health Check Test	Result	Desirable
Blood Sugar	_____ mmol/l	4-7 mmol/l
Cholesterol	_____ mmol/l	< 5 mmol/l
Blood Pressure	_____ mm/hg	140/80 mm/hg
Height	_____ meters	
Weight	_____ kg	
Waist Circumference	_____	

Do you smoke? Yes No

Seminar sessions and workshops attended

Cookery Demonstration	<input type="checkbox"/>	Exercise Demonstration	<input type="checkbox"/>
Smoking Cessation	<input type="checkbox"/>	Men's Health	<input type="checkbox"/>
Women's Health	<input type="checkbox"/>	Women's Breast Examination	<input type="checkbox"/>
Healthy Heart	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>
Young People's Health	<input type="checkbox"/>	Oral Health	<input type="checkbox"/>

Exhibitors

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ABBOTT LABORATORIES	IL
AGE CONCERN PRESTON AND SOUTH RIBBLE	LANCS FIRE AND RESCUE SERVICE
ALCOHOL AND DRUG SERVICES	LAZER TREATMENT
ALL THINGS HOLISTIC	MAKING SPACE/LANCASHIRE MENTAL HEALTH
AMBULANCE SERVICE FIRST RESPONDERS	MEDICINES MANAGEMENT TEAM
ARTHRITIS CARE	MEN'S HEALTH
AYURVEDIC HERBAL CLINIC	MICROBIOLOGY HAND HYGIENE
BAYER HEALTHCARE	NATIONAL BLOOD SERVICE
BLACK HEALTH AGENCY'S PPI FORUMS	NHS DIRECT
BREAST AWARENESS/BREAST FEEDING	ORAL HEALTH
CHILD HEALTH DIRECTORATE	PAEDIATRIC OUTREACH TEAM
CHINESE ACUPUNCTURE AND SKIN CLINIC	PALS
CHORLEY AND SOUTH RIBBLE PCT	POLICE MINORITIES TEAM
CVS/VOLUNTEER EXCHANGE	PROGRESSIVE SUPRANEUCLEAR PALSY ASSOCIATION
DIALYSIS UNIT ORGAN DONOR	RAF CAREERS OFFICE
DISC	RHEUMATOLOGY DEPT
DOMESTIC VIOLENCE	ROCHE DIAGNOSTICS
DPC	ROYAL PRESTON HOSPITAL FOUNDATION TRUST
EAR NOSE AND THROAT DEPT	SPORTS DEVELOPMENT DEPT
ESIA MEMORY	ST. CATHERINES HOSPICE
EYE ASSESSMENT UNIT	STOP SMOKING SERVICE/SPIROMETRY
FIVE A DAY	BOEHRINGER-INGELHEIM
HIV SUPPORT TEAM	TOSHAH BIOSCIENCE
HUMAN RESOURCES PRESTON PCT	

A special thanks to Roche Diagnostics for their continued support to the LGHUF

It pays to receive independent financial advice



CONTACT **MICHAEL BAILEY** (PARTNER)

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Lancashire Constabulary
police and communities together

Minority Recruitment Team

The Minority Ethnic Recruitment Team are officers who specifically offer support and advice to anyone from any minority ethnic group who wishes to become a member of Lancashire Constabulary. Our contact details are as follows:-

Minorities Team:	PS Paul Gooch	01772 410334
	PC Zak Hill	01772 410364
	PC Andrew Thornhill	01772 410323

General Enquiries and Police Recruitment: 01772 410429

There are also a number of non-police vacancies that may interest you. Please refer to the local press for current vacancies or the Lancashire Constabulary website, www.lancashire.police.uk

If you have any queries, please do not hesitate to contact us.

Building a New Hindu Community

The Gujarat Hindu Society (GHS) is an example of how a place of worship has played a focal role in creating a sustainable community centre and engaging the Hindu community in the challenges it faces.

The GHS faced challenges from its inception in 1974, when trying to obtain bank loans for their first premises. Its trustees were forced to put up their house deeds as security to get a loan, but through active engagement and spiritual connectedness this loan was paid back to the bank in 18 months.

As its needs expanded, the Executive Community had a vision of expanding the centre into a 'centre of excellence' from which to promote Indian culture, celebrate religious festivals and strengthen a cohesive community, in particular with other faith groups.

Three feasibility studies were carried out during 1990-1995 to plan the best options for the future of the GHS and the local Hindu community. The availability of Millennium Commission funding, combined with the fruits of our community's fund raising activities, enabled us to raise nearly £3.2m for the cost of the redevelopment project. The centre was officially opened in January 2000, in time to celebrate the Millennium vision of the GHS dream come true.

The development of our community has, during this entire process, been achieved through the spiritual strength of our faith community, organised around its place of worship, combined with unconditional dedication of volunteers from the local Hindu community.

'Powered by its spiritual faith and a strong sense of duty to serve the community, the GHS has been able to fulfil its vision to capacitate and empower the Hindu community.'

Ishwer Tailor
President of the Gujarat Hindu Society, Preston, Lancashire

Article appeared in Community Development United Synagogue

Health Seminars are for Everyone

Gujarat Hindu Centre welcomes all to attend the Health Seminars for 2006

January 22nd Smoke Alarm Prevention of Accidents in the Home Sarifa Kabir	February 19th Substance Misuse Chetan Chauhan Uday Gohil	March 19th Minor Illness Sarifa Kabir	April 8th Health Mela
May 21st What do you want from your Health Service Carol Fare Mary Kiddy	June 18th Stroke R Bhatt	July 16th Blood Donation Services Chetan Chauhan	August No Seminar
September 17th How to get the best from your GP Dr.M. Jandu	October 15th Flu Vaccination	November 26th Men's Health Mr. Haq	December 17th Holistic Living - Managing Stress and Mental Health Kushal Kumar
January 07 Osteoporosis Dr K Patel	February 07 Substance Misuse	March 24th 07 Health Mela	April 07 Women's Health Breast Examination

All seminars start 3pm – 5pm

The Community Centre is for the community
Use it to improve and understand your HEALTH

Gujarat Hindu Society, South Meadow Lane, Preston PR1 8JN
Tel: 01772 253901 Fax: 01772 882221

Its good to learn about your health

Working towards a healthier community in partnership with:

Lancashire Teaching Hospitals **NHS**
NHS Foundation Trust

Preston **NHS**
Primary Care Trust

DIABETES

Type 1 often affects children, but adults can develop it, too. In this form of diabetes, the body is unable to make insulin. The immune system, by mistake, attacks the cells that make and release insulin. As these cells die, high sugar levels collect in the blood. Lack of insulin with high blood sugar may cause acids called ketones to build up in the blood and urine. This can cause a life-threatening problem.

In **type 2** diabetes, your body probably still makes insulin, but **your body's cells can't use it well**. This is called **insulin resistance**. Over time, high levels of sugar build up in the bloodstream. When blood sugars are high, yet still not high enough for diabetes, you have pre-diabetes. As sugar continues to build, you may develop type 2 diabetes.

Diabetes Symptoms

Many people with type 2 diabetes never show any signs. But some people do show symptoms. The most common are:

- urinating a lot
- feeling thirsty often
- losing weight without trying
- feeling hungry a lot
- having blurry vision

These symptoms are caused by high blood sugar. Some may seem minor. But, if you manage your blood sugar now, you may **reduce your risk of complications from diabetes later**.

HAVE YOUR BLOOD SUGAR CHECKED REGULARLY

BLOOD PRESSURE

High blood pressure increases your chance (or risk) for getting heart disease and/or kidney disease, and for having a stroke. It is especially dangerous because it often has no warning signs or symptoms. Regardless of race, age, or gender, anyone can develop high blood pressure. Once high blood pressure develops, it usually lasts a lifetime. You can prevent and control high blood pressure by taking action.

Why Is High Blood Pressure Important?

High blood pressure is dangerous because it makes the heart work too hard. It also makes the walls of the arteries hard. High blood pressure **increases the risk for heart disease and stroke**. High blood pressure can also cause other problems, such as heart failure, kidney disease, and blindness.

Risk factors are behaviours or conditions that can increase your chances of developing a disease. For instance, high blood pressure is a risk factor for heart disease and stroke.

There are other risk factors for heart disease and stroke. Most can be modified, though some cannot. The more risk factors you have, the greater your chances of developing disease. So it is important to take steps to prevent or control these risk factors.

Heart disease and stroke risk factors that can be controlled are:

- high blood pressure (hypertension)
- abnormal cholesterol
- tobacco use
- diabetes
- overweight
- physical inactivity

You can take steps to prevent high blood pressure by adopting a healthy lifestyle. These steps include maintaining a healthy weight; being physically active; following a healthy eating plan, that emphasises fruits, vegetables, and low fat dairy foods; choosing and preparing foods with less salt and sodium; and if you drink alcoholic beverages, drinking in moderation.

HAVE YOUR BLOOD PRESSURE CHECKED REGULARLY

Coronary Heart Disease: The narrowing of the coronary arteries due to the accumulation of plaque causes coronary heart disease (CHD). The narrowing and blockage of the arteries by plaque is called atherosclerosis.

Some controllable risk factors for coronary heart disease are:

- high blood pressure
- high blood cholesterol
- smoking
- obesity
- physical inactivity
- diabetes
- stress

Stroke: When brain cells are deprived of their blood supply, a stroke or "brain attack" occurs. Without access to vital nutrients and oxygen, brain cells die. Blocked blood vessels in the neck or brain are responsible for 80 percent of strokes, while the remainder result from a weakened blood vessel in the brain that bursts and bleeds into the surrounding tissue.

Stroke:

As with coronary heart disease, many risk factors are under your control:

- high blood pressure
- heart disease
- smoking
- diabetes
- obesity
- diets high in alcohol consumption, cholesterol, fat and sodium
- for women over 35, using oral contraceptives, especially if combined with smoking
- chronic stress - stress may contribute to maintaining blood pressure at high levels

CHOLESTEROL

Coronary heart disease risk increases when cholesterol levels increase. Lowering cholesterol levels can have a positive effect by reducing the accumulation of fatty deposits on the arterial walls.

Cholesterol is coated with a layer of protein to make a "lipoprotein." Two lipoproteins that are important to know about are low density lipoprotein (LDL) and high density lipoprotein (HDL). LDL-cholesterol carries most of the cholesterol in the blood. When too much LDL-cholesterol is in the blood, cholesterol can build-up in the arteries. That is why LDL-cholesterol is called the "bad" cholesterol. HDL-cholesterol helps remove cholesterol from the blood and helps prevent the fatty build-up. HDL-cholesterol is therefore called the "good" cholesterol.

The body naturally produces cholesterol; however, we also ingest cholesterol from foods that we eat. Dietary cholesterol all comes from animal products, such as whole milk, meats, egg yolks, poultry, or fish. Plant foods contain no cholesterol.

• Choose foods that are low in cholesterol, saturated fat, and total fat content

Stay away from organ meats (liver, e.g.), processed meats (sausage and hotdogs, etc.), egg yolks, butter, cheeses, whole milk, ice cream, fried foods, and saturated oils such as coconut, palm, and palm kernel.

Instead, eat more fruits, vegetables, whole grain products, pasta, cereals, low fat and fat-free dairy products, lean cuts of meat or fish, and skinless poultry.

• Increase physical activity

Regular exercise can raise HDL-cholesterol levels, the so-called "good cholesterol" because it helps remove the unhealthy form of cholesterol from the blood. 30 minutes of aerobic activity is recommended at least 3 to 5 times per week. Before beginning an exercise program or suddenly increasing activity levels, consult your physician. Not all exercises are suitable for everyone.

• Keep your weight in a healthy range

Being overweight can increase the likelihood of having elevated cholesterol. Weight loss can increase the "good cholesterol" (HDL) and decrease the "bad cholesterol" (LDL). The best combination for losing weight is decreasing caloric intake while increasing physical activity. Be sure to get advice from a physician concerning the best exercises and food regimen for you.

• Take cholesterol-lowering medication if your physician prescribes it

It is still very important to continue to exercise, eat healthy, and keep weight down, while you are taking these medications. They are not a substitute for a healthy lifestyle.

Written by Sarifa Kabir, Public Health Co-ordinator, Lancashire Teaching Hospitals NHS Foundation Trust and Ravi Shah, Founder member, Lancashire Gujarat Health Users Forum

To look after yourself is the best medicine for life. Quality of life improves if one can look after one's spiritual, physical and mental well being. However one should also ensure to have regular medical checks to spot any potential problems especially after turning 50. **Health Mela is one of the opportunities for you to take care of yourself.**

Stay Physically Active

Keeping physically active can not only help you to improve your Physical health and well being it also helps you to live longer with improved quality of life. **It is never too early or too late to start.**

Physical activity means any thing you can do, do it and enjoy doing it. It could be as simple as household work like cleaning, gardening or simple exercises like keep fit, yoga, walking around the block. You don't need to make huge change to your life style. You can boost your physical activity by small changes in your life style: example: go for a walk regularly what ever the excuse you can use such as posting the letter, buy the news paper, walk to the temple/Church/ mosque, place of work.

Why: If you stay physically active you are likely to stay independent for longer. Exercise make you feel confident and mentally active, strong muscles & strong bones.

It reduces the risk of developing life threatening disease such as diabetes, stroke, osteoporosis etc.

Thirty minutes of moderate exercise a day. It can be all in one go or if you wish ten minutes three times a day is a good prescription to start looking after your self.

Healthy Eating

Eating a balanced diet means: not over eating and eating the right food is very important Have breakfast which is high in fibre such as cereals without added sugar and salt Plenty of vegetables particularly green and fruits (if you are diabetic take expert advice)

Reduce salt intake. Use **sugar in moderation** or substitute with honey as sweetener

Flavouring herbs are not bad if it can help you to reduce salt intake

Avoid fried foods and saturated fats like butter/ghee etc.

Chapatti, lentils, chick peas, daal, yogurt, rice, pasta, vegetables etc are good food

Eat in moderation particularly if you are over 50

Drink Plenty of Water

Do you know that even in winter you could be dehydrated. Getting enough water is necessary for healthy body functions. Such as digesting food, providing cushion for organs and tissues, transporting nutrients and waste products.

Drinking too little can cause mild dehydration. You can get symptoms such as headache, fatigue, mild confusion such as lower ability to think through solutions.

Drink 6 to 8 glasses of water daily.

With age, certain health conditions are more common. Asians are more prone to Diabetes, Coronary heart disease, Osteoporosis etc. Routine medical testing is good way to spot any potential problems and give yourself a best chance to live and age healthily.

Health Mela will help you with some of these tests such as Cholesterol, blood pressure, etc. Message is: Look after yourself

Exercise, balanced diet, plenty of water to drink and take active part in social events. If you smoke, stop smoking. If in doubt ask for advice.

Ashok Khandelwal, Founder member, Lancashire Gujarat Health Users Forum

LGHUF Steering Group

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Designed by S-ENSE Creative Design 07957 280306

The Patient and Public Involvement Forum for the Lancashire Ambulance Service are glad to support the Gujarat Health Mela
We independently monitor and support the Ambulance Services in the Region.
Why not find out more about us and maybe join in our activities?



For information contact:
The Lancashire Ambulance Service Patient and Public Involvement Forum,
Black Health Agency,
Farington Business Park,
Golden Hill Lane, LEYLAND
PR25 3GG

TEL: 01772 431195

Email ppil@blackhealthagency.org.uk



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