

# Tower Hamlets

LinkAge Plus

## Globe Mohila Women's Group

A health and fitness session for Bengali women which also includes expert input covering healthy living, medical and dietary issues with group discussion of the issues raised.

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# Globe Mohila Women's Group

## Objective

- To get women to examine their health issues.
- Prevent depression.
- Encourage women to take part in physical exercise.
- Social inclusion and eradicate isolation for older Bangladeshi women.
- Encourage carers to do activities and think of their wellbeing.
- Work with other health organisations to bring in Expert Patient Programme (EPP) for the women.

## Activity

- Keep fit sessions and discussions around food and drink.
- Once a week for 12 weeks.
- 10 to 15 women started to attend.
- Physical exercise for 1 hr for 12 weeks.
- Health talks for 12 weeks 1hr.
- Healthy eating, blood pressure, falls awareness, diabetes discussions, over-eating.
- Worked with PCT, Public Health and Keep fit instructor.

## Achievements against objectives

- Women started to attend the sessions and were forthcoming in discussions, they took interest in healthy eating, diabetes and blood pressure – we had 8 to 10 women attending.
- Keep fit was well attended 10-15 women, we changed the time to fit in with the women who had to pick up children from school.
- Women made new friends and were coming out of their houses, some Bangladeshi women had not done any keep fit session ever.
- Women started to talk about the food they cooked and looked at ways to cut down on red meat and oily food.
- Women exchanged recipes with each other.

## Wider achievements

- Women learnt how to communicate with each other by exchanging information about food.

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- Women learnt about food, diet and healthy eating from PCT/public health workers.
  - Women learnt the importance of diet and how to maintain a healthy diet.
  - Women learnt that you have to have some level of fitness to stay healthy and that Keep fit was important part of their lives.
  - By having sessions with younger women, we were able to bring in older Bangladeshi women.

## Resources

- Keep fit instructor £25.00 per hour for 12 sessions.
- Paid £12.00 per hour for venue.
- Working in partnership with Expert Patient Programme and Primary Care Trust.
- Admin for monitoring and evaluation/daily registration forms/registrations forms.
- Posters and flyers.

## Key lesson learned

- The lessons learnt were to be clear of what is on offer and have clear terms and conditions with small voluntary organisations.
- We did spot checks and learnt that women were not attending sessions but the organiser was giving us false information.
- We organised a meeting to discuss what was going on and learnt that the staff member was not committed to the work and was not interested in carrying on with the work we were trying to achieve.
- The women we learnt from the organiser were not interested and would only come when it suited their needs and she was fed up having to call them each week and get them to use the services provided.
- Next time we will have to make sure that a group has some kind of structure and are willing to put some energy from their end to make the partnership work

## Further information

To find out more about the Sundial centre, telephone the centre manager on 020 7021 4137, or [click here](#) to send us an email.

Alternatively, you can write to:

Sundial Centre, 11 Shipton Street, London, E2 7RU.

Ref to website:

Peabody website: <http://www.peabody.org.uk/pages/GetPage.aspx?id=165>

Sundial newsletter: <http://www.peabody.org.uk/pages/GetPage.aspx?id=157>

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## Related documents

- Registration forms.
- Daily register forms.
- Posters/flyers for the sessions.