

Message from your team



Hello all. We hope you are enjoying the summer, such as it has been so far. It has been a very busy time since the issue of the last HABIT newsletter so there is much to catch up on.

Unfortunately, we need to start with some very sad news; the death of HABIT founder & Chairman, Brian Urwin, shown above. Brian passed away on 1st June, 2023.

Brian was a huge advocate for Health and Business and will be sadly missed by the community.

The HABIT team are totally dedicated to keeping Brian's 'legacy' going through this newsletter and a new steering group.

As Brian was the chairman of HABIT, we are keen to find someone who is prepared to step into this role. An advert is on page 2 if you are interested.

Brian was great at seeking out opportunities for new community initiatives. Shortly after the Covid-19 pandemic Brian set up the Westcliff Park Community Befriending group that is well attended by the community. This was set up to help neighbours engage with each other and combat the loneliness bought on by the pandemic. This has been much appreciated by the residents.

We are delighted to report that before he passed away, Brian received a 'Coronation Community Champion' Award to recognise his achievements from volunteering in the community. He was selected as one of 500 Community Champions nationwide. He is pictured (left) with the certificate he received. We are so proud of Brian's efforts and so pleased that he received this recognition from the King and Queen.



HABIT in action

One of the key HABIT initiatives is the Thanet Diabetes Self-Care Group, consisting of members of the Thanet community who are either Type 1 or Type 2 diabetics who meet regularly to support each other in working towards their common goal of reversing this health condition. The members provide practical and moral support at regular meetings during which there are frequent presentations and talks on diet, exercise and other health-related topics provided by Think Healthy Me associates. Other recent, interesting initiatives that have taken place include a CPR Awareness event and the Westcliff Rose Garden Open Day. More details are on pages 3 and 4 of this newsletter.

The purpose of this newsletter is to:

- make Thanet a healthier, happier place to live, work and visit
- share good business practice in health & well-being, involving the next generation
- encourage engagement, commitment and contributions from local public sector organisations, the voluntary sector, private sector businesses. Without such partnerships the agreed terms of reference for HABIT will fail

Thanet Diabetes Community Self Care Group

- Do you have Diabetes, or pre-Diabetes?
- Are you newly diagnosed with Diabetes?
- Do you want to do something about it?
- 4.7 million people in the UK are known to have type 2 diabetes.
- Another 850,000 have it without realising it.
- More than 700 people a week die prematurely in England and Wales because of it.
- People with diabetes are twice as likely to suffer depression.

Our Thanet Diabetes Community Self Care Group has been set up to help people manage their Diabetes diagnosis, with a view to keeping it at bay.

Managing Diabetes, means looking at how you live your life on a daily basis; diet, exercise, medication and treatment. This can be a daunting task, if you have no support.

Our group is made up of people living with diabetes or pre-diabetes who have already begun their journey to manage this illness. Perhaps we can help you, perhaps you can help us?

We meet on a monthly basis bringing together our unique experiences, understanding and successes. This enables us to share new information and ideas which each of us can take away and try out. You might be doing things already which are working for you, which we could learn from.

If you would like to join us, or simply come along and meet us to find out more, please contact:

info@diabetesthanet.uk or visit our web page: <http://diabetesthanet.uk>



Check if you have type 2 diabetes

Many people have type 2 diabetes without realising. This is because symptoms do not necessarily make you feel unwell.

Symptoms of type 2 diabetes include:

- passing urine more than usual, particularly at night
- feeling thirsty all the time
- feeling very tired
- losing weight without trying to
- itching around your penis or vagina, or repeatedly getting thrush
- cuts or wounds taking longer to heal
- blurred vision

You're more at risk of developing type 2 diabetes if you:

- are over 40 (or 25 for south Asian people)
- have a close relative with diabetes (such as a parent, brother or sister)
- are of Asian, African-Caribbean or black African origin (even if you were born in the UK)
- are overweight or obese

Volunteering opportunity! New Chair of HABIT needed

Health & Business in Thanet (HABIT) was formed in 2017 to include representatives from businesses, statutory agencies, the local community and the voluntary sector to advise on action, raise awareness and share best practices that will promote health and well-being in education, training, business and employment. Its aim is to address the long-term deprivation of the Thanet population by raising awareness of the positive actions that can be taken to improve health and well-being.

The group has an ambitious programme of work and makes use of their insights into the views and experiences of the local population, ensuring that local people's needs and public concerns are taken into account when setting the priority areas of focus.

The new chair of HABIT will need to:

- be well-connected in the community
- have well-honed networking skills
- be a consistent, highly-effective communicator
- have the time, passion, commitment, and energy to work tirelessly towards improving the health and well-being of the people of Thanet, and
- have the tenacity to pursue HABIT's objectives in the face of setbacks, blockers and inertia in systems and processes.

When asked, Members of the steering group said they felt that HABIT needs a chair with "effective leadership skills who is able to create connections, open doors, put people together and get them talking with a view to achieving measurable outcomes".

If you meet this person specification and would be interested in undertaking this voluntary role please contact Bradley O'Connell via email on info@habit.org.uk

CPR Awareness event update

This event on Saturday 22 April 2023 at Westwood Cross Shopping Centre proved a great success. This event was organised by HABIT and Think Healthy Me CIC in conjunction with the Ambulance Service (SECAMB) and Kent Fire and Rescue Service, for whose tremendous support we are very grateful. The aim of the event was to raise awareness of the importance of CPR training and to gain signatures on our petition for more defibrillators around Thanet.

Brian Urwin initiated this event as he himself had a cardiac arrest whilst on holiday abroad in 2000. Brian was successful in getting the defibrillator installed outside Westwood Cross's TK Maxx store. Many shoppers and even children practised CPR on the resus-annie dummies, many commenting how useful this was and more should be done to raise awareness.

The petition has been signed online and on paper by over 400 members of the public so far!

This clearly demonstrates public support in calling for more defibrillators. We will keep you posted, through this newsletter, as to the progress with this. Should you wish to sign the petition please log onto <https://www.change.org/p/install-more-defibrillators-in-thanet>

We would like to thank Westwood Cross Management for allowing us to run this highly successful event.



Around
19,000
people are living with heart
and circulatory diseases
in Thanet



Around
5,400
people are living with
coronary heart disease
in Thanet



Heart and circulatory
diseases cause
35 deaths
each month
in Thanet



**Every
20 hours**
someone dies from a heart
or circulatory disease
in Thanet



CPR ADVICE



NHS
South East Coast
Ambulance Service
NHS Foundation Trust



Kent Fire &
Rescue Service

1. Make sure that you are safe and that the environment doesn't pose a danger to you and you end up becoming a casualty.
2. Make sure that the person you are trying to help does actually require CPR but check the airway for no breathing.
3. Make sure you have help on the way. As soon as it's identified that the person is not breathing, ring 999 and get an ambulance on the way.
4. When doing CPR make sure the arms are straight and locked, and the shoulders are over the hands so you're using body weight rather than just the arms, expect to break the sternum/ribs whilst doing CPR.
5. Keep going until help arrives. When help does arrive wait for them to tell you to stop.
6. The rate of compressions required is 100 to 120 compressions per minute. The speed you need to go is roughly the same speed as the beat to "Stayin' Alive" by the Bee Gees.

Ukrainians in Thanet

As part of the Ukrainian Support Group in Thanet, Jeanette Hall and Amanda Allsop help to run an English conversation class based at the Salvation Army in Ramsgate High Street. Amanda teaches the very well-attended class for beginners and Jeanette teaches the more advanced speakers.

We have found that it is a lovely group, with those taking part being very keen to learn and improve their spoken English. Their families also organise Saturday morning sessions for their children at the Salvation Army and a fundraising cake sale every month.

As a group, the students are so well-organised and motivated. They involve themselves with the community at any opportunity: from making lanterns for the Christmas Parade to volunteering for the Ramsgate Spring Clean-up.

It's not easy being uprooted from a life and people you love to having to forge another life in a foreign country, even when it's by choice. The upheaval and pain was certainly not their choice but these brave people persevere, not knowing when or if it will end.

Jeanette Hall Jeanette@maykels.co.uk



Westcliff Rose Garden Open Day



It was a lovely hot sunny day in the Rose Garden and approximately 120 people attended the event including the present and previous Mayors of Ramsgate. This year the event was published on FACEBOOK so there was a good turnout. As it was hot many people decided not to attend. Any funds collected are used to provide money to purchase replacement roses.

This has been an annual event now for some twelve years which was started by the Westcliff Conservation & Community Association which was formed initially to encourage neighbours to get to know each other socially and draw attention to the presence of the Rose Garden. Even after many years, it is still surprising how often people say that they walk on Royal Esplanade and/or the seafront but have never been 'aware' of the Rose Garden as the entrance is on one of the 'walk downs'.

The Westcliff Conservation & Community Association was initially started as an association in an endeavour to increase local awareness, particularly vetting planning applications.

Wendy Arnheim; ex-Chairman WC&CA

The deadline for articles for inclusion in the next edition of HABIT newsletter is:

16th September 2023

Please email all articles to Brad at info@habit.org.uk

If there is an issue, news or event that you would like to see included but would prefer not to write a feature, please let us know.