

POPLAR HARCA

Health Outreach Guides graduate!

The Poplar Housing and Regeneration Community Association (HARCA) have recently completed a vigorous study course to train Health Outreach Guides for work in the community.

The course ran for 3 hours a week over a total of 14 weeks. Over 20 people of all ages and backgrounds took part and certificates were awarded to the proud graduates by CC+ Grant Manager, Michal Morris-Camille at the end of the course.

The training for the volunteers concentrated on general health promotion using very simple awareness-raising exercises from relaxation and exercise, managing time, food and nutrition to managing chronic illnesses and breast screening awareness, focussing specifically on how these issues affect the BME community.

Presentation skills and confidence building were also covered to enable graduates to become effective outreach volunteers and potentially move in to a career in this field in the future.

Most pertinently the training enabled the graduates to be equipped with all the necessary knowledge and tools to refer individuals to the relevant health agencies for care and support and also raised awareness of the barriers to health promotion for the BME community and how they, as health guides, can aid the BME community to overcome them.

Also available were taster sessions in Indian Head Massages, healthy feasts and shared hopes for the future.

Poplar HARCA is a registered social landlord. They own and manage around 7,300 homes in Poplar, East London that were transferred from the London Borough of Tower Hamlets. They are working with the local community and partners to make Poplar a better place to live.

For more information contact: Nazeerah Rahman on 0207 515 0978 or nazeerah.rahman@poplarharca.co.uk

<http://www.poplarharca.co.uk/>