

40% OF UK ASIANS UNAWARE THEIR ETHNICITY RAISES THEIR RISK OF DIABETES

A total of 40% of UK Asians don't realise they are at a higher risk of developing diabetes because of their ethnicity, according to a new survey carried out by the British Heart Foundation (BHF) (1). The reality is that some UK Asians are twice as likely to develop diabetes than the general UK population (2). Diabetes is a major risk factor for heart disease, and is closely linked to being overweight and physically inactive. Some South Asians are at higher risk of developing heart disease than the general population (3), so it's vital they understand how their lifestyle affects this risk factor condition. Worryingly, the survey also revealed that just one in five (20%) UK Asians know the recommended amount of physical activity they need to do each week to stay healthy despite the fact that keeping active can help reduce the risk of develop-

ing diabetes. While the Department for Health recommends adults do 150 minutes (2.5 hours) of moderate intensity physical activity a week, nearly half (47%) of UK Asians thought the recommended amount was less, with one in five (20%) believing it was just 60 minutes (1 hour) of physical activity per week. Qaim Zaidi, Project Manager for black and minority ethnic communities at the BHF, said: "These are worrying figures because they show a significant lack of awareness when it comes to diabetes and how to prevent it. The reality is that as Asians we're more likely to develop diabetes, which then increases our risk of heart disease - the UK's biggest killer. It's vital the South Asian community knows the risks so they take on board the importance of leading a healthy lifestyle. "The good news is that we can reduce our risk by making simple changes to our lifestyle, such as get-

ting more active. This doesn't mean turning into a gym addict, small changes such as taking the stairs rather than the lift, or walking the children to school rather than driving all add up." Rina Begum, 49, from London, was diagnosed with diabetes five years ago. She said: "My heart was beating really fast so I went to the doctor. I had a blood test and it showed I was diabetic. Now I take medication and go to a weekly exercise class and my health is much better. "I know some people are scared of going to the doctor but I would definitely encourage them to go. It's important people know diabetes is more common in South Asian communities so they seek out the help they need to manage it quicker." Diabetes is a life-long health condition that occurs when the level of glucose (sugar) in the blood is too high. Around 3 million 9 million people in

the UK have diabetes, and there are many others who have developed diabetes but have not yet been diagnosed (4). It's particularly important for South Asian women to try and prevent, or manage their diabetes well because if they develop diabetes they are more likely to go on to develop heart disease than South Asian men. South Asian women with diabetes are three to five times more likely to develop heart disease than women without diabetes. Men with diabetes are two to four times more likely to develop heart disease than men without diabetes (5). The BHF has a free booklet on diabetes for South Asians. You can order or download this and a range of other resources to help keep your heart healthy for free at the BHF's website. Visit: bhf.org.uk/southasian

WOMEN EMPOWERED ENTREPRENEURSHIP EVENT



On Wednesday September 26 over 150 men and women gathered under the clear glass dome of The Bright Courtyard Club in Baker Street for the Women Empowered (WE) Entrepreneurship event. The Panellists, Sally Overhead of Mojomoms, Kiran Sharma, Managing Director of KIKIT Ltd and Manager to singer Prince, Anjali Pathak, Brand Ambassador Culinary Development Patak's Foods, Chef & Food Writer and Rupinder Virdee Director of Revolution Creative Agency shared their journeys on how they started and grew successful businesses. Alpesh Patel Co-author, 'Our Turn: The ultimate start-up guide for female entrepreneurs' and founder of Praefinium Partners spoke passionately about the need for more women entrepreneurs saying that they were needed to save the world. He stressed that they were needed to be key decision makers and influencers so that they not only contributed to the world economically but could then make strides in ensuring social justice was carried out.

Reena Rangan, chairwoman and co-founder of WE, said that the organization thought that the traditional definition of entrepreneur had evolved and now with the boom of mumpreneurs (that mother who starts a business so that she can combine working with looking after her children or just a mum in business) the entrepreneurial landscape had changed. Finding a work and family balance is not easy and with the holidays children are given off school combined with the state of the economy, many women are finding the best way to solve their employment needs is to start their own enterprises and create employment for themselves and others. Women are turning their hobbies into income streams or are taking their formal job training one step further and starting up their own businesses. It is said that women are natural born entrepreneurs, naturally tuned to communicate, build relationships, are arguably more cre-

ative and multi tasking is the norm and this event was to showcase and highlight these attributes and encourage women who wanted to take that next step. Mona Remtulla, co-founder of WE, introduced the panel as diverse and was sure that those present who had wanted to find their special something would, with the words and wisdom of the panellists, be encouraged and empowered to take that next step. She also thanked two entrepreneurs for their contribution to the event: Reshma of CRR Photography for the pictures their journeys on how they started and grew successful businesses.

She went on to introduce each panel member highlighting the inspiration each provided. Anjali Pathak, a third generation female entrepreneur from the famous high quality authentic Indian "Patak" food family encouraged the audience to "discover" that a skill that one perhaps took for granted could actually be the key to your next step as Anjali's grandmother did when she came to the UK in the late 1950's. Sally Overhead, a mother of five children, all under seven years old, and an entrepreneur with two companies one of which is dedicated to helping mothers back into work. She explained that she had tried to get the right work/family balance and had managed to achieve success in both family and business life while at the same time approached the discussion of social entrepreneurship. She spoke of Kiran Sharma whose story started with posters on her walls of the greatest music legends and she now manages one of them, Prince. The final panellist was Rupinder Virdee, a working mother who found a complimentary niche to call her own and set up a PR and marketing agency. Sally Overhead urged those thinking of doing something to "just go for it" as waiting for the right time or right

thing might mean that you would always be waiting. Anjali reassured those listening that a fear of failure was acceptable and it was okay to fail sometimes and that one should look at failure as a dress rehearsal for success. Kiran urged people to do one thing everyday towards their goal and in a month that would become 30 things that would have been done and that would be progress towards success.

Rupinder advised the attendees to take an idea, plan it and then really go for it. Women empowered had collaborated with TIE UK, a forum for entrepreneurs, as their mentoring partners and Deepali Nangia the mumpreneur of Empower who provided career and business support to working mums. The evening ended with those who attended browsing through the stalls that were being championed by WE all of which were started up by women entrepreneurs.

WE seeks to: ENGAGE more women in discussion; ENCOURAGE fresh and varied thinking and perspective; EMPOWER women to find the inner confidence to take the next step; ENABLE and support them through the journey by putting them in touch with organisations that can nurture their ideas and mentors who can assist in achieving those goals; To provide a platform to enable women to articulate their issues and concerns with a chance to meet decision makers and get their views and opinions heard. To create a powerful and exciting network for women to link up and help each other. We is open to all, there is no membership required, a small nominal ticket price may apply. More information about the launch, the aims and objectives of WE can be found at: www.womenempowered.co.uk

ZING CONTINUES TO REIGN GLAMOUR



Zing will be introducing yet more glamorous Bollywood shows to its schedule this week - keeping to its promise of a vast and multi-faceted Bollywood offering. Two To Tango - Sundays 6pm - Showcases the all-time jodis of Bollywood that have created history and are recognised for their sparkling personal and professional chemistry. The show will feature actors, singers, writers, music directors, fashion designers, and more, who are all known for their excellent on and off screen rapport. Ten On Ten - Sundays 6:30pm - Set to be the most unique Bollywood countdown show of all time! The show will share a truckload of crazy information - from celebrity tantrums to crazy diets, unfulfilled love stories, celebrity holiday destinations, businesses on the side, first loves, star babies, superstitions, break-ups, controversies and even Bollywood crimes!

Soul Music - Saturdays 11am - A mesmerizing show that will take you through the melodic and heart touching eras of Bollywood music combined with fascinating trivia, giving a mix of music and news in one show. The mix of entertainment on Zing is keeping the channel at the top, sitting much ahead of other Bollywood showcases. Zing also continues to maintain its number one position within the music & lifestyle genre in the UK amongst Asians. With shows that capture the attention span with their fast-paced and glamour, Zing's time spent viewing has been growing over the past quarter. In the previous week, the channel is even seen overtaking other GEC channels with its growing weekly reach. Archana Kanade, Zing Channel Head, UK "Despite big-ticket events like the Olympics, where even other GEC channels have been struggling to maintain stickiness, Zing has been going strong. Average time spent on Zing recently has been 22 minutes,

which is high for a non-GEC channel, clearly highlighting the information value of the channel. We look to push this further with keeping the schedule fresh for our viewers." Amongst other upcoming changes to the schedule, Zing will also be showing daily afternoon movies from October, Mon-Fri 11am and Sat-Sun 12pm. Zing showcases a unique combination of entertainment not to be found on any other one channel - Bollywood music, celebrities, news & gossip, movies and also innovative local programmes, keeping its schedule fresh. With the start of the new shows, Zing is giving away Bollywood Goodie bags to followers of its active Facebook fan page, at Zing UK.



LAST MINUTE HEALTH WARNING ISSUED TO HAJJ PILGRIMS



British and millions of other Hajj Pilgrims from around the world are being issued a last minute warn-

ing by the health experts of Association of British H u j j a j (Pilgrims) UK to safeguard their health against the risk of communicable diseases. These communicable diseases spread due to over crowding at ceremonies, accommodation sites and public transport during Hajj pilgrimage. The communicable diseases such as Meningitis and Hepatitis

can be transmitted through direct person-to-person contact with droplets of nasal or throat secretions of infected individuals. Close and prolonged contact (e.g. sneezing and coughing on someone or sharing an affected person's used utensil) facilitates the spread of infection. The health experts specifically reminded the Pilgrims with Diabetes about the high risk of hypoglycaemia (low blood glucose) due to the extremely excessive physical activities being undertaken amongst a large crowded environment. They need to protect themselves from the sun, dehydration; exhaustion, foot problems, respiratory and bronchial illness and they should wear special socks to avoid feet injuries and fric-

tions. Hajj Pilgrims on medication should take an adequate supply of medicines with them, accompanied by their doctor's note describing the medicine and their medical history. Some barbers around the Holy places pose a risk of spreading diseases, such as Hepatitis and other blood borne pathogens by using the same razors repeatedly. The health experts warned that Pilgrims must ensure the barbers use disposable razors to shave. The Health experts from Association of British Hujjaj (Pilgrims) UK said in their joint statement that "protect yourself and your family; don't ruin your journey with illnesses. Make the most out of this life time experience".

FAYEEZA NAQVI FOUNDER OF THE AMAN TRUST, NAMED AS THE SIXTH TRUSTEE OF THE BRITISH ASIAN TRUST



Leading philanthropist, Fayeza Naqvi has been welcomed to the Board of Trustees for The British Asian Trust. She joins just as the Trust embarks upon growing its charitable portfolio in Pakistan and Sri Lanka, her expertise in the South Asia region will provide great insight into the hidden issues faced by these communities. Having founded a number of high profile organisations with a focus on generating funds for Pakistan and most recently creating The Aman Trust, Naqvi has been the driving force behind positive action within the region. Fayeza Naqvi, describes joining the Trust as an important extension of the work she has so far undertaken, "The British Asian Trust has been instrumental in bridging understanding between donor organizations and philanthropists in the UK with remarkably important initiatives in South Asia. These will have a transformative impact by

bringing best class thinking and intervention methods to bear on the pressing social needs in those countries and delivering value exactly where it is needed, to the marginalized segments of society". The Trust's Chair Manoj Badale is delighted to invite Naqvi to join the Board. "The passion and expertise bought to the Trust with the addition of Fayeza to the Board are invaluable. With her support the Trust will continue to select strong organisations and work with the grass roots projects to reach the unmet needs of these communities." Naqvi joins Salman Mahdi, the Managing Director and Global Head of Key Clients at Deutsche Bank AG, Chris Matthias, Partner, CMG Partners, business entrepreneur and Power Boat PI Chairman Asif Rangoonwala and, Executive Vice President of International Business for Star TV, Rajan Singh.



ماچسٹر جریدہ کے ایک حق خود راویت خاتون ونگ کی جانب سے کشمیر پر ہونے والے نکلشن پر پاکستان قومی سلامتی کے پیرمینٹینٹس میں راضا بانی بیچلر پارٹی کے صدر سید حسن بخاری، آزاد کشمیر حکومت کے چیئر پرسن راجد راجن خان، جریدہ کے چیئر پرسن راجد راجن خان، ایم پی جی ہانگ، ایم پی ایمین قریشی سابق لاڈو میٹر بیورو ڈیوٹیڈ ہا کرام سائلی لاڈو میٹر ماچسٹر انٹرنیشنل خان، شاڈیرا، انجم، مطرت علی، نجر راجد، شاہینہ مارون، بھدریش روٹی سالار متازہ جیٹی، بھرا انجم اور دیگر خطاب کر رہے ہیں۔