

Muslim Community Organisation

Empowering the local community for a brighter future



Wellbeing of Older People

As we get older, life can affect us in various ways. Many people have a healthy old age, but some may start to get problems with their physical health, or they may feel down and sad, or become forgetful.

If we have problems with physical ill health and experience pain, we would have no hesitation in going to see our Doctor for help and advice. But what if we felt sad or unhappy and downhearted?

It's normal to experience 'ups and downs' in life and during difficult times we can feel sad and low. However, if this feeling of sadness and unhappiness lasts for more than a couple of weeks or is getting in the way of your everyday life, then it is time to see your doctor.

People often describe losing interest in their normal activities, feeling worried and restless, or feeling irritable with others and having difficulty sleeping. Your doctor may diagnose you with 'depression' and prescribe medication or advise you to access 'talking therapies' which involves meeting with a therapist to enable you to talk about, understand and try to resolve any problems you might have.

Older people are often thought

to be at significant risk of depression due to life changes that they face. These include health problems which may cause severe pain or memory problems. Older people may also feel lonely and isolated as their social circle declines due to the loss of partners and friends.

As you get older, you may also find that forgetfulness (or poor memory) can become a problem. Memory can be affected by stress, tiredness, certain illnesses and medications and in these cases, can be treated.

However, if poor memory is starting to affect someone's everyday life, it may be the start of 'dementia'. In either case, it's a good idea to talk to your GP who will then be able to do some simple checks and either reassure you, give you a diagnosis or refer you to a specialist for further tests.

'Dementia' is a term used to describe a number of symptoms that happen when the brain is damaged by specific diseases and the symptoms get worse over time. Memory loss is usually one of the first symptoms to be noticed, and this is usually the loss of memory for recent events, whilst being able to remember things from many years ago. Other

symptoms may include difficulty in solving problems or making decisions; getting confused with the time, day, date or where they are; difficulty finding the right words to use; losing items, often by putting them in 'safe' or unusual places and not being able to find them again; not wanting to join in their usual activities; or there may be changes in personality and mood where the person becomes confused, suspicious, fearful, anxious or depressed because of the changes in their ability to remember and understand what is happening around them.

It is important to get an early diagnosis for dementia. This is because there are some causes of memory problems which are treatable and can be reversed. For irreversible dementias, there are medications which might be appropriate for some people, which cannot cure the disease, but may stabilise the dementia for a period of time.

If you would like to know more, please contact:

Julie Aicha.
MHSOP Equality and Diversity Lead.
Highbury Hospital.
Tel: 0115 8542227.

Will you be Nottingham's next apprentice?

The world is changing fast and the best way to stay ahead of the competition is to gain job specific qualifications and hands on experience. But you don't need to sit in a classroom to gain these skills - you could consider an Apprenticeship.

Apprenticeships are a fantastic way to gain new skills, offering you the opportunity to earn, learn and achieve nationally recognised qualifications. And with over 1200 different roles to choose from it's likely there is an Apprenticeship that is of interest to you.

That's why Nottingham's Apprenticeship Hub is asking young people who live in Nottingham to seriously consider the benefits of an Apprenticeship when they are making decisions about their future options.

The benefits of Apprenticeship

Apprenticeships are work based qualifications for young adults aged 16 or older. As an apprentice you will receive a wage and be expected to work a minimum of 30 hours a week, whilst simultaneously working towards nationally recognised qualifications at a level that meets your prior learning:

- Intermediate Level Apprenticeship (Level 2)
- Advanced Level Apprenticeship (Level 3)
- Higher Level Apprenticeship (Level 4)

Your Apprenticeship will take between 1 and 4 years to complete, dependent upon the level being studied and the needs of the employer.

And because employers recognise the benefits of Apprenticeships, you will become very employable upon successful completion, with the majority of apprentices (85%) staying in employment and two-thirds (64%) staying with the same employer.

How to apply for an Apprenticeship

If you are aged 16 to 24, live in Nottingham and are interested in becoming an apprentice then visit Nottingham Apprenticeship Hub's website www.nottinghamcity.gov.uk/apprentice From here you can find out more about Apprenticeships, search for vacancies and apply for your ideal Apprenticeship opportunity. However, if you would still like more information or support then email apprenticeship.hub@nottinghamcity.gov.uk or give us a call on **0115 876 4462**.

Employers - have you hired an apprentice yet?

If you'd like to inject some fresh thinking into your business, taking on an apprentice can be a great way to get the talent you need. And it's easier and more cost-effective than you might think, with funding and free recruitment support available from the Nottingham Apprenticeship Hub.

If you're interested in recruiting an apprentice, Nottingham Apprenticeship Hub can help you to:

- apply for up to £9,000 if you take on a Nottingham City resident as an apprentice
- identify the Apprenticeship that would meet your business' needs
- identify the best Apprenticeship Provider to deliver the training
- help you advertise and promote your vacancy

To find out more about employing a city resident as an apprentice, please visit

www.nottinghamcity.gov.uk/apprentice.

Alternatively, call us on **0115 876 4462** and ask to speak to one of our Apprenticeship Development Officers or email apprenticeship.hub@nottinghamcity.gov.uk



/nottmapprentice



@nottmapprentice

مرد حضرات! قدم اٹھانے کا وقت آ گیا ہے

It's time for

پیارے بھائیوں اور بزرگوں

صحت مند زندگی گزارنا اسلام کا ایک حصہ ہے۔ صحت اللہ کی رحمتوں میں سے ایک بہت بڑی رحمت ہے جو کہ انسانوں کو بخشی گئی ہے۔ لہذا ہر مسلمان کو اس رحمت کی حفاظت کرنے کیلئے اپنی صحت کا خیال رکھنے کی ہر ممکن کوشش کرنی چاہیے۔ جیسا کہ شاید آپ جانتے ہیں کہ یو کے میں سب سے بڑی جان لیوا بیماری دل کی بیماری ہے۔ دل کی بیماری کے باعث اپنے وقت سے پہلے مرنے والے لوگوں میں عام آبادی کی نسبت ایشیائی لوگوں کو 50% زیادہ امکان ہیں۔ اس مسئلے کو حل کرنے کیلئے مسلم کمیونٹی آرگنائزیشن بیونٹ سٹریٹ سنٹرن میں صرف مردوں کیلئے ورزش کی کیپٹ فٹ کلاسیں شروع کی گئیں ہیں جسکی فیس صرف ایک پاؤنڈ فی ہفتہ ہے۔ یہ کلاسیں جولائی 2014 تک ہر منگل اور بدھ کو 1:30 سے 2:30 تک چلائی جائیں گی۔

تمام عمر کے اور کسی بھی درجے کی سرگرمی رکھنے والے مردوں کی حوصلہ افزائی کی جاتی ہے کہ وہ ان کلاسوں میں شریک ہو کر اس موقع سے فائدہ اٹھائیں۔ تربیت یافتہ استاد ایک نہایت دوستانہ ماحول میں ان کلاسوں کو چلاتے ہیں اور یہ کلاسیں خاص طور پر ان لوگوں کیلئے موزوں ہوں گی جنہوں نے شاید پہلے کبھی ورزش نہیں کی ہے۔

ان کلاسوں میں صحت بخش مشروب بالکل مفت فراہم کیئے جائیں گے اور اسکے علاوہ کلاس میں حصہ لینے والوں کو اپنی غذا میں تھوڑی بہت تبدیلی لانے پر صلاح مشورہ بھی دیا جائیگا تاکہ وہ ایک بہتر اور صحت مند زندگی کا لطف اٹھاسکیں۔

برائے مہربانی یاد رکھیں کہ رجسٹریشن کے حوالے سے دی گئیں تمام معلومات کے سلسلے میں مکمل رازداری برتی جائیگی اور مسلم کمیونٹی آرگنائزیشن ان معلومات کو کسی دوسرے کے حوالے نہیں کریگا یا آپکی اجازت کے بغیر آپکی صحت کا ریکارڈ جمع نہیں کریں گے۔

Dear Brothers and Elders

Healthy living is part of Islam, Health is one of the greatest blessings that Allah has bestowed on mankind. So every Muslim should do all they can to safeguard this blessing by taking good care of their health.

As you may know; *coronary heart disease (CHD) is the UK's single biggest killer. "South Asians are 50% more likely to die prematurely from coronary heart disease than the general population."*

To address this, Muslim Community Organisation (MCO) based at Beaumont Street in Sneinton have started Men Only Keep Fit classes. Men of all ages and fitness levels are encouraged to join and benefit from these classes. The classes are delivered by friendly trained instructors and will be particularly suitable for those who may never have exercised before.

The classes will also provide free healthy refreshments as well as tips and suggestions on how to make small adjustments to the diet so that participants can enjoy a better and healthier living.

Please note that during registration all details are confidential and MCO **will not** pass them to anyone else or record details of individual health without consent.

Men's fitness & health classes.

Every Tuesday & Wednesday
from 1.30 to 2.30pm

MCO Centre, Beaumont St, Sneinton

For only £1 a week, you will get:

Professionally Trained Punjabi speaking instructors

Suitable for persons who have not exercised before

Feel Good and Reduce Stress

Wudu and Prayer facilities

Healthy Refreshments

Friendly atmosphere

For further info contact Nadeem
on: 07773902279 or
nadeem.haider@mcon.org.uk

5 a side Charity Football Tournament

In early 2011 a volunteer, Benny 'Sultan' from the MCO Centre in Sneinton died from heart related illness at the age of 37 years. He was an outstanding member of the community and was very pro-active in youth work encouraging them to take up more physical activity, particularly football. To honour his memory and raise awareness of heart disease amongst the youth, MCO is holding a 5 a side charity football tournament.

It aims to attract 8 - 10 five a side teams to participate, for young men aged 15-17 years from Sneinton and Hyson Green.

The date and venue of the tournament has still yet to be decided, but we hope it will take place at the AstroTurf pitches at the Nottingham Academy in Sneinton. There will be a chance to win tickets to a home league football match at the Notts County stadium for 'best player' and 'goalie of the match'. So for anyone in the age range who wants to take part - now's your chance to 'shine!'

We are looking for volunteers to help on the day so if you are interested to help out please contact Alison on 0115 9417865 or email alison.vaughan@mcon.org.uk.

Under 13's Kwik Cricket

With a Level 3 ECB performance Coach who is CRB/Fisrt Aid/Safeguarding cleared.

Where: Manage Muscle Leisure Centre, 245 Noel Street, Nottingham NG7 6AR (where Noel Street swimming baths used to be)

When: Monday evenings from 11th November 2013—6.30pm to 8.30pm

Cost: £1 per child

For more information please contact Alison on 0115 941 7865 or email: alison.vaughan@mcon.org.uk.

After School Homework & Fitness Club

For all children aged 5—11 years. Maximum 20 places available, sign up to avoid disappointment.

Featuring: Fresh fruit & refreshments — Homework Club—Multi Sports fitness

Benefiting: Boost 5 a day—Improve literacy and numeracy—Improve physical fitness and wellbeing.

When: Tuesdays from October 1st—December 10th—3.15pm to 5.15pm

Where: MCO Centre

Cost: 50p per child

Remember to bring your sports wear and trainers.

For further information and to book your place, please contact Alison on:

Tel: 0115 941 7865 or email: alison.vaughan@mcon.org.uk

MCO Room Hire

We would like to remind our readers that MCON Centre as well as offering activities also offers rooms for hire. We have an excellent sports hall as well as a large room with kitchen facilities. Suitable for all functions and also all facilities offer disable access. The Centre also offers free car parking facilities to its users. We offer special rates to organisations who affiliate to us. For more information on rates of hire or to make a booking please contact us at MCON Centre.

To find out more about MCON or any of these activities please contact us:

By phone: (0115) 9417865 or email: info@mcon.org.uk

Visit us: MCON Centre, Jinnah Building, Beaumont Street, Sneinton, Nottingham, NG2 4PJ

(We are near the Sneinton Health Centre and formerly known as Project Pehchan)