

The Nurses Association of Jamaica (UK)



The Nurses Association of Jamaica (UK) was founded in 1978 we are proud to celebrate its 38th year.

Charity
No.
1063008

WWW.NAJ.org.uk

NEWSLETTER

Issue: 001/Dec/2016

Message from Paulette Lewis MBE President NAJ (UK)

I am delighted to introduce this first edition of NAJ (UK) Newsletter.

In sharing with you what we have achieved over the passed year, we hope you find it informative, interesting and useful.

We should, rightly, feel immensely proud of ourselves for our continued contributions for the relief of poverty, enhanced educational opportunities and promotion of health and wellbeing; not only in the UK and Jamaica but wherever the need arose. This was well demonstrated by the projects that were completed this year:

(i) In June donations to the value of £15,000, went to The Victoria Jubilee Maternity Hospital in Jamaica, for a delivery-bed, fetal and maternal monitoring equipment and a computer. These essential equipments will help significantly in reducing maternal and fetal mortality and morbidity and was graciously received and very much appreciated.

(ii) Our commitment to influence health care and broaden the prospects of BME nurses is evident in the continued grants and bursaries issued by NAJ (UK).

(iii) We continue to be a driving force in the communities where we live, work, and share. We do this by feeding the mind, body and soul as experienced in our Education Conferences, Health promotion Activities, Dinner and Dances, Annual Concert and Thanksgiving Service.

A number of us witnessed the historic moment of the unveiling of the Mary Seacole Statue and were worthy spectators as we supported the appeal with a healthy financial contribution.

Publications of this Newsletter will happen in Dec, March and July, so please own it by sending your news and views.

Wishing you all a happy, safe, healthy and peaceful 2017. Merry Christmas!!
Paulette Lewis MBE, President NAJ (UK)

In This Issue

- o Message from our President
- o The Victoria Jubilee Hospital
- o Mary Seacole Statue
- o NAJ at Home and Abroad
- o At The High Commission
- o Health News
- o In Profile
- o A Time to Relax



THE MARY SEACOLE Statue was unveiled in June 2016 inside the grounds of St. Thomas's Hospital, South Bank, London.

NAJ (UK) Members attended this momentous occasion; members, as well as family and friends contributed to a handsome donation of £4,000 towards the statue.

Indeed a fitting tribute to her 'who was a pioneer' for the generations of nurses and other staff from the Black and Ethnic minority background who served the NHS so well over the years.



Mary Seacole Statue outside St. Thomas's Hospital, South Bank, London

Trustees NAJ (UK):

Dorothy Turner Founder Member; Paulette Lewis MBE President; Charmaine Case Vice President; Lyrell McNish, Asst Exec Secretary; Maxine Pryce Vice President; Loma Grant Exec Treasurer; Leonie Williams, Branch Secretary

NAJ (UK) in Focus at Home and Abroad



HEALTHY EATING August – Food for Thought



Jackie Morrison Photograph



Jackie Morrison Photography

NAJ members rose to the challenge of the national Obesity concerns, as they joined forces with Praise House Church and with the help of expertise in the form of a Dietician, Fitness trainer, Chef and Psychologist; they delivered a healthy eating project in Croydon. Participants were challenged to change their lifestyles by exercising more, eat from smaller plates, reduce salt and fat, indulge in more fruits and vegetables and read labels before buying. The two days were a mixture of fitness with fun & leaving participants motivated with a £10 Voucher for attending. Based on the evaluations they all want a repeat. Well Done Everyone for the hard work!! By Sherill

NAJ (UK) Give for HAITI



Members: June and Pauline preparing parcels containing shoes, beddings, clothes, books, stationery and more for Haiti. Donated by members and friends of NAJ (UK).

LEWISHAM DAY (July) is a Community Event. NAJ (UK) providing health info. Such as: Breast & prostate Cancer Awareness screening and sold Bric & Brac. A lovely fun day says Charmaine Vice President (London); Members gave advice on Caribbean cooking the healthy way ...which was a 'big hit'. Charmaine advised on Breast Cancer Awareness and British Heart foundation advice, the team networked with other



At The High commission-Minister of Tourism Hon. Edmund Bartlett, MP, CD

An evening with the Hon Minister - He spoke about the future of Tourism in Jamaica, the desire to create links with Cuba and Mexico to create a more robust collaboration. He also, spoke on the desire to create entrepreneurship among young people and the challenges with the level of violence that continues to be a problem. Finally, he invited us, the JA people in England, to continue to support financially, set up business, and return home with our expertise to build JA.

It was an informative evening.
By Makeda, NAJ (UK) member

AWAY-DAY in Aylesbury September

Theme: **As you climb take someone with you**

A good & informative day. A high turnout of members from both London and Birmingham branches guaranteed an interactive and participatory day led by Paulette, Maxine, Charmaine, Alina and June working together was evident with good constructive feedback. The Away Day reflected on the previous activities and sets the path for the forthcoming year.

THANKS GIVING SERVICE—Theme: Who are you supporting on your climb - September

Pollards Hill Baptist Church

David Neita, an eminent Lawyer, delivered the theme for the service. Charmaine congratulated members: "Congratulations! What a great Thanks Giving service! It was well attended, uplifting and lots to eat. It showed what **can** be achieved when we all pull together; To Sherill and the Thanks Giving Team a special thanks for all your hard work.

By Charmaine, Vice President.

Patrons of NAJ (UK)

Dame Karlene Davis DBE — Former General Secretary of the Royal College of Midwives (UK); **The Reverend Richard Clarke**

George Ruddock — Editor & Acting Managing Director The Weekly Gleaner and Voice Group (UK);

Professor Tony Leiba — Emeritus Professor, Educational development Mental Health, London South Bank University, JP, Principal Lecturer and Senior Research Fellow (UK); **Paulette Simpson** Senior Manager, Corporate Affairs & Public Policy Jamaica National Building Society (UK)

Dr Bishop Joe Aldred — Broadcaster, Ecumenist with responsibility for Pentecostal and Multicultural Relations (UK)

Professor Laura Serrant — Lead of Research Centre for Health and Social Care Improvement.

A study of 38,00 women at Queensland University found that women with gastrointestinal issues were 3 times more likely to suffer from lower back pain. This could mean that pain affecting different parts of the back may be indicating a underlying problem such as pancreas, lungs, heart and stomach.

Neural connections in the brain are strengthened by using the opposite hand to do what you normally do e.g. brushing your teeth with your left instead of right hand.

Spicy Food can be the cause of irritant to the colon being the cause of pelvic flare-ups; rather than the bladder says a new research from Northwestern University in the US.

Psychological branch Psycho-historiography

Arising out of JA: shows that previous traumas suffered by previous generation/s are passed from generation to generation; which becomes evident in a persons' present behaviour patterns & mental health well being.

There are three opportunities to turn this around.

The first 1000 days - 3-5yr & 7-10yr

Professor Fred Hinckling

Food - Recipes ----Why not Try

Baked **Sweet Potato** with black beans and chopped tomatoes (contains slow release carbs, protein and fibre)
Coconut oil can be used for frying because it is one of the most stable oils when at high temperature. It contains good cholesterol and a type of sugar not found anywhere else in nature.

MEMBER PROFILE: As well as bringing you the good works undertaken by NAJ; The Newsletter team hope to Profile an NAJ member in each issue. In our first issue we thought it fitting to profile one of the Founder of NAJ (UK)
Mrs. Dorothy Turner.



Why NAJ (UK)

In April 1977 I attended the Commonwealth Nurses conference organized by Margaret Brayton, who was the Head of the Commonwealth Nurses Association (UK) at the time. At this conference the largest group were indeed the Jamaican group. Mrs. Brayton challenged all present, to form a Nurses Association (UK) whose purpose would be, to help the conference-participant country of origins' health care.

NAJ (UK) started In October 1977; I informed the High Commission, the Health Minister and NAJ Jamaica. At the start there were nine members, made up of Nurses, Midwives Health Visitor and a Tutor.

On July 15th 1978 we had the Inauguration, which, was held at the Overseas Student House 1 Collingham Gardens.

Members names: Enid Ramsey; Ruby Henlin; Curla Bruce; Christina Austin; Merrant Miller-Birch; Herma Williams; Angela Young; Sylvia Frankson-Gregory and me Dorothy Turner.

Tell us something that most people do not know about you

Most people do not know that I was the first Black Acting Midwifery Director at Mayday Hospital in Croydon The first Black Head of Midwifery and Gynaecology at Guy's Hospital in central London and at the time I was also responsible for the Lewisham Hospital, Midwifery Unit.

What makes you laugh?

Listening to children talking in their own language and a funny clean joke (*why did the chicken cross the road? To get to the other side*)

Should you wish to nominate someone within NAJ (UK) to be profiled please let us know at secretary@naj.org.uk

A Time to Relax



Will to Remember Versus The Power to Forget – by Egla Aitkens

Agenda item number 10 please
Oh Lord not again
Can we vote on it today?
Ladies, Ladies, Ladies
And gentleman
Before we consider a vote it has to go to the Executive

Remember, we are a branch of the Organisation
Can we ensure this is minuted
Oh yes! Minute it
Next meeting further discussion
Who will remember?
Hey! That's why there is minutes

Spare a few seconds to read before the meeting
Maybe we should stop by the memory clinic
Why pray tell?
Ladies, Ladies, Ladies we are digressing....
Remember the Constitution
Madam Chair we are a branch of the organisation
Remember the gentleman

*Riddle me dis Riddle me Dat.
What is Black and white & red all
over?*

Answer: A Newspaper

A man went to the doctor and said
"Doctor I keep feeling like a pair of
curtains"
The Doctor replied
"Pull yourself together man"

Why can't a Dog
stay in one yard?

Answer: because three
feet makes one yard and
a Dog has four feet

If 60 seconds makes 1 minute, 60 minutes
makes one hour, 24 hours makes one day
and seven days one week
How many seconds are in one month

Answer; Two
2nd and 22nd

Key Events Diary 2017 Dec – May 2017

29 April - NAJ Annual Concert

6 May - Mary Seacole Memorial
Wreath laying Service

13 May - Annual General Meeting

Should you wish to place an advert in the NAJ
Newsletter please
e-mail: Secretary@naj.org.uk with the subject
heading "ADVERT"

The success of NAJ (UK) is due to the hard work and commitment of its members. We would like to thank the members, Trustees, Executive committee and supporters for all their help and commitment over the many years.

President and Executive Committee

Newsletter Team: Egla Aitkens; Shirley Adebayo; Maxine Pryce, (Joy Parboosingh for her support),