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Introduction

Hey everyone it's that time of year again, Easter is around the corner and with a few glimpses of sunshine we are starting to think about the warmer weather and how this might affect our more vulnerable members of society. As always we are asking our carers to ensure that they make sure that our clients are well hydrated, have good ventilation within their homes, assisting clients to wear light layers and a good nutritious diet.

During the summer months we are encouraging people to take part in the Leeds West Indian Carnival. This is a great time to socialise and enjoy a massive array of diverse colours, cultures and music styles.



This year the Black Health Initiative will be the organisers of the Black Music Festival which will showcase not only international but national and local talent in the music world the Sunday before Carnival on August Bank holiday. We also have our own beautiful celebration as our office manager Halima was married at the beginning of the month. Congratulations guys enjoy your life together and peace and love during this Carnival time xxx

Healthy Eating

Ingredient

Caribbean Mango Smoothie

Ingredients:

- 2 large ripe mangoes, stone removed, peeled and cut into small chunks
- 2 cups ready-made mango sorbet (if you cannot get mango, use peach or similar).
- 11fl.oz/340ml vanilla yoghurt
- 1½ cups coconut milk
- Slices of fresh pineapple to garnish

Serves: 4 large glasses

Preparation Time: 10 minutes

Cook Time: No cook, serve immediately

Method

Place all the ingredients (except the pineapple garnish) into a blender. Make sure the lid is on; otherwise it will splash all over you!

Blend on highest speed until everything is combined.

Pour into 4 large glasses (or 6 medium glasses) and serve immediately, garnished with the pineapple.



With the weather already starting to warm up we thought it would be a great idea to think about Carnival in this Edition. Every year months of preparation and a frenzy of costumes culminate in the official Leeds West Indian Carnival events. There's a show dedicated to children as well as a calypso monarch showcase. There's the drama of the stunning King and Queen show costume extravaganza and the unexpected crack down of the dawn jam "J'ouvert morning" they all lead to the carnival on August bank holiday Monday with jaw dropping costumes from across the UK with the perfect recipe of tastes, sights and sounds that make Leeds west Indian carnival one of Europe's most adored Caribbean carnivals.

Leeds West Indian carnival has been a regular feature of the city since the 60's and continues to build a strong diverse following. Founded by Arthur France MBE and friends he says,

"Carnival reminds us of our roots, the struggle our ancestors had to endure and the oppression of our leaders and great role models... while we continue to celebrate carnival, their achievements will remain with us forever" Arthur France MBE

One of the main essences of carnival alongside all the vibrant colours and sounds is the fact that Carnival is a time for dancing and socialising.

Dance being a great form of exercise for the young and the old we encourage everyone to try some dance moves as often as you can. The body can benefit from being active, we have all heard the saying use it or lose it, and this is very evident as we all get older. Not only in the form of Carnival but Leeds has many different projects and groups who support older people to engage in dance activities. You can get more information from Leeds city council about the different groups in Leeds; we know that Leeds Black Elders have a great dynamic dancer who visits their members weekly, a quote from one of them who said

"He is great the guy who comes, I enjoy it, it keeps me fit but its fun and we get to socialise which is important at my age" Ina



At 79 years young Arthur France MBE Still enjoying the whole Carnival experience

Success Stories

Our Office Manager Halima was married this month in a beautiful ceremony. We would like to take this time to wish her and her new family much love and blessings for their new life together.

Thank you for the invite we all had an amazing time and you looked absolutely beautiful... x so congratulations guys you look the absolute part of Royalty xx



If you have any enquires or would like to feature in future newsletter editions then please do not hesitate to contact us

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