

London Youth Foundation

Health Awareness Workshop

PROGRAMME OF EVENT

Opening Prayers:

Pastor Emmanuel Egiremen

Speech by:

Joyce Osayande (Chairperson)

Children's Performance Presented by:

Cllr Obasohan Barking & Dagenham

Speaks on anti-social behavior

Light Refreshment and Music interlude

Guest Speaker:

Faith Otobo

Pharmacist - Speaks on anti-social behaviour

Children's Performance Presentation by:

Omorede Enabulele

Health Professional

Speaks on Teenage Pregnancy

Music & Dance:

Physical Exercise

Vote of Thanks

Event Closes:

Pastor Godwin



The LYF Health Awareness Project is Funded by Big Lottery Fund
(Award for All)



London Youth Foundation Magazine

Issue 1 Volume 1

November 2012

Supporting and Empowering Young People through knowledge



Thank You

As we come to the end of the year, we want to take this opportunity to say a big thank you to everyone who has taken time to get involved to ensure our workshops and activities was successful. Your input and feedback is important to ensure we are meeting the needs of young people. We encourage all young people to get involve in all our activities, so why not consider getting involved.

Joyce Osayaned Chair

LYF Health Awareness Project is funded by Big Lottery Fund.



Cllr. Obasohan delivered a speech
on anti-social behaviour

Cllr Obasohan of Barking and Dagenham was delighted about the health awareness, he took part in one of our workshop and educated young people on Anti social behaviour.

LYF is an organisation committed to and believing in the potential of young people, we are grateful to all our supporters.

We want to make sure LYF is keeping you up to date with all the information about our up coming events, activities and the work we are doing in our community.

Contact us, we want your views on how LYF Magazine can be improved

Supporting young people to get active and have fun, learn new skills, make new friends and play an important part in their local communities.



Welcome to the First Edition of London Youth Foundation Magazine

I am happy to be able to inform you the progress we have made during the last three events, which attracted over 250 people from the local community.

Focusing on teenage pregnancy, drug abuse, obesity and anti socialbehaviour, I will particularly like to thank our speakers for their contributions to our work.

In this edition I would like to share with you feature presentations made by one of our guest speaker during the 14 Sep 2012 Health Awareness event.

Thank you to Cllr Obasohan of Barking & Dagenham, who educated youth on anti social behaviour.

Happy reading
Joyce Osayande Chair

What is LYF, London Youth Foundation

London Youth Foundation is a community based organisation that provides Education, Training and Cultural Activities to all Young people in London, involving them to participate in meaningful activities like workshops, after school provisions and recreational activities. Our aim is to empower young people to reach their potentials. This includes providing a wide range of support activities to help young people overcome the difficulties they face, and develop a new future. We encourage young people to participate in all area of our work and see them develop their skills and confidence, feel part of the society and show they have an important place in it. We encouraged young people from diverse backgrounds to get actively involved in all area of our work. So why not get involved.

For more information regarding our area
of activities please

Contact us on

Tel: **02036204728**

Mobile **07878027350**

E lyf@londonyouthfoundation.org.uk

W www.londonyouthfoundation.org.uk

Facebook London Youth Foundation



Joyce Osayande Chair

Editorial Team:

Joyce Osayande -Editor

Francis Ezeigwe - Deputy Editor

Patience Lazana - Reporter

Dr. S. Egharevba - Contributor



Our Health Awareness Project

LYF Health Awareness Project seek to bring together local community, stakeholders to address the issue of Health Awareness to the Youth particularly in the area of teenage pregnancy, obesity, diabetic, drug abuse and anti social behaviour.

This project will act as a preventative measure by working with relevant agencies and health professionals, enabling the target group to be health conscious and participating in the life of their community.

Many young people who are already involved in our Health Awareness project have said that taking part in the health awareness workshops has given them the opportunity to participate in various activities that helped them to be health conscious, acquire new skills and raised their confidence levels.

London Youth Foundation

Health Professionals Delivered Speeches on Drug/Substance Abuse for Youth

What is a Drug: A drug is a substance, which may have medicinal or intoxicating performance enhancing or other effects when taken or put into the human body or the body of another animal, and is not considered a food or exclusively a food.

A drug can also be defined as any chemical you take that affects the way ur body works. For example; alcohol, caffeine, aspirin, nicotine are all drugs.

A medication or medicine is any drug taken to cure and/or ameliorate any symptoms of illness or medical condition or may be used as preventive medicine.

Drug Abuse: Is a patterned use of substance in which the user consumes the substance in amount or with methods neither approved or supervised by medical professionals.

Substance dependence = Drug Addiction.



FEED BACK FROM OUR PARTICIPANTS

LYF has really helped me to turn my life around. Through LYF Health Awareness Workshops I have been able to realise where I have been going wrong and what I should be doing to make a difference. The team talk to me at my level and make it easy for me to talk about things that I have been going through.

Tracy Edosa
21 year old

LYF Health Awareness Workshop was really good. I feel that they takes Young People seriously and work hard to address the difficulties they face. The workshop helped deal with anti social behaviour, prevent potentials anti social behaviour, builds young people confidence and encouraged positive behaviour. That makes a real difference to young people's lives.

Raphael Obas [Volunteer]

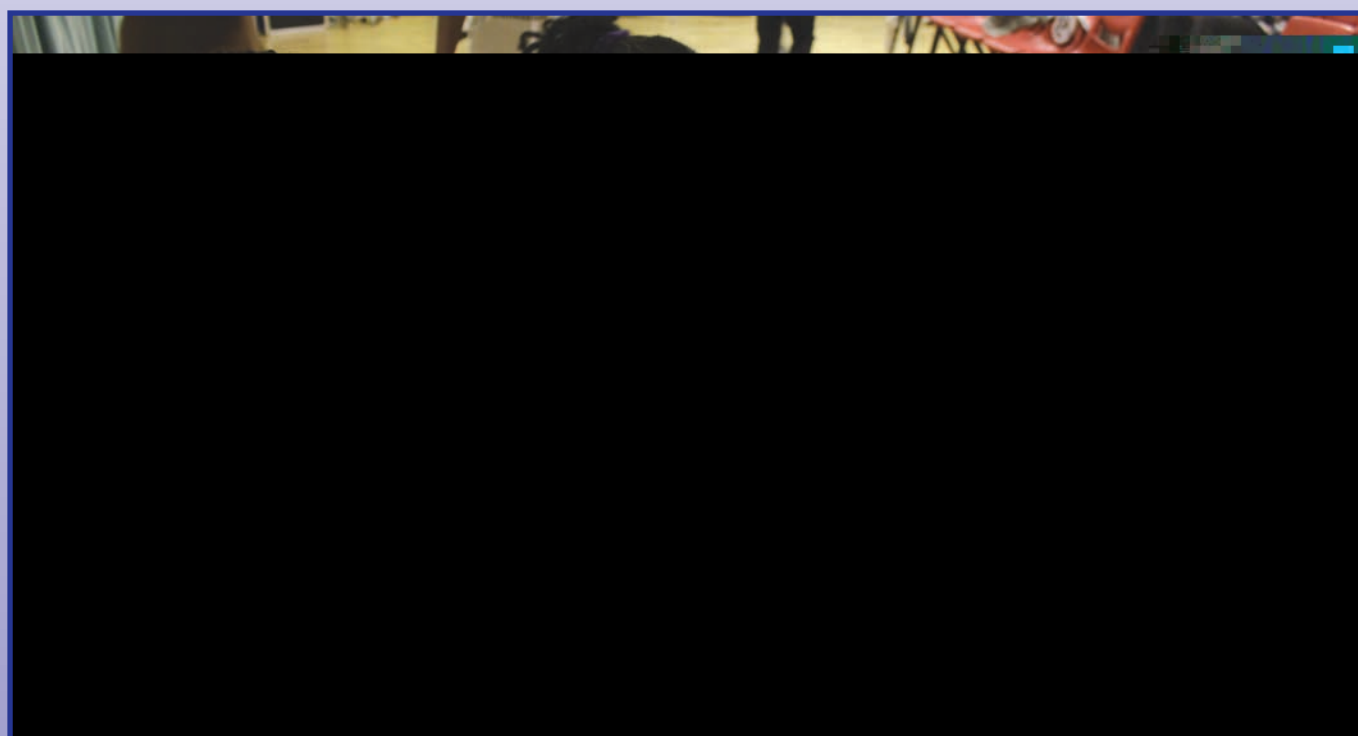
LYF Health Awareness Workshop was great. I learnt so much from all area of health issue that was addressed. It was really good fun and was well organised. It makes a difference in my life and I would definitely take part again.

Susan Obasuyi
17 years old

I have been taking part in LYF Health Awareness and I have found it interesting as well as gaining insight into the different health issue that was addressed. It is been a great way for me to meet other youth. It also offers an opportunity to improve my communication skills and engaged with young people from different backgrounds. I would recommend any young person to get involved in LYF activities.

Eve Osadolor





Types of Drug Abuse

These are some of the types of drug abuse:

1. Cigarettes; this is classified as drug abuse because it contains nicotine . They are addictive and can cause lungs disorder, like cancer.
2. Alcohol; it has a sedative and toxic effect on the body and causes negative changes in behaviour.
3. Caffeine; excessive consumption of this substance in food, drinks and medication leads to abuse.
4. Marijuana; also known as Indian hemp, is a form of abuse.
5. Cocaine; this is the most potent stimulants of natural origin.
6. Crack; it is a chemical substance also known as street cocaine in hard, crystal lump, which is heated and inhaled as a stimulant.
7. Heroin; is another substance that people consume for stimulation.

Dangers of Drug Abuse.

1. Physical dependence
2. Psychological dependence.
3. Medical conditions- diseases like cancer, mental disorder which leads to misbehaviour .
4. Youths involve in chemical substance abuse are unable to take right decisions and dealing with obstacles of life.
5. Drug addiction which can lead to death.

Sources;

-Livestrong.com
 -www.tigweb.org
 -www.articledorctor.com.

A lecture delivered on London Youth Foundation' s 1st event.
 By Mrs Faith Otobo on Drug/Substance abuse on Sept.14, 2012

A Cross Section of participants at the Health Awareness Event

