



26 February 1991

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Felix

Welcome to Welfare Week

This is Imperial College Union "Healthy Lifestyles" week. The philosophy is to encourage students to look after themselves but not to preach to them. Events organised this week are lively and varied.

The week kicks off with a stress relaxation session today. Although not traditionally regarded as a health hazard, stress can be a contributory factor to many forms of illness. The session will help to counter stress by showing different relaxation techniques.

The Contagious Theatre Company will be

coming to the Union this evening to present 'Scoring'. Contagious have performed at many sites as varied as Hull University, Wolverhampton Polytechnic and Pentonville Prison. The Independent praised 'Scoring', stating that "The laughter of the audience is like a great river breaking its banks". Scoring is a one and a half hour charge through the blood stream that blasts alcohol and drug abuse to insignificance with a buzz that is unforgettable. It carries no Government Health Warning, has no ill side effects and is completely non-addictive.

The main event of the week is the Health Fair which will be situated in the JCR. There will be a variety of stalls advertising healthy activities and services. More details of this are given inside. All visitors to the fair will be given a "goodies bag" containing a range of healthy products courtesy of Flora and Mates, amongst others. The Health Fair is on Thursday and Friday from 12-2 pm. Try to get along to the Welfare Week - it's educational, it's fun, it's free!

Scoring

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The show is based on five characters and begins at The Bench which is the last piece of furniture at the exit of a well-known rehabilitation unit. It is a place where highly dramatic life-time decisions are made-to drop out or to remain with the programme. From this point the characters are introduced through flashbacks to reveal their interwoven histories. Subject matter is dealt with using dramatic sequences, but also dance and music to a background of tape/slide effects.

Our research is based on information, including case studies, from the Campaign Against Drug Abuse, Therapeutic Communities, The Police, Terrence Higgins Trust and other agencies that Contagious has dealt with previously.

The project combines a high level of entertainment with essential information that approaches the subject with hope, optimism and humour. Scoring represents an excellent night out in contagious style.

Designed to respond to the concerns of young people on this issue, the show attacks notions of fashionability and glamorisation of alcohol and drug abuse.

Scoring does not take the judgemental view, but offers accurate and supportive information so that young people can make responsible choices about lifestyles and behaviour.

"Contagious
performance
company"

Tuesday
26th Feb

present

Scoring

Union Lounge

Tickets £1.00

Available from

ICU Office

Doors open 7.30pm

ROAR!



1 —Health Centre

This stall is concerned with the services that the Health Centre has to offer. There will be a representative present who can advise students on many matters including family planning, abortion, sexually transmitted diseases and many others including:

Testing for HIV

When the body is infected with AIDS, it reacts by producing antibodies which can be detected in the blood. If a test produces a positive result, the person is said to be antibody positive, i.e. HIV Positive. However, a negative result does not necessarily mean that a person has not got the virus. Antibodies take, on average, 2-3 months to develop, so if you think you may have contracted AIDS over the last few months it may be too early for them to show up on the test.

The decision about whether or not to have the 'AIDS Test' needs careful thought. Just having the test, whatever the result, can affect your chance of getting life assurance. If you feel that you would like to have a test, for peace of mind, you can discuss it with the representative from the Health Centre.

The Smear Test

Cervical Cancer kills 2,000 women every year in the UK, with the vast majority never having had a cervical smear test. The disease is however, nearly always preventable, which is why it is so important that any woman who has ever had sexual intercourse should have a cervical smear test.

The earlier you start having sexual intercourse, the greater the risk of developing cervical cancer. Using a barrier method of contraception, like a condom or diaphragm, every time you have sex will help to protect the cervix from possible infection by viruses, and may thus reduce the risk.

Cancer of the cervix can be prevented if changes in the cells which precede it are treated. A cervical smear test will determine whether the cells are normal or not and if the smear is 'abnormal' further investigation will take place. It is very important that women have regular smear tests every three to five years—so if you would like to find out more about having a cervical smear test the representative from the Health Centre will be able to advise.

how you feel or what you want to do when faced with a difficult situation; secondly, and of equal importance, is our information service on anything from What's On in London or train times to contraception issues or late night chemists.

Call us any night of term on 071-436 5561 (the number is on your Union Card) or, if you want to help then see us at the fair.

2 —Nightline

Nightline was formed twenty years ago by students at Imperial to provide a confidential listening and information service for students. Today we cover most London Colleges and Polytechnics with our volunteers being recruited from all these Institutions.

The service that we provide every night of term from 6pm to 8am is two-fold; firstly we will listen in a non-judgemental and non-directive manner providing you with a chance to sort out

3 —Alcohol

What's wrong with having a drink now and then?

-Probably nothing, if that's what it is—having a drink now and then.

There are many reasons why we drink. Most people say they drink to enjoy themselves and to help them relax with family or friends. Others say they drink because there's nothing better to do, or they're depressed. It could be anything.

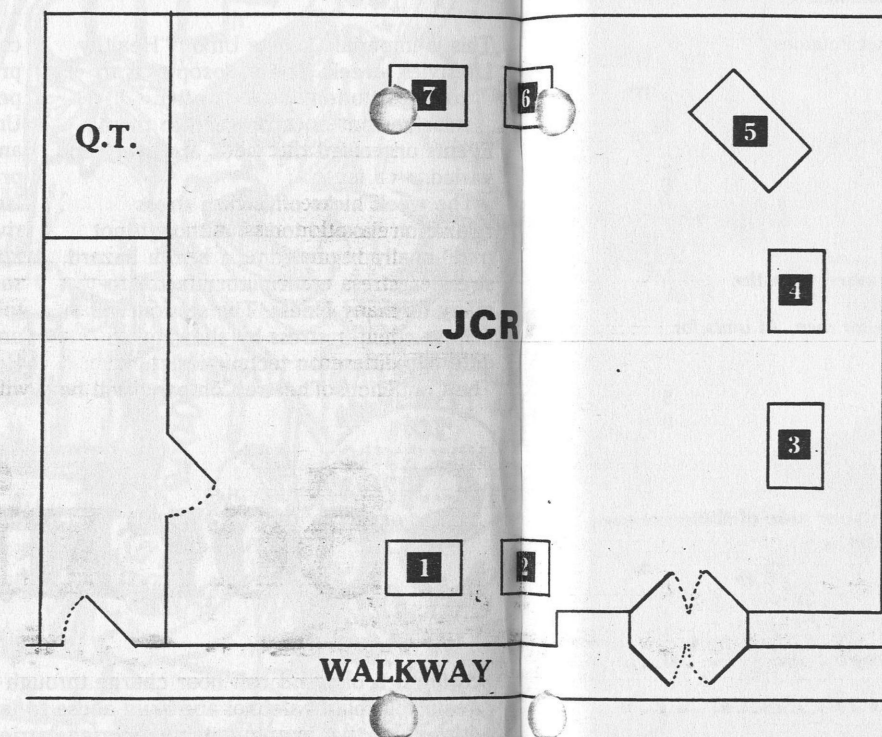
Drinking is all about being sociable, but it depends on how much and why you drink. If you don't go over the limit then you probably can be more lively and

friendly. But it's obvious, usually at a pub or party, who's had too much to drink because they really aren't worth talking to! They either make total idiots of themselves or end up in a fight.

If you want to enjoy drinking you need to be aware of when you've had enough? Counting your alcohol 'units' is a good way to watch your drinking habits. Find out more about alcohol and the limits at the Health Fair. There is also a computer analysis game on alcohol which, with your unit control score, will tell you what affect *your* drinking is having on *your* body and *your* pocket.

IMPERIAL COLLEGE Union

Healthy Lifestyles



Tuesday 26	Stress Relaxation 'Scoring'	1-2pm SCR 7-11pm Lounge
Wednesday 27	Welfare Quiz	8-10pm Lounge Bar
Thursday 28	Health Fair Stress Relaxation	12-2pm JCR 5-6pm SCR
Friday 1	Health Fair Giving up Smoking	12-2pm JCR 3-4pm SCR

7 —Stress

Do you suffer from any of the following symptoms?

1. Tension
2. Sleeping difficulties
3. Cognitive difficulties, i.e. nightmares
4. Depression
5. Muscular symptoms
6. Cardiovascular symptoms
7. Respiratory Symptoms
8. Increased smoking/drinking

All of these are stress-related problems and you may be suffering from stress without realising. The Health Fair has a stall completely devoted to stress, come along and talk to an expert or to one of the stress relaxation sessions that have been organised.

6 —Smoking

There is no magic way of giving up smoking. People find their own ways to give up, but many ex-smokers, both heavy and light smokers have found this general advice helpful.

1. Prepare yourself. Think about when and where you usually have a cigarette. Once you've stopped smoking, these times and places are going to be the danger spots, so work out how you are going to deal with them.

2. Pick a day. Set a target day for giving up. Make it a day when you will not be under much stress.

3. Stop. Give up and don't smoke any cigarettes. Take one day at a time. Every day without a cigarette is a success.

If you want to pick a day to give up soon, March 13th is 'National No Smoking Day' and sponsor forms to give up smoking on that day are available in the Union Office. All money raised will go to Rag.

Nine out of ten ex-smokers gave up entirely on their own. But if you've tried before and found it very difficult you might find one of these aids helpful: Nicotine Chewing Gum (available on prescription only) other chewing gums and tablets, acupuncture or hypnosis, you could also come along to the Giving Up Smoking Seminar on Friday.

5 —Healthy Eating

A brief guide to healthy eating:

- Cut down on fat, sugar and salt
- Eat more fibre-rich foods
- Eat plenty of fresh fruit and vegetables
- Get plenty of variety in what you eat

But how do you know if your diet is really healthy and how do you set about changing your diet. This stall has information and advice to help you improve what you eat. There will be displays showing the nutritional content of popular foods and food available in College, and also free recipe leaflets.

4 —Exercise

Why bother exercising?

- ★Exercise helps you feel good in body and mind
- ★It's good fun
- ★It helps you feel energetic
- ★It helps you relax
- ★It helps you stay slim
- ★It keeps you supple
- ★It helps strengthen your muscles and joints

★It helps your heart work more efficiently, improves your circulation and helps protect against heart disease
★It gets easier the more you do

These are just some of the reasons for exercising. If you want to find out how fit you are then come along to the exercise stand, where you'll have the opportunity to do some exercise and check your heart rate.

Think of each point as a penalty. Look at the areas you scored the highest penalty points. These are the areas where you would benefit most from making changes, in the ...

Lifestyle Questionnaire

HEIGHT AND WEIGHT

1. Start off by getting your height, weight and frame size checked.

height..... weight..... frame size.....

Now look at the chart. What category are you in?

- Underweight 8
- Weight OK 0
- Overweight 8
- Very overweight 9
- Seriously overweight 10

SMOKING

2. Have you ever smoked and if so, for how many years?

- Never Smoked 0
- Less than 5 years 7
- 5-10 years 8
- 11-15 years 9
- 16 years or more 10

3. How many cigarettes (pipes, cigars) do you smoke now?

- None 0
- Less than 5 per day 7
- 5-10 per day 8
- 11-20 per day 9
- 21 plus per day 10

4. Are you making a serious effort to give up?

- Yes 0
- No, but I'd like to 5
- No 5

BLOOD PRESSURE

5. Have you had your blood pressure measured in the last three years?

- No - Go to question 6 10
- Yes 0

Were you told that your blood pressure was any of the following?

- Low/Normal 0
- High - I'm not doing anything about it 10
- High - I'm following medical advice 4
- High - I was pregnant 0

PHYSICAL ACTIVITY AND EXERCISE

6. Do you do any non-stop exercise which makes your heart beat faster? How long for?

- I don't do this type of exercise 10
- Less than 10 minutes 8
- 10-20 minutes 5
- 20-30 minutes 0

7. How many times a week do you do this type of exercise?

- None 10
- Once a week 7
- Twice a week 3
- Three times a week 0

STRESS AND TENSION

8. When you are tense, what do you do about it?

- Work harder to get on top of things 6
- Smoke, drink, take pills 6
- Become irritable or bad tempered 6
- Set time aside to sort myself out (eg. relaxation, talking with others, exercise etc.) 0

FOOD

9. Do you try to watch the amount of fat you eat?

- Not really 5
- I use polyunsaturated oils and margarines 3
- I am cutting down on fatty foods and I use polyunsaturated oils and margarines. 6

10. Do you eat any of these foods regularly - at least once a week? (You can tick more than one box)

- Sausages or Burgers
- Chips
- Crisps or Savoury Snacks
- Any Fried Food
- Cheese
- Cream, Ice Cream or Full Cream Milk
- Chocolate or Chocolate

Covered Bars

- Foods made from Pastry
- Cakes or Biscuits
- Meat Pies, Pasties, Sausage Rolls, Samosas or Spring Rolls
- Sugary Drinks - eg. Coke, Lilt

Count the number of ticks and enter your score: ...

11. Do you eat fruit or vegetables at least 3 times each day?

- No 2
- Yes 0

12. Do you eat two from this list every day?

- Breakfast Cereals
- 2 slices of Wholemeal Bread
- Boiled or Jacket Potatoes
- Rice
- Pasta
- Chapatis or Nan

- No 2
- Yes 0

ALCOHOL

13. Do you drink more than the "safer limits"?

21 units a week for men, 14 units for women.

- Yes 5
- No 0

HEREDITY

14. Has anyone on your side of the family suffered with:

- Diabetes 2
- Angina/Heart Attack/Stroke 2
- No family history of these. 0

Now go back to the beginning and add up the scores next to the answers you chose.

★ The worst possible score is 100

★ The lower your score, the better you are looking after your heart

Editorial

Well, here's something I forgot to mention in last Friday's Editorial: Welfare Week. But instead of telling you what's going on (as that's covered by the rest of this issue), or that you really should go along (as that's obvious), let's have a think about why we need a Welfare Week in the first place.

Of innocence lost...

College places huge demands on us, the students who attend it. The work loads are ridiculously huge. Even doing half of what is expected takes a huge amount of

time. Research, and the money it generates dominate the selection of staff: They are chosen for their ability at research, not teaching.

The pressure is huge. People worry about not having done enough work. Poor lectures mean that understanding the course is hard. Revision thus becomes even more difficult and stressful. Exams are often clumped together. Nearly all of them count towards the degree.

The food served by places like the QT is unhealthy and poorly prepared. But there aren't many other places to catch

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something to eat in between lectures and lab.

The high rent in halls means that even most first years end up with overdrafts. Many people have to work in term time. Few of us ever have enough time to relax or participate in a sport.

So what do we do? We go to the bars and get drunk. We smoke. We worry. We get stressed. We don't do enough physical exercise. We lose sleep

I'm not saying that all our health problems are Colleges fault. But College could do a lot to help, and it isn't.