

Health minister takes tour of foundation

MINISTER OF HEALTH DONVILLE INNISS paid a visit to the headquarters of the Heart & Stroke Foundation of Barbados (HSFB) on Tuesday, April 7, to learn more about the operations of the foundation.

The Minister was accompanied by Chief Medical Officer Dr Joy St John, Permanent Secretary in the Ministry of Health, Martin Cox, and other officers from the Ministry.

Chief executive officer of the Foundation, Adrian Randall, greeted the Minister and showed him around the various departments. Among those was the Cardiovascular Disease Prevention and Rehabilitation section, where manager Catherine Charles was able to fully explain to the Minister the operation of the CDP&R programme and its benefits.

At the time of the minister's visit, a number of clients were

going through their exercise routines, giving him the opportunity to get a first-hand look at how Government's contract with HSFB allows for the referral of patients from the Queen Elizabeth Hospital to be put to good use.

Innis also visited the Emergency Cardiac Care section, where manager Kim Clarke-Grant gave him a detailed rundown of the various training courses offered by the foundation. Volunteer instructor Dave Bascombe, was also on hand to give the Minister and his group a demonstration of the CPR course.

The health minister said that he was impressed with the operation of the foundation and lauded the organisation for its work in health care, both in prevention and rehabilitation. He noted that from what he had seen, the foundation caters to everybody.

He suggested that there are some functions in society that are best left to NGOs to perform, and the area of operation of the HSFB was one of them. But he said that the Government was happy to give its fullest assistance, and to partner with any such NGO in its activities for the good of the community. The Government's association with the foundation in the CDP&R programme, along with participation in the Foundation's training courses, was good indication of this.

The health minister assured the Foundation's CEO of Government's continuing support.

This page compliments



Banks Holdings Limited

Primary schools working towards wellness

FOR THE FIFTH CONSECUTIVE YEAR Caribbean insurance conglomerate Guardian Life of the Caribbean Limited is teaming up with the Heart & Stroke Foundation of Barbados (HSFB) to organise a poster and essay competition for Primary Schools across Barbados.

The popular annual competition is part of the Foundation's contribution to **World Heart Day (WHD)**, which will be celebrated this year on Sunday, September 27.

WHD is an annual event, organised by World Heart Federation members and partners in over 100 countries worldwide. Activities include free heart screenings, walks, runs, fitness events, public talks, exhibitions, sports tournaments, and much more.

Each year, the day is dedicated to a particular health theme. As part of the World Heart Federation's commitment to the World Economic Forum initiative *Working Towards Wellness*, this year's **WHD** theme will be, *Wellness In The Workplace*.

Workplace health promotion has generally focused on promoting worker health through the reduction of individual risk-related behaviours such as tobacco use, physical inactivity and poor nutrition. These programmes have the potential to reach a significant proportion of employed adults, up to 54 per cent of the world population.

The HSFB's Poster and Essay Competition gives students the opportunity to research and learn at an early age of the dangers of bad living habits, such as tobacco use, unhealthy diet and physical inactivity, so that they can make positive and far-reaching lifestyle choices.

As in previous years, the competition is conducted in two categories, 5 to 8 and 9 to 11 age groups. Students in the 5 to 8 age group are asked to draw or paint a poster using the **WHD** theme *Working Towards Wellness*, while those in the 9 to 11 group are required to write an essay on the same topic. The competition was launched earlier this year and entries close on Friday, July 31. Winners will be announced at an awards ceremony to be held at Harrison College on Thursday, October 1, 2009.

First prize in each category will be \$400, second prize \$200 and third prize \$100. Each prize-winner will also receive a one-year subscription to the **National Kids Geographic Magazine**. In addition, the school producing the winner in each category will receive a prize to the value of \$1 000.

The HSFB and co-sponsors Guardian Life of the Caribbean Limited are looking forward to a good level of entries this year. Guardian Life is particularly pleased with the theme, since it fits well with their philosophy of promoting good health in the workplace, and indeed across the community.

A CALL FOR ENTRIES!!



POSTER COMPETITION

RULES

1. Entries should be submitted to the Heart & Stroke Foundation of Barbados Inc., #3 Melrose View, Ladymeade Gardens, Jemmotts Lane, St. Michael by **Friday 31st July, 2009.**
2. The Heart & Stroke Foundation of Barbados and Guardian Life of the Caribbean can use participants' names and/or photographs for promotion in all media.
3. All work will remain the property of the Heart & Stroke Foundation of Barbados to be used in local and international promotion.
4. Participants must be between the ages of 5-8 years.
5. Participants can win one prize only.
6. Winners will be announced at an awards ceremony to be held at Harrison College on **Thursday 1st October, 2009.**
7. Entry forms must be completely filled out. Photocopies will not be accepted.
8. Judges decision is final.

This competition is approved by the Ministry of Education.



Looking After Life since 1847
A Member of the Guardian Holdings Group

Create an 8 1/2" X 14" poster depicting the theme:
Wellness in the Workplace
WIN LOTS OF GREAT PRIZES!

Name: _____
Address: _____
Date of Birth: _____
Phone Contact: _____ Email: _____
School: _____
Teacher's/Principal's Name: _____
Parent/Guardian: _____
Address: _____
Phone Contact: _____ Email: _____

A CALL FOR ENTRIES!!



ESSAY COMPETITION

RULES

1. Entries should be submitted to the Heart & Stroke Foundation of Barbados Inc., #3 Melrose View, Ladymeade Gardens, Jemmotts Lane, St. Michael by **Friday 31st July, 2009.**
2. The Heart & Stroke Foundation of Barbados and Guardian Life of the Caribbean can use participants' names and/or photographs for promotion in all media.
3. All work will remain the property of the Heart & Stroke Foundation of Barbados to be used in local and international promotion.
4. Participants must be between the ages of 9-11 years.
5. Participants can win one prize only.
6. Winners will be announced at an awards ceremony to be held at Harrison College on **Thursday 1st October, 2009.**
7. Entry forms must be completely filled out. Photocopies will not be accepted.
8. Judges decision is final.

This competition is approved by the Ministry of Education.



Looking After Life since 1847
A Member of the Guardian Holdings Group

Write an essay 350 words or less depicting the theme:
Wellness in the Workplace
WIN LOTS OF GREAT PRIZES!

Name: _____
Address: _____
Date of Birth: _____
Phone Contact: _____ Email: _____
School: _____
Teacher's/Principal's Name: _____
Parent/Guardian: _____
Address: _____
Phone Contact: _____ Email: _____