

Lions Club of Fairlop

HUNDREDS of shoppers were given a health check-up during a Lions club organised awareness day.

Doctors and nurses were at The Mall, High Road, Ilford, on Saturday to check people's blood pressure, cholesterol levels and whether they had diabetes.

A host of pharmaceutical companies and private sponsors helped fund the event, which the club hopes will be a twice-yearly health screening day.

Harbinder Manku, chairman of the club's programme committee, said: "We are doing it for the whole community to raise awareness, but particularly among the ethnic community.

"We distributed 2,000 leaflets to different institutes to tell people about the day."

With diabetes a major cause of ill health among Asians, Mr Manku was keen to ensure people at the health screening were made aware of the possibility of them having the condition without knowing.

He said: "I am diabetic myself. I was never aware of what diabetes was, I just went to the doctor one time and he found out I had it.

"A lot of people don't know what diabetes is."

The community group raises funds for a variety of charities throughout the year by holding a host of different events.

Roar of approval for Lions' health checks



COMMUNITY CHECK-UP: Lions president Surinder Rooprai, left, Sukhminder Jandoo, Redbridge Mayor Cllr Thomas Chan, a guest, Harbinder Manku and primary care nurse Nur Nuhar Begum