

ESHES AND COBHAM

Surrey Comet

Established 1854

Friday, October 11, 2002

30p

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HEALTH MATTERS

11 OCTOBER 11, 2002

There will be a talk on homeopathy and using natural remedies at home at 1pm on Monday, October 14, at Kew Community Centre in Kew.

And three of London's leading homeopathic practitioners will be giving talks on how to maintain your health at the launch of a new clinic in Kew Arches, Kew, on Tuesday, October 22. Admission to both events is free. For further information contact Mary Miller on 020 8947 4996.



The Kingston branch of the mental health charity Mind is hosting a Feel Good Day on Saturday, October 12, in partnership with Kingston Mental Health Users Forum.

There will be stalls offering advice and information on health issues and activities to boost your general sense of well-being.

It runs from 11am to 4pm at the Mayo Hall at the United Reformed Church in Eden Street.



Staff from across Wandsworth Primary Care Trust collectively raised £266 by wearing denim to work on Friday as part of the national 'Jeans for Genes' day.

The campaign invites the public to donate £1 to wear their jeans to work for a day. Proceeds will help eight national charities, including Great Ormond Street Children's Hospital and the Haemophilia Society.



Recruitment drive by NHS

The NHS has launched a national recruitment drive this month to raise awareness of the sheer variety of jobs and careers on offer.

There are 170 jobs within the health service ranging from nursing, midwifery and ambulance technician through to ward clerk, porter or cleaner, all with varying entry requirements.

David Amos, deputy director of NHS human resources, said: "Many people, whether just starting out or considering a change of job, may not be aware of the enormous scope of jobs and careers that are available in the NHS.

"The campaign will help overall recruitment across the board - in nursing, midwifery, healthcare science, allied health professions and all the supporting departments in the wider healthcare workforce."

For more information ring the hotline on 0845 60 60 635 or log on to www.nhs.uk/careers.

An allergies database

A husband and wife have launched their own internet company providing a database of products and information dedicated to allergy sufferers.

Alison and Imed Basales from Riversdale Road, Thames Ditton, saw their website www.allergymatters.com go live last month after 18 months' hard work.

The impetus for the website came from Alison's own childhood experiences and the problems she has encountered as a mother finding suitable products to relieve the allergies of her nine-year-old daughter Sumaya.

Mrs Basales, who previously worked as a fashion buyer, said: "I noticed there seems to be a growing trend in terms of the number of people suffering allergic reactions, but it seemed to be very much as if the medical route was the only option.

"Having used so many medicines over a long period of time I know that your body can



Alison and Imed Basales with their wide range of products. Deadline: 037412

build up a resistance. What we are trying to do is make sure that the medications we use are good for us.

"Having had years of trial and error, what we have done is collated all the products that we know work, that have been tried and tested.

"Because so many people are suffering from allergic conditions what we are saying is, these are the symptoms, this is what you can do to improve the situation. It is a lifestyle change."

Visitors are already logging onto the site, which lists more than 200 products ranging from herbal ointments to nebulisers and special bedding to help reduce allergies.

A number of the products on the site are endorsed by the Allergy Foundation, others have been tested and have research to back up what the product does and how it works.

If you want further information, visit www.allergymatters.com

INSTEP FLOORING

against the clock

