

WINDRUSH DAY 2022



The Caribbean and African Health Network(CAHN) were proud to present Windrush day at Alexandra Park. Windrush Day is not only an important day for the Caribbean and African community but for everyone in Manchester as it celebrates the arrival of nearly one thousand members of the community who arrived in the UK from the Caribbean in 1942. We celebrate Windrush day yearly to commemorate them for their bravery and the contributions they have made to the community and society in general. The theme this year was focused on shared history, culture and heritage. CAHN was highlighting the combinations of cultures that have evolved into the shared heritage of the UK today.

The event consisted of live performances of cultural dancing and singing on the main stage and other entertainment throughout the day, amazing guest speakers, stalls to promote businesses and community organisations, an arts and craft section, a play area for children, food provided by food trucks and health screenings and information.

MY DAY

On Windrush day upon arrival, I met many different members of CAHN. They were all extremely welcoming and helped me and the other student Areeba get settled in. We commenced the day by exploring the stalls, having a look at the other services, watching the activities that were about to start and getting familiar with the equipment. For the health screenings, we had to ask the service user to fill out some information about their background, age, what area they live in and questions about medication they are on that could affect their heart that could cause their blood pressure to be low or high. We then would put the cuff on their arm and then would use the machine to take their reading and then we would also use the pulse oximeter to test their oxygen saturation in their blood. We were checking for their blood pressure to be within the normal range, the ideal for an adult would be 120/80, however many patients had blood pressures much higher than this. Which we then would advise the patients to see their GP and would encourage them to get their medication reviewed. Also, we were observing their Sats to ensure it was 96% or above. We were supported and supervised by registered nurses when doing the health screening checks.

We continued to do the health screenings all day for the public and recording it. This was good practice for us as it'll be beneficial to have refreshed our memories for when we go to our next clinical placement. It was also great to meet service users in a different environment than inpatient.

Windrush day was also really insightful for me. It was really exciting to see a community come together to celebrate and for me to be a part of it. I was able to learn a lot about the black community and was given many resources to look through that were displayed on the CAHN table.

We were also lucky enough to be able to meet some of the dancers that were performing. They came and supported our health screenings and had theirs done for fun and out of curiosity! Their performance was also great!



About CAHN

"CAHN is a Black-led organisation set up to address the wider social determinants to reduce health inequalities for people of Caribbean & African descent in the UK. We work with the Black community and cross-sector organisations to build community resilience, relationships, and a social movement to reduce health inequalities.

CAHN's vision is to eradicate health inequalities and disparities within a generation by building community resilience and a social movement.

Our **mission** is to ensure that strategic and operational actions of service providers across

health and cross-sector agencies and commissioners, lead to racial and social justice for

Black people."