

Showing the heart some love ..



Dear colleagues,

Valentines Day yes, but February is also **National Heart month**. The [British Heart Foundation](#) and [Heart Research UK](#) are running a number of initiatives and events during February. Their websites are excellent with a number of resources and ideas.

There are a number of Healthy Heart [talks and stalls in Kensington](#) and [in Westminster](#) throughout February.

And as we all know, prevention is better than cure..!

We also have information on People First about [heart disease](#), as well as lots of information on ways of preventing heart problems - [diet and nutrition](#) advice, information about [alcohol](#) and [responsible drinking](#), help with [giving up smoking](#), tips for [exercise and fitness](#), as well as general information about [getting out and about](#) - and of course our extensive [Events calendar](#).

What the flip ... !

Tuesday 9 February is **Shrove Tuesday - Pancake day!** For those that love to cook, or want to try their hand at it, there are [cookery events on People First](#) that help people get out and about and wield a frying pan in anger, whatever their ability, or just to have lunch in a social setting.



Chinese New year

This week is Chinese New Year and this year it is the year of the monkey. Celebrations (the largest outside of Asia) [will take place in the heart of the Chinese community in Westminster](#) and other parts of London, with events in Chinatown, the West End and Trafalgar Square on February 14th .

People First has [a range of information and activities](#) celebrating the extraordinarily rich and diverse cultural mix of our three boroughs. If you'd like to see other information included or know of activities that would interest residents from particular backgrounds - let us know and we'll advertise them!

