



PRESS RELEASE

Caribbean & African Health Network (CAHN) and Salford CVS Collaborates to Distribute Health & Wellbeing Packs including Vitamin D

The Caribbean & African Health Network (CAHN) and Salford CVS have worked together in partnership to provide and distribute wellbeing packs including Vitamin D3 50µg (2000IU) to the Caribbean and African community living in Salford (especially in Little Hulton, Langworthy and Pendleton).

This distribution took place on 14th, 15th, and 19th December 2022. Over the course of 3 days, 600 wellbeing packs of pouches of 120 tablets of 50µg Vitamin D3, face masks, hand sanitiser, and health and wellbeing booklets were given to support families to stay healthy during the winter months.

It is important to take vitamin D as it helps in the prevention of some serious illnesses. The daily amount recommended for the general population by government for general health and to protect bone and muscle health is 10µg. However, for African-Caribbean communities the pigment on the skin does not allow the processing of enough Vitamin D, leaving such communities at risk of deficiency throughout the year, especially in winter when there is less sunlight.

Melanin protects the skin against ultraviolet light, but by blocking the sun's rays, melanin affects the skin's ability to activate pre-vitamin D. The darker the skin, the less vitamin D is produced. Over the counter preparations are 25µg or less but this is insufficient for darker skin hence the higher dose of 50µG is advised. This is particularly advisable to help boost immunity against the backdrop of flu and Covid-19 this season.

Charles Kwaku-Odoi, Chief Officer of the Caribbean & African Health Network (CAHN) said: **“We are pleased that this collaboration will help to improve the health and wellbeing of African and Caribbean communities across Salford this winter. Prevention and self-care are essential to maintaining good wellbeing”**

Alison Page, Chief Executive of Salford CVS added: **“Salford CVS are pleased to have worked with CAHN to help resource this Winter Wellness campaign amongst Caribbean and African communities in the City of Salford”**

For additional information on the importance of vitamin D please click here <https://www.cahn.org.uk/events/campaigns/vitamin-d>. The information is available in French, Amharic, Tigrinya, Somali and Arabic.

- -ENDS

For further information or collaboration opportunities please contact:
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CAHN Social Media Handles

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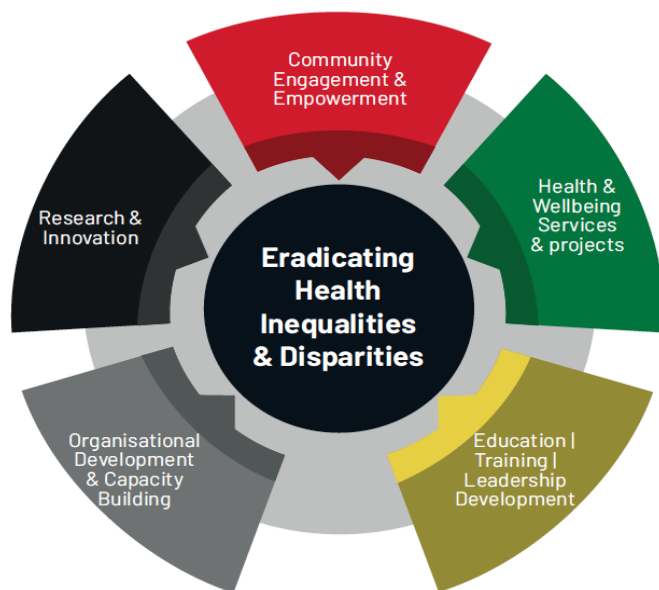
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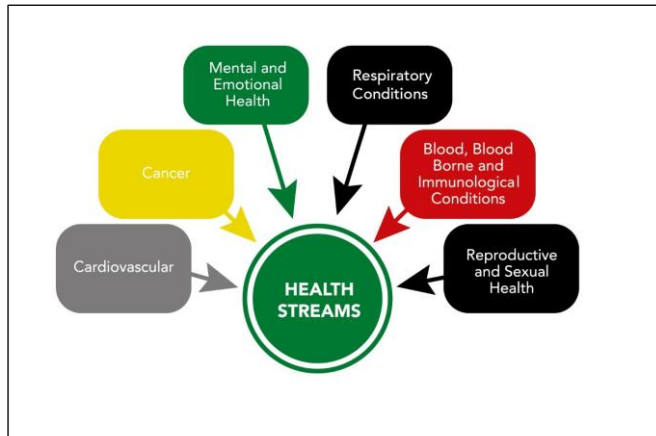
CAHN is a Black-led organisation set up to address health inequalities and the wider social determinants for people of Caribbean & African descent within the United Kingdom. We work with the Black community and cross-sector organisations to build community resilience, relationships, and a social movement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

CAHN's vision is to end health inequalities and the wider disparities for Caribbean and African people in a generation.

Our mission is to ensure that the strategic and operational actions of service providers across health and cross sector agencies and commissioners, lead to racial and social justice for Black people.

CAHN's Health Priorities

The evidence base identifies six key areas of work that we need to work with our community and stakeholders to address. Within all of these health prevention and intervention programmes there is a requirement to work with our community to ensure that the action taken is tailored to meet our distinct needs.



CAHN's health programmes take in account intersectionality within the protected characteristics to deliver impact across generational groups. A lot of our work is undertaken in partnership with Trusts, commissioning bodies, Local Authorities, faith communities, voluntary, and private sector organisations and others including universities. Our work seeks to enable a better experience and outcome for people of Caribbean or African descent locally and national.

For further information visit www.cahn.org.uk