



The Mayor of Waltham Forest's

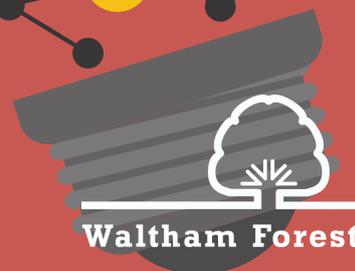
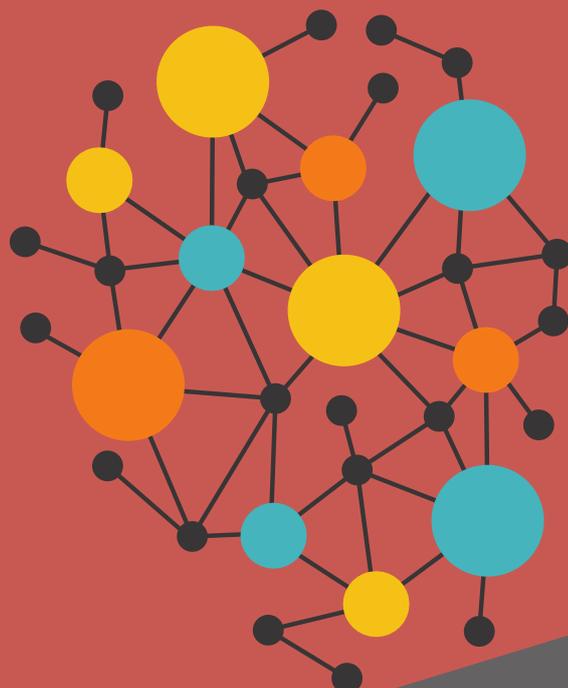
SICKLE CELL DISEASE & NUTRITION COMPETITION FOR SECONDARY SCHOOLS

Show off your ideas!

SEND YOUR APPLICATIONS BEFORE
14 FEBRUARY 2022.

To submit your applications and for more
information email:

mayor@walthamforest.gov.uk





THE MAYOR'S
SICKLE CELL DISEASE
AWARENESS CAMPAIGN
2021/22



"I'm hoping my Sickle Cell Disease Awareness campaign will encourage more residents from the black-heritage community to become blood donors, as Sickle Cell Disease is thought to predominantly affect those of Black African and Caribbean heritage."

Councillor Elizabeth Baptiste

Mayor of Waltham Forest



A message from the Mayor

My name is Cllr Elizabeth Baptiste, I'm the Mayor for the London Borough of Waltham Forest. I'm backing calls for more awareness in secondary schools across the borough about Sickle Cell Disease. For the first time in the borough I have launched the Mayoral Sickle Cell Disease and Nutrition Schools Education competition. It is thought that over 100 residents are living with Sickle Cell in the borough, which is why I am supporting the charity the Sickle Cell Society, through both fundraising and raising awareness of the condition for 2021/22.

More so, it's a huge honour as a community leader to support and celebrate the great work that the Sickle Cell Society is doing as it also supports and represents people affected by Sickle Cell Disorder, particularly those of Black African and Caribbean heritage to help improve their overall quality of life.

For this reason I'm inviting schools with pupils in years 7-11 to participate in the Mayoral Sickle Cell Disease and Nutrition Schools Education Campaign, as it's your ideas which will help us all to raise more awareness about the condition. So get involved and take part and submit your winning ideas.

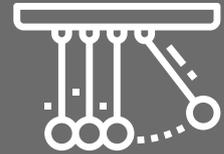
Good luck everyone.



SCD Awareness Campaign Competition

All secondary schools in the borough are invited to participate in the Mayoral SCD and Nutrition Schools Education Campaign to help raise awareness of SCD and Nutrition in Waltham Forest.

This education pack includes resources for teachers to plan their lessons to help their pupils to participate in the SCD campaign. Pupils are being asked to complete a series of fun tasks to help raise awareness about SCD. It also includes information about how people with Sickle Cell Disease can be treated with the help of blood donors.



Why are we raising awareness of SCD and Nutrition in Waltham Forest?

1. It is thought that 100 people are living with Sickle Cell in Waltham Forest. Although it is categorised as a rare disease, sickle cell disorder is the fastest growing genetic disorder in the UK. Sickle cell disease varies between individuals from mild to serious, but most people with it lead happy and normal lives. But the illness can be serious enough to have a significant effect on a person's life.
2. More awareness about SCD and Nutrition is needed in the borough of Waltham Forest to support people affected by the condition, to improve their overall quality of life in line with the work that the Sickle Sickle Cell Society is doing through this schools education campaign which will address a range of topics, such as:
 - What is Sickle Cell?
 - Who is affected by it?
 - How can Nutrition help?
 - Why do we need to raise more awareness about SCD?

Facts about Sickle Cell Disease

What is SCD?

SCD is the name for a group of inherited health conditions that affect the red blood cells. The most serious type is called sickle cell anaemia.

Who is affected by it?

SCD is particularly common in people with an African or Caribbean family background each having passed on the gene for sickle cell.

What does SCD do to the body?

People with SCD produce unusually shaped red blood cells that can cause problems because they do not live as long as healthy blood cells and can block blood vessels.

Is there any treatment for SCD?

SCD is a serious and lifelong health condition, although treatment can help manage many of the symptoms, for example they include regular blood transfusions if symptoms continue or get worse, or there are signs of damage caused by sickle cell disease.

Visit: www.sicklecellsociety.org for more facts and information about Sickle Cell Disease



SCD AWARENESS COMPETITION

How to take part?

All Pupils in the borough can take part in the competition by completing creative educational tasks themed on SCD and Nutrition by submitting their winning ideas to the Mayor via email at: mayor@walthamforest.gov.uk

There are 5 winner categories:

1. Year 7
2. Year 8
3. Year 9
4. Year 10
5. Year 11

How will the winners be picked?

One overall winner in each category out of the participating schools will be picked by the Mayor as a winner. In total 5 winners will receive a prize and will be invited to a presentation ceremony hosted by the Mayor early next year in 2022.

When does the competition close?

The competition is open now and closes on Monday 14 February 2022 at 5pm.

For more information about the competition and the rules go to:

<https://www.walthamforest.gov.uk/content/mayor>



SCD Curriculum Lesson Plan:

Creative tasks for pupils in years 7-11

Year Group	The Topic	Task	Resources
Year 7	What is Sickle Cell?	Use the resources links to make a leaflet/poster about Sickle Cell Disease and how people can get support if they are affected by the condition, so it can be displayed in i.e. schools and the community. The poster should explain what sickle cell is, how it is inherited, some of its symptoms and tips for preventing a crisis, and the following website link to find out more information: https://www.nhs.uk/conditions/sickle-cell-disease/	https://www.dmu.ac.uk/documents/health-and-life-sciences-documents/sickle-cell/the-social-aspects-of-sickle-cell.pdf https://www.sicklecellociety.org/nutrition-in-sickle-cell-disease/ https://www.sicklecellociety.org/no-ones-listening/ https://www.sicklecellociety.org/resource/lets-talk-sickle-cell-sickle-cell-awareness-poster/
Year 8	How can Nutrition help?	Consider information on the role of nutrition. Help plan a nutritious 7- day meal plan for a person living with sickle cell.	https://www.sicklecellociety.org/nutrition-in-sickle-cell-disease/ https://punchng.com/sickle-cell-and-nutrition-i/ https://punchng.com/sickle-cell-and-nutrition-ii/ https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/
Year 9	Why is Sickle Cell prone to social injustice?	Devise a proposal to help tackle any social justice issues for people with Sickle Cell.	https://www.dmu.ac.uk/documents/health-and-life-sciences-documents/sickle-cell/the-social-aspects-of-sickle-cell.pdf https://www.sicklecellociety.org/nutrition-in-sickle-cell-disease/ https://www.sicklecellociety.org/no-ones-listening/
Year 10	Understanding the complex genetics of Sickle Cell	Undertake scientific work on understanding the genetics involved in the inheritance of Sickle Cell, and consider what some of the treatments are.	https://www.nhs.uk/conditions/sickle-cell-disease/causes/ https://www.nhs.uk/conditions/sickle-cell-disease/treatment/
Year 11	Campaigning for better recognition of Sickle Cell	Create the plans for a real campaign to raise awareness and show support for Sickle Cell.	https://nutrition2me.com/wp-content/uploads/2021/03/Sickle-Cell-Disease.pdf https://www.sicklecellociety.org/wp-content/uploads/2018/09/A-Guide-to-School-Policy-June-2016-00000002.pdf https://www.sicklecellociety.org/wp-content/uploads/2021/01/Cast-Aside-and-Forgotten-SCTAPPG-Report-Final.pdf



Additional Lesson Plan resources

Nutrition Resources:

- <https://www.youtube.com/watch?v=2yjxdkgBeJs>
- <https://nutrition2me.com/wp-content/uploads/2021/03/Sickle-Cell-Disease.pdf>
- https://nutrition2me.com/wp-content/uploads/2012/05/images_free-view-articles_free-downloads_SickleCellDisease1.pdf
- https://nutrition2me.com/wp-content/uploads/2012/05/images_free-view-articles_free-downloads_SickleCellDisease.pdf
- <https://www.bda.uk.com/resource/sickle-cell-disease-on-the-rise-but-under-recognised.html>
- <https://actascientific.com/ASNH/pdf/ASNH-03-0180.pdf>
- <https://www.sicklecellsociety.org/nutrition-in-sickle-cell-disease/>
- <https://punchng.com/sickle-cell-and-nutrition-i/>
- <https://punchng.com/sickle-cell-and-nutrition-ii/>
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- <https://www.sicklecellsociety.org/wp-content/uploads/2018/05/Standards-for-the-Clinical-Care-of-Adults-with-Sickle-Cell-in-the-UK-2018.pdf>
- <https://nutritank.com/nutrition-in-sickle-cell-disease-an-opportunity-for-dietitians-to-make-a-difference/>

Additional Scientific Resources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3085005/>
- <https://www.dovepress.com/nutrition-in-sickle-cell-disease-recent-insights-peer-reviewed-fulltext-article-NDS>
- <https://www.sciencedirect.com/science/article/pii/S1631069112002363>
- <https://core.ac.uk/download/pdf/147830742.pdf>

Thank you for taking part