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# Swine Influenza 'facts'



**SWINE** influenza is a disease in pigs caused by a type A influenza virus.

The virus currently transmitting among people is now generally referred to as swine flu, although the origin of the disease is still under investigation. There is no evidence of this strain of the disease circulating in pigs in the UK.

There are regular outbreaks of swine influenza in pigs worldwide. It does not normally infect humans, although this occasionally does occur - usually in people who have had close contact with pigs.

Swine influenza viruses are usually of the H1N1 subtype. The current swine flu that has spread to humans is a version of this virus. The virus has been spread by person-to-person contact. Human infection with swine influenza A (H1N1) viruses has been

confirmed in Mexico, the US, Canada, the UK, and other countries.

This has given rise to concern that the outbreak could become a pandemic flu - a global outbreak of flu that spreads quickly because it is a new type of virus that few, if any, people have resistance to.

A flu pandemic is a natural event that occurs from time to time. Last century, there were flu pandemics in 1918, 1957 and 1968, when millions of people died across the world.

Experts warn that another flu pandemic could happen soon, but they do not know when.

These pages aim to inform you about the current swine flu outbreak and pandemic flu and advise on the important measures to take if a flu pandemic breaks out.

How is swine flu different from seasonal flu or bird flu? Seasonal flu, caused by an existing flu virus, is a common infection in the UK that usually occurs during a two-month period in winter. For most people, it is an unpleasant but not life-threatening infection. People who are more at risk from it, such as older people, can be given a vaccine each year (see Useful links, right).

Bird flu, also known as avian flu, is influenza that, as its name suggests, is usually confined to birds. However, like swine flu, it can also sometimes be caught by people and by pigs.

If swine flu or bird flu do

spread in people, it can be very serious and can cause death.

A pandemic occurs when a new flu virus appears in the human population and spreads from person to person worldwide. It is likely that such a virus will be caused by a bird or animal virus mixing with the human virus.

It is possible that an outbreak of pandemic flu will cause more illness and many more deaths than ordinary flu.

Is a flu pandemic imminent? A pandemic could happen any time, but we cannot predict exactly when it would start. The swine flu virus could lead to a pandemic. The World Health Organization (WHO) is closely monitoring cases of this new flu virus.

The WHO has defined stages in the progression of a pandemic. We are currently at Phase Five of six phases (a pandemic is confirmed at Phase Six).

What can we do? The single most effective way to stop or slow the spread of diseases such as swine flu is to prevent the spread of germs. Wash your hands regularly with soap and water, or an antibacterial hand gel if you are out and about, and cover your mouth with a tissue if you cough or sneeze, disposing of the tissue immediately

You should also think about what you would do if you and your family all became ill. Who could you rely on for support, such as to collect medicines or shop for you?"

## Ibo and Ebru raise £2000



Congratulations to Ibo and Ebru Ozkaratan.

They completed their epic journey to cycle from Vienna to London in aid of the Marlborough School for children with Special Needs. Early estimates to the money raised is approximately £2000. Well done to both!

### *Please Note*

The NMA newsletter will be quarterly, **next issue September.**

# The News

## Street dance really takes off

NMA 4 Schools attended a school in Orpington this month to take an assembly to highlight the new 'Street Dance' classes which we began to promote last month.

The session was a big hit with new NMA street dance instructor Sarah Nolan, really getting the students going. In the short 10 minute display (which got a few technical hitches from the new equipment installed in the school), Sarah taught a small number of students a short routine and got them to perform in front of the rest of the assembly. The whole event was a big success and was well



received by the school who are now looking at dates to allow us in.

## Boot Camp kicks off!

ADAM, NMA trainings resident 'beasting' master kicked off the first ever boot camp fitness session on the 6th June with muscle tiring style.

The 1st session taught at Norman Park in Bromley. Was a great success even though it was threatened to being rained off, lots of passing onlookers watched in awe as the attendees were put through their paces. Since the 1st session, classes have started to gain momentum in membership in this Military style fitness

session, and have even had the luck of the weather on our side as most sessions have been bathed in beautiful sunshine.

Sessions are now taught regularly at Shortlands Park, Queensmead Road, Bromley BR2. costs are £40.00 for 5 sessions, so if you're interested come along and have your FREE session with no obligation to continue. Plus with the bonus of no membership fees or stuffy gyms - you can't really go wrong!

For further information contact Gary on: 07958 719093 Or email: info@nma-training.co.uk



## Appointed Persons First Aid Course available

NMA Training and Coaching Providers will be conducting a 1 day Appointed Persons First Aid Course on the 1st August at the Carey Scutt Scout Hall.

This is a 4 hour course and is essential for all sports coaches as a requirement for their CPD (Continued Professional Development) portfolio. It is also a useful course for anyone seeking a basic knowledge in first aid, even just for piece of mind. Course costs are £25.00 per person, which include



certification and booklets. Please note that due to HSE regulations the Appointed Persons Course will cease to exist from October 2009. SO it may be the last time to get this course at such a low price



# Belly dancing mania!

NMA Training and REDOX kicked off a calendar of specialist workshops on the 20th June by hosting an excellent afternoon of belly dancing taught by instructor Aurore.

The instructor gave attendees a taster of the basic movements used in belly dancing before teaching a choreographed routine which they displayed to NMA training director Gary.

This one-off course was enjoyed by all attendees and was the first of a series of workshops planned for the rest of the year, other courses include Capoeira, Tai Chi, Line-Dancing, Personal Safety, First Aid. The next planned course will be Cheerleading being taught by 'Fern' at the Carey Scutt Scout Hall, Plaistow Lane, Bromley Kent BR1 3AR on the 25th July (times TBC). I am assured by Fern that the course won't be pom poms and prancing but more the Aerobic styles as shown in the Kirsten Dunst movie 'Bring it On' - Although you won't be asked to do any of the somersaults!

The fee for this 2 hour workshop will be £15.00, for further info please contact Gary on:  
07958 719093  
or email:  
[info@nma-training.co.uk](mailto:info@nma-training.co.uk).



## Profile

### Mickey

Hi my name is Mickey and I am a qualified Streetdance and Fitness Instructor.

I became interested in exercise 12 years ago after the birth of my daughter Millie. I felt I needed another interest other than nappies and found the Spa in Beckenham.

I was known as the crazy mum that would ring the reception dead on 8 o'clock every morning to book the crèche for Millie. I soon became well known there and was offered a job as a part time receptionist. I would run to work and then do a class in my break and run home. Soon I decided that maybe I should make my love for exercise pay for itself and with the help of the general manager Steve Warren, I booked on an Instructor course.

Seven years later I currently teach 22 classes a



week including Streetdance, Spin, Body Combat, Body Pump, Body Jam, Aerobics, Total Torso, to name a few. I have established a good reputation for being an approachable, fun but professional instructor even though I do love a cheesy cool down.

I especially enjoy teaching kids Streetdance and my greatest achievement so far is implementing these classes and watching them grow at Bromley Pavilion and Beckenham Spa.

If I had one wish it would be to study as a PE teacher specialising in dance and aerobics. I am currently looking for a course to enable me to do this so watch this space!

by mickey

## Northbrook Summer Judo Course

NMA Training will be conducting a week long judo summer course for kids on the 17th to the 21st August.

Course costs is £40 for the week or £10 per day or £7 for mornings or afternoons. The course aims to introduce Judo to new beginners or help towards improving existing judo skills. For new beginners a special price of £60 can be paid which includes a new judo suit.



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