



■ Participants at the conference

## Council helps women gain key skills as trainers

THE British Council hopes that more women in Bahrain will be able to develop their skills and confidence with a new trainers programme.

It follows the licensing of a new Springboard Trainers in Bahrain, taking the overall number of trainers in the Middle East to 75 women.

A group of 25 women from Saudi Arabia, Qatar, Bahrain, Yemen and Oman qualified as licensed Springboard trainers at a Train the Trainer Conference held in Bahrain.

The event was led by UK Springboard Consultancy chief executive Jenny Daisley.

This second conference builds on the success of the first one held in July last year in Lebanon, said officials.

Springboard is the only holistic women's self-development programme of its kind in the region and has been tailored to meet the specific needs of women in the Arab world, they added.

In the Middle East the programme is delivered through local partner organisations and participants at this conference from Bahrain Women's Union.

During the week-long licensing conference, participants learned about the self-development programme and its aims, focusing on key skills for trainers to deliver the course effectively.

Participants also heard from the experience of existing Springboard trainers.

### Opportunity

Practical exercises gave delegates the opportunity to learn from each other and perfect their training techniques, to ensure that they meet the Springboard Consultancy's high standards for training.

"More than 1,500 women in the Middle East have taken part in the Springboard women's self-development programme and many describe it as being a turning-point in their lives," said Springboard regional programme manager Mariam Daher.

"Our network of licensed trainers is key to guiding participants on the programme, to help the women identify their own individual goals and to give them the confidence to work towards them.

"Many of the participants at this Train the Trainer Conference have themselves already completed the Springboard self-development programme and are now inspired to share its lessons with other women like them."

The new trainers will now be running self-development programmes at the Bahrain Women's Union over the next year.

For further information about upcoming Springboard courses in Bahrain and to register, visit [www.british-council.org/me-social-development-springboard](http://www.british-council.org/me-social-development-springboard).

# Heart diseases threat on rise

UP to one in 20 people in Bahrain suffer from "electrical" problems of the heart, according to a specialist.

Cardiac electrophysiologist Dr Adel Khalifa Sultan Hamad is now calling for a regional cardiac database to help tackle heart problems across the GCC.



■ Dr Hamad

He said co-operation between cardiologists was vital to pinpoint trends and come up with the most effective solutions.

The BDF Hospital specialist highlighted growing cases of diabetes and hypertension, as well as an increasingly sedentary lifestyle, as factors that are causing an increase in heart complaints.

"Bahrain residents are on the upward edge of cardiac disease incidence and probably one in every 20 persons suffers from some sort of electrical disturbance of the heart," he said.

"Cardiologists in Bahrain can do much more to diagnose and help such cases, if they had the data available to help them understand the prevalence of the ailment."

Speaking at a seminar on cardiac electrophysiology solutions and care at the Gulf Hotel's Gulf Convention Centre, Dr Hamad said these types of diseases had to

## Plea to support Gift of Life project

SPONSORS are being urged to support a major campaign to raise BD100,000 to build a diagnostic and treatment centre for children with congenital heart defects in Bahrain.

The Rotary Club of Adliya's proposal will either be a separate facility or an annex built onto the Salmaniya Medical Complex (SMC).

Its long-term plan is to collect enough money for specialised heart surgery to be available at the centre and help raise

awareness of the condition.

The club will launch the campaign by organising a sponsored walk on October 1, which coincides with the start of breast cancer awareness month.

The club also wants to raise funds and awareness in support of breast cancer.

Profits from the event will be shared equally between the breast cancer charity Think Pink Bahrain and the Gift of Life Bahrain project.

be differentiated.

"While the root causes of cardiac electrophysiological disorders are the same as for other cardiac problems – atherosclerosis being the main cause – the symptoms and care are different," he explained.

"Symptoms can range from palpitation, shortness of breath, sweating, chest pains to more profound presentation like sudden cardiac death.

### Devices

"Patients with significant cardiac arrhythmias could benefit from improved longevity and quality of life through the use of devices such as pacemakers, Implantable Cardioverter-Defibrillators (ICDs) and

Funds donated to Think Pink Bahrain will go towards magnetic resonance imaging (MRI) equipment worth BD880,000, which will be given to the SMC.

It will be the country's first MRI dedicated to detecting breast cancer and is described as the best tool to screen the condition in young women.

To support both projects and make donations, call 33668811 or visit <http://rotaryadliya.org> for details.

Cardiac Resynchronisation Therapy (CRT) devices."

Such devices are implanted just below the shoulder and the wires are threaded through the heart, meaning any irregularity in cardiac rhythm is automatically detected and corrected by the device – which sends a corrective electrical impulse to the heart.

The treatment was only made available in Bahrain last year and Dr Hamad, who is the country's first and only consultant cardiologist and interventional cardiac electrophysiologist, was the first to carry it out.

Since then he has conducted more than 25 ICDs and CRT implants, as well as more than 100 pacemaker surgeries, at the BDF Hospital – but admits this figure barely addresses the scale of the problem in Bahrain.



■ Indian Ambassador Dr George Joseph visited the Bahrain Keraleeya Samajam (BKS), Segaiya, to discuss its Consular Extension Centre (CES). The CES began running a year ago, offering services to more than 2,000 people so far, said officials. It is open from Thursday to Saturday from 5pm to 9pm and helps people who are unable to travel to the embassy on working days to complete their passport formalities. Above, Dr Joseph, back row, fifth from right, with BKS officials and members.