

EN PIÉ FUNDACIÓN

DECEMBER REVIEW



The Foundation would like to wish everyone a Happy 2016! and we hope you had a lovely Christmas and that Santa Claus brought you everything you wanted!

"En Pié" must have been very good this year, because we have been extremely lucky in the run up to the festive period with all the support we've received. We were thrilled to receive a donation of

charity Helping Hands) - our thanks once again go to Liz @ HH for your generosity and solidarity!

For the second year running we arranged the music at the Guamasa Residency and were lucky that the incredible Gordon King & Sammy Jay gave up their time to come and entertain the residents who greatly enjoyed their performance. One of our members, Akoran, then sang two of her own songs

Quinta de Taucha. It was a fabulous day out and we were all thrilled to be invited by Lorraine Mckeon for what turned out to be some truly amazing home-made fish, chips and mushy peas in The Palms Chippy ...it was a first time try for Jorge and a big hit! (:

After a fantastic 2015, we are very excited about what the New Year will bring and after a little Christmas rest we are back in full force preparing for our next big fundraiser. This time we will be holding our second sponsored hike from Santiago del Teide to Los Gigantes on Saturday



the 6th February which will include breakfast, Canarian nibbles from the 7 islands, a party in the port with a cooked meal and entertainment, guides, a T-shirt and good company, of course!

This walk aims to



bring together the ex-pat community, local Canarian people and individuals suffering with mental health problems to enjoy a wonderful day out and learn about different cultures - surrounded by beautiful natural scenery. The 9km walk is mostly downhill and suitable for all abilities although some of the rocky terrain can also be a bit challenging to navigate for those of you who don't want it to be too easy!

All we ask to join the event is a minimum fund-raised donation of €40 which includes everything.

All funds raised go directly towards our quality-of-life programs which work to improve the lives of those suffering

with mental illnesses on the island.

To find out more about what the foundation does or register for the event, Email: fundacion@enpie.org, call Lisa on 636 271853, or visit us on www.enpie.org. You can also visit our Facebook page: www.facebook.com/Fundacionenpie.

Thanks to you all and we hope to see you there!



Talk the Walk 6th Dec

€433.25 from Iceland Stores from the Christmas Hamper raffle (a grand total of €866.50 was raised which was split between our friends and fellow

and our resident DJ, Jorge, mixed some great music and got everyone dancing.

We also enjoyed our 4th Talk the Walk event with Andy Tenerife Walker in La



Debbie Gilbey Enhance Fitness

APOLOGY – The TPG December 2015

In last month's issue of The TPG, the editor erroneously mis-named the photographs of Dr Maria Dolores Madan and Ms Debbie Gilbey, the Enhance Fitness Gym, Los Cristianos.

We would like to apologise for this mistake and, for the record, thought we would take the opportunity to let our readers know a little more about these two professional ladies, both of whom are wonderful supporters of the Foundation's work in the field of Mental Illness in Tenerife and beyond.

George S Gray, Editor, The TPG, January 2015

Dr. Maria Dolores Madan

Dr. Madan is qualified in Medicine and Surgery by La Laguna University. She was a nutrition intern for the Nutrition Service at the University Hospital where she received a scholarship to study nutrition and diet in both Madrid and Barcelona. From 1989, the Dr. has been practising as a medical professional in the private sector, running



educational medical courses for doctors and

nurses as well as nutritional education in schools.

For the last 3 years Dr. Madan has been working with Foundation "En Pié", helping our members improve their diet (studies show that, with an improved diet combined with weight loss, many patients diagnosed with a severe mental illness experience a marked improvement in their well-being). It is for this reason that the Dr. has accepted the challenge of educating the Foundation's members on how to control deeply ingrained habits (often common with people who take antipsychotics), such as tobacco, sugar and coffee abuse, as well as a sedentary lifestyle.

As a direct result, the Foundation, with the support of Dr. Madan, has seen a huge improvement in the physical activity and

weight control in many of our members, who are now eating a lot more healthily, are much more active, have lost weight, and are feeling much better about themselves and proud of their achievements.

We are very thankful to the Dr., who believes passionately in the importance of our work, and gives the Foundation her precious time completely free of charge.

Debbie Gilbey, the Enhance Fitness Gym, Los Cristianos



A personal note from Debbie:

Happy New Year! from Debbie at the Enhance

Fitness Gym in the Reveron Apartments in Los Cristianos, where I run fitness classes, personal training sessions and devise nutritional plans.

For the last couple of years I have been competing in IBFA (the International Bodybuilding and Fitness Association) competitions in the Miss Fitness category - which comprises a Bikini Round - to show off the muscles, their symmetry and definition; a Dress Round - focusing on femininity and grace; and a Routine Round - covering all aspects of fitness, including strength and flexibility.

Last year I won the Miss Canary Islands title; was placed 2nd in Miss Spain and, un-phased and more focused than ever, went on to win the IBFA Miss Universe 2015 title in Italy.

These competitions require a huge amount of discipline and preparation, both within the gym and overall nutrition - both parts help reduce inches and excess body fat (although bit has to be noted that fat cannot

be turned into muscle!). Inch loss is tracked in the self forward way - with a tape measure at various parts of the body. Body fat measurement is obtained using callipers to gauge the subcutaneous fat at 7 different points.

I was introduced to the "En Pié" Mental Health Charity by Lisa, one of its Patrons, to assist in a project called "Look at Me!" - aimed at helping a group get fit, make changes in their lifestyles and overall, improve their quality of life. I have initially assisted by taking all the group members' measurements, body fat percentages and weight (vital to the maths - yet not always the be-all and end-all of successful results).

The group and I will be recording their (hopeful) successes in the New Year in this ongoing project and I will keep readers of The TPG updated as we progress throughout the year.

Debbie can be contacted by phone, on: 664 575 779, or Email: D.gilbeyt@gmail.com

