

HEALTH MELA REPORT 2009

The 8th Health Mela was held at Gujarat Hindu Cultural Centre, South Meadow Lane, Preston on Saturday 24th March 2007.

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The Lancashire Gujarat Health Users Forum was established in October 2001 with the following

Aims and Objectives.

1. To improve the awareness of the range of Health Care Services within the South Asian Community.
2. To encourage a greater and appropriate use of Health Care Services.
3. To ensure that services are developed and organized in the user-friendly manner for all South Asian Community.
4. To develop partnership between the Health Care Users, Health Care Providers and Social Services.
5. To assist the service providers in raising the general Health of Ethnic Communities by empowering them to adopt Healthy Living Life Styles.
6. To understand the importance of Non Clinical Environmental Factors which affect Health such as Education, Housing, Pollution, Employment, Social and other Health Issues?
7. To advise the Patient Advocate Group and other representative bodies regarding specific care requirements and issues related to access etc. for Ethnic Communities.
8. To provide suggestions on policy and strategies impacting on the health of the Ethnic Community.
9. Provide opportunity for community engagement by young health care professionals.

Message from the Chairman

Professor Romesh Gupta, OBE

Chairman of Lancashire Gujarat Health Users Forum and
Consultant Physician at Lancashire Teaching Hospitals NHS Foundation Trust

It gives me great pleasure of welcoming you to the 8th annual health mela.

It is a matter of great pride to see the activities of the forum growing. We Are delighted that we are able to provide leadership and support to those who wish to take on board the message and promote the health by engaging the local communities in other parts of the UK

This year we are honoured to have Dr Ruth Hussey OBE, the Director of Public Health of NHS North West. Dr Hussey has special interests in health improvement and health inequalities.

I wish to extend my personal gratitude to Mr Tony Curtis, Chief Executive of Lancashire Teaching Hospitals NHS Foundation Trust for agreeing to act as the Champion of our activities on behalf of the forum.

I am glad that we have been able to inspire local schools in developing partnership with the Forum and promote healthy living in the younger generation. It is pleasing that increasing number of medical students and trainee health professionals are engaging with the local community thereby developing their communication and counselling skills.

Last but not least, I would like to express my sincere thanks to all of our partner organisations who have supported us wholeheartedly over the years and shown their commitments towards improving health of the community.

Message from Chief Guest

Dr Ruth Hussey, OBE

Regional Director of Public Health / Medical Director for NHS North West and DH North West

I am delighted to support and participate in this initiative as the Mela highlights the importance of promoting good health practices and collaborative working across local communities. The Mela is also an excellent way for people from minority communities to engage with health experts and get informal advice in a friendly setting.

The event is an ideal opportunity to improve awareness of the health services available within an Asian community and I wish to offer my personal best wishes to the success of the Mela event taking place on the 28th March.

Messages of Support

Joe Rafferty

Chief Executive
NHS Central Lancashire

Building a culture where patients are empowered and have a say in their health is of key importance to NHS Central Lancashire.

This culture is based on our ability to develop relationships and identify with people so we can ensure services are provided where they are most needed.

Preston Health Mela enables us to promote good health, engage with diverse communities and lay the foundations for the future of our healthcare.

Tony Curtis

Chief Executive

Lancashire Teaching Hospitals NHS Foundation Trust

We value being involved and supporting this popular event. Promoting good health is of great importance in overcoming health inequalities in the area. At sometime in the lives of local people, they will more than likely be cared for at one of our hospitals and this event is an important way of building relationships between our staff and minority ethnic communities.

The Health Mela, which is nationally recognised, is an example of good practice to health professionals across the UK of how to work with community leaders to engage with ethnic minority groups who traditionally don't access NHS services because of fear or apprehension.

It is a great way to encourage people from minority ethnic communities to meet health experts and get informal and friendly advice.

Ishwer Tailor MBE JP DL

President of
Gujarat Hindu Society

On behalf of GHS, I would like to acknowledge the Lancashire Gujarat Health Users Forum (LGHUF) for developing a strong and a meaningful partnership with the Health Authorities, in supporting health related activities for the community in the community centre where members are in a feel safe environment where they are able to express their concerns on health issues with bilingual support. GHS is also proud of the voluntary contribution made by so many professionals from our community as well as mainstream in bringing this whole programme together.

I am also very pleased to note that GHS as an ethnic minority group has once again taken a lead at National level to have pioneered such a healthy partnership between its professionals, community members and the NHS teams.

I would like to thank both the Central Lancashire PCT & Lancashire teaching hospital Trust, for their continued support and hope this partnership continues to flourish. My sincere thank you to Professor Romesh Gupta OBE for his continued support and chairing the forum.

Stuart Heys

Chairman

Lancashire Teaching Hospitals NHS Foundation Trust

Lancashire Teaching Hospitals NHS Foundation Trust seeks to improve the health and well-being of everyone in

Central Lancashire. Better partnership and community engagement helps us to achieve this.

I am delighted that the Trust is once again supporting this important and popular local event. We value the

opportunity to raise awareness of the hospital departments and work of the Trust. This event helps promote

health awareness amongst minority ethnic communities and is a model of practice that could be used elsewhere.

The Health Mela provides people with an opportunity to take a greater interest in their own health and

promotes closer ties between health service providers in our area.

Martin Myers

Clinical Director Pathology

Lancashire Teaching Hospitals NHS Foundation Trust

I have had the pleasure of being associated with the Gujarat Health Users Forum since its inception.

The Forum

takes a holistic view on health and is active in both health promotion as well as advising on the health of the

community, especially BME groups. The Forum is more relevant now than ever as we see the national focus on

health care moving closer to the patient, involving the patient both in sickness prevention and in taking a more

active role in their own health. This can only be achieved if groups such as the LGHUF work closer with the

patient in health education and support.

The Health Mela is an event where this integration of community and

health professionals occurs to great effect. The popularity of the health screening for raised blood glucose and

raised cholesterol, offered by professionals backed up with immediate advice from clinical staff, is evidence of the

closer relationship developing between the community and health providers.

Dr Simon Wallis FRCP

Director of Medical Education

Lancashire Teaching Hospitals NHS Foundation Trust

I have been most impressed by the ability of the Mela and its organisers to bring in so many local members of the Health Professions enabling them to come closer to the local community. It has been especially gratifying to see the way in which Professor Gupta has led the involvement of many of our medical students who are based at Lancashire Teaching Hospitals NHS Foundation Trust. Many of our students are searching for ways in which they could have greater community involvement and this is an excellent example of the way in which they can

Professor Robert Campbell

Director of Professional Research Development
University of Bolton

The University of Bolton is proud to have been associated with this Health Mela for several years and wholeheartedly supports the work of the LGHUF. We hope this year's Mela will be a great success. On October 24th of this year and in association with the LGHUF, we will be holding a Health Mela in Bolton and we'd like to take this opportunity to invite you all.

William Bingley

Chair
NHS North Lancashire.

The Health Mela is a key annual event in Lancashire's health calendar and the Gujarat Hindu Society in association with NHS Central Lancashire are to be congratulated for ensuring that it goes from strength to strength. Getting health services right for all our communities as well as effectively addressing health inequalities is of paramount importance: the Mela makes a significant contribution to achieving these goals.

Professor I Singh

Council Member
General Medical Council

The General Medical Council is committed to engaging with its diverse stakeholders and the Health User's Forum is a shining example of stakeholder partnerships working towards improving health and reducing inequalities. It is a model that we should all share and replicate nationally.

The Health Mela is organised by the Lancashire Gujarat Health Users Forum with involvement from local health services including Lancashire Teaching Hospitals NHS Foundation Trust and Central Lancashire Primary Care Trust along with local businesses and voluntary sector organisations.

The Health Mela is in its eighth year and is particularly aimed at ethnic minorities where the incidence of conditions such as diabetes, heart problems and strokes is high. However, the event is open to people from all walks of life and is promoted as a fun family day out with refreshments, activities and free parking. A range of health facilities will be on show to people in the county.

The event will include healthy eating and cooking demonstrations, exercise workshops, free blood sugar, pressure and cholesterol testing and holistic living workshops. People will also be able to sign up as members of Lancashire Teaching Hospitals NHS Foundation Trust and play a part in the future of healthcare in the area.

The event, attracted **942** people and is the only health event of its kind in the UK and acts as a unique partnership between community leaders and health professionals in an effort to encourage greater health awareness in minority ethnic communities. It also serves as a showcase for Asian lifestyle and culture to boost community links.

Publicity

The Mela was well publicised in local newspapers. Also A4 flyers were distributed to all GP surgeries in the area and to all the members of the foundation trust. The Mela was advertised internally at both the hospitals and the PCT.

Attendance

A total of **942** people attended including 200 children. It was very encouraging to see increasing members of the Muslim and Sikh Community, as well as the local residents of Preston. It was also noted that there were many new faces attending this year which is a real bonus and means we are attracting more and more people to the event.

It was also encouraging to see high number from the older population as well as men from all age groups. The Health Mela has always promoted health life styles, reducing health risks and increasing quality of life. An ageing population often puts a demand on the economy and the health service.

Exhibition Stands

This year there were **64** stands providing information and advice on a wide range of health related matters.

Organisations that were involved included

- Central Lancashire PCT
- Lancashire Teaching Hospitals NHS Foundation Trust
- Lancashire Ambulance Service
- Social Services
- Age Concern
- Voluntary organisations including Gujarat Hindu Society

The stands continued to displayed a variety of information covering a range of subjects including

- Diabetes
- Better access to health
- Dental health
- Alcohol and drug Services including smoking cessation
- Infection Control
- Sexual Health
- Disability Services
- Falls Prevention
- Ear Nose and Throat
- Complimentary medicine

The Medical Students had a special section for the Teddy Bear Clinic. This proved to be very popular with the children. It was very interesting to listen to some of the ailments the children came with for their teddy bears. The children found it very useful and interesting handling some of the equipment used for examination such as the stethoscope and the auroscope.

Two seminars were held in the morning for children to attend covering the subjects of

- Oral health
- Healthy lifestyle with food and exercise.

Colouring Competition

This year there were a number of prizes given which was felt had a great impact on the children as they felt part of the Health Mela and felt they had contributed something as well as the pictures they had coloured.

1st prizes age 0 - 6 Krishna Navekar

7 – 8 Meera Parekh

9 – 12 Sonali Patel

2nd Prizes 0 – 6 Ria Nayee

7 – 8 Kajal Raneel

9 – 12 Esha Mistry

Medical students competition

Information required from Dr Raj bandari

2009 Health Mela emphasised the Five a day programme and healthy eating. Obesity was addressed on many of the display stands. 5 a day cotton bags with a piece of fruit and healthy eating information was given to all the visitors.

The Lancashire Gujarat Health Users Forum recognises the health Mela as a resource for continual improvement in health awareness and sustainability of its local community. It has strengthened partnerships and alliances with community professionals. The Health Mela has been able to recognise that effective health education and awareness of prevention measures has added value to its local community. It has allowed the community to get active in improving the quality of life style.

The Seminars that are held monthly at the Gujarat Centre are a continuous form of education for the local community in improving their health and life styles. Health educated people can help to reduce inequalities in society allowing to contribute to the health and wealth of the wider population.

LANCASHIRE GUJARAT HEALTH USERS FORUM

Health Seminars

R

For Everyone

Gujarat Hindu Centre welcomes all to attend the Health Seminars for 2009

9th January 09

Stroke – Cause & Prevention

Prof. Gupta

17th May 09

Mental Health

Dr. V. Duddu

January 10

Healthy Heart

Dr S. Kumar

15th Feb 09

Falls Prevention

Sarifa. Kabir

21st June

09 Vitamin D deficiency

Dr. Rukhsana Ahmed

Feb. 10

Breathing problems

Dr. H. Singh

March 28th

HEALTH MELA

6th Sept 09

Back & Neck Pain

Mr. A. Golash

March 10

Strong Joints

Mr. Rout

26th April 09

Pain management

Dr. R. Kumar

15th Nov. 09

Dr. Chattopadhyay

April 10

HEALTH MELA

All seminars start 2.30 –3.30 PM

The Community Centre is for the Community

Use it to Improve and Understand your Health

Gujarat Hindu Society

South Meadow Lane

Preston PR1 8JN

Tel - 01772 253901 Fax- 01772 882221

Working towards a healthier community in partnership with

Central Lancashire PCT

Lancashire Teaching Hospitals NHS Foundation Trust

It's good to learn

About your Health

Cholesterol and Blood Sugar Test

Health Mela 28th March 2009

Total number of people seen by staff 260

Glucose > 8.0 mmol/l 30

Cholestrol > 5.5 mmol/l 59

Unable to confirm whether known diabetics or not due to the fact this information was contained in the booklet which was kept by the patients. The above information is only available because we need to keep records for the meters used.

Health Assessment Screening

Consultant and Medical Students

Health Mela 2009: Health Screening

This year like last, the health screening was once again a huge success. We had approximately 200 individuals who attended to have their Health MOT test done. Some of the tests carried out were:

Tests which were performed by the Biochemistry volunteers

Blood sugar

Blood cholesterol

Tests which were performed by medical student volunteers

Blood pressure

Height

Weight

BMI

Using this information for each person, our medical student volunteers were able to advise each person on their cardiovascular health risk and offer advice and guidance on modifying their lifestyle. This involved giving advice on their ideal daily calorie intake, exercise and weight targets as well as some simple steps with the aim of modifying their health risks.

It was interesting to know that approximately 15% of the people who attended to have their health checks done were young people in the age group of between 20-50 yrs, showing that many young and middle aged people are thinking about their health at an earlier age and are taking steps towards healthier living.

Age	Number	%
<30	11	7
30-40	17	11
40-50	35	23
50-60	43	28
60-70	37	24
>75	10	7

Total: 153

There was a substantial difference among the genders that attended and visited the health screening and counselling with 60% of them being all women.

Of all the people who talked to one of our health counselling volunteers, a third of them had high cholesterol of above 5mmol/L.

Also approximately 45% of those attending had a high systolic pressure of above the recommended 140mmHg. It was also worrying to see that over two-thirds of the attending people had a BMI of above the recommended level of 23, and 25% out of these were over 30.

BMI	Number	%
<23	47	31
23-25	35	23
25-30	45	29
>30	26	17

Total: 153

In addition there were 5 people who were newly identified as having significant health risk and flagged them to be seen by their GP for further assessment and possible treatment.

There were approximately 20 enthusiastic volunteers on the day and the experience for them was both educational as well as fun with many being afforded the chance to form links with the local health community. The health screening team were guided under the supervision of Dr. S. Rajbhandari.

The medical student volunteers as well as junior doctors were able to gain a much better insight into health screening and understand the health and cultural lifestyles of the South Asian ethnic group. Also we were afforded the opportunity to appreciate the significance of prevention and stopping diseases before they even start! It was a great learning opportunity for the volunteers equipping them with life long skills and better understanding and awareness of the major health issues faced by the local ethnic groups.

Financial Report

Ishwair Tailor

Evaluation

Results and comments of the Evaluation sheet

Arun Vihlani

LANCASHIRE GUJARAT HEALTH USERS FORUM

HEALTH MELA 2009

Saturday 28th March 2009 at Gujarat Hindu Centre, Preston

EVALUATION SURVEY

Total Number of attendees who registered at the Mela – **942**

Number of evaluation forms submitted by the attendees - **538**

1. EVALUATION FROM ATTENDEES

1. Thought the Health Mela was: -

enjoyable **82%**

informative **58%**

well organised **63%**

2. Thought time spent at Mela was

		YES	NO
Valuable	94%	1.7%	-

3. Took the opportunity to have

Tests carried out	45%	50%
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4. Would attend the Health Mela again

96%	0.7%
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5. Age Group

70+

0-18	19-30	31-45	46-60	61-70			
		11%	11%	22%	30%	15%	7%

- Excellent day and very useful venue to network with professionals and public.

COMMENTS OF THE ATTENDEES

- On the whole very well organised and lot of hard work gone in
- Enjoyed the mela, should have it every year
- Very interesting and very well organised
- Excellent, keep it up
- I would like it every year
- PA system not audible
- Thank you - enjoyed the whole experience – useful information about my health – everybody was very helpful
- Excellent occasion for public awareness
- Need to start earlier
- Health check brilliant
- I would love to come again next year
- One of the best health events I have ever visited.
- More regularly and other venues as well
- Very worthwhile, will be there next year
- Since visiting for first time to the temple, I enjoyed almost all the stalls and entertainment
- More information on exercises
- Thank everyone of all the hard work to make this event most informative
- Fantastic – well organised – fun event

REGISTERED ATTENDANCE OVER 5 YEARS

2004	2005	2006	2007	2008	2009
599	705	858	882	802	942

A & S Vithlani

The Health Mela has strengthened year by year. It is intended to involve the community children more in the activities. For Health Mela 2010 the theme that has been chosen is A Children's Theme. A sub-group has been formed led by Sarifa Kabir Public Health Co-ordinator Lancashire Teaching Hospitals NHS Foundation Trust. It is intended to involve the local schools, raise awareness on obesity diabetes, healthy life styles and a better understanding of the Health Service. It is intended to involve all the professional partners from Central Lancashire PCT, Acute Trust, Lancashire Teaching Hospitals and Emergency Services such as the Police, Fire Service and Ambulance.

The Children's Theme will allow the Health Mela to reach opportunities were children and their families may have not gained access to facilities or information. It is intended a health assessment of Height, Weight and BMI will be offered to the children.

Health Seminar

Feedback from the Health Seminar has identified is necessary to have some sessions specifically for men and some for women. There have been request to have health assessment sessions, health professionals on specific women's' health and medicine's management. Sessions for health Seminars have been arranged up to March 2010, therefore it is intended special sessions could be arranged during the weekday and some specific themed days for both men and women.

The medical students have always offered an excellent service, the Teddy Bear clinic they will offer for 2010 will be very valuable. There will be a number of competitions and a variety of activities.

The Health Mela model has shown that it is possible to engage with the community within community centres and deliver education as well as basic screening tests in a non-clinical environment. The concept has been popular and has shown to empower the community to engage with health care providers thereby opening a dialogue. This dialogue helps to express the needs of the community so that services can be targeted towards real needs rather than based on distant directives. The concept between the providers and community thus truly flourishes.