

The First Fylde Coast Health Mela

www.nfhw.org.uk

Chief Guest: **Vice Lord Lieutenant of Lancashire
Colonel Alan Jolley OBE, TD**

**5th October 2013 - 11.00am - 4.00pm
Spanish Hall, Winter Gardens
97 Church Street, Blackpool FY1 1HL**

Support from RIBI President



Rotary International has continued in its backing of the Health Mela programme with a glowing statement of support from Nan McCreddie, President of Rotary International in Great Britain & Ireland. Speaking about the Fylde Coast Health Mela, she said: *"Health and wellbeing is a top priority for Rotarians, and the nine Rotary clubs in the Fylde Coast area are pleased to be helping out as volunteers for this very worthy cause."*

"Many people are reluctant to go to their GP and sometimes health issues can slip through the net. So the first Fylde Coast Health Mela is an excellent opportunity for local people to have free health checks in an informal setting and possibly identify health issues that they weren't otherwise aware of. They can then follow these up with their GP, which can only be a good thing."

"We wish the organisers well for a successful and productive event, which, in addition to the health benefits, also offers entertainment and competitions for children, making it a great day out for all the family."

Chairman's Message

Since we produced our last newsletter, NFHW has made significant progress on a number of fronts.

We have increased our engagement with local Rotary clubs and with their help organised Melas not only in Preston and Leyland but also in Bradford & the Fylde Coast with others at an early planning stage.

We have renamed the organisation. The Lancashire Gujarat Health Users Forum (LGHUF) is now the National Forum for Health Being (NFHW) This change reflects the extending range of our work at a national level and across communities.

I am also pleased to announce that the Forum has been given an office base at the Centre for Research in Health & Wellbeing at the University of Bolton. We are grateful for this and all the other support we have received from our University colleagues.

On a final note, it is of great pride to us that the work of the Forum is recognised by Rotary International and an increasing number of Health Trusts and other health related organisations, both local and national. They have committed to work with the Forum to promote the Health & Wellbeing of the community not least by helping engage young health professionals to develop their skills in a community led setting.



Romesh Gupta
OBE FRCP MBA



"One of the key areas of focus for Rotary is the health and well being of communities, locally and internationally, and we should embrace the Health Mela approach to helping some of the more "hard to reach groups" in our communities to get the support they need. "I am keen to use the experience gained by the Rotary Club of Leyland and their colleagues on the Fylde Coast to help further the development of these important events throughout the rest of Lancashire and into Cumbria."

Kevin Walsh,
District Governor for Rotary International in Cumbria and Lancashire



Rotary has many ongoing health related projects i.e. helping to vaccinate 2 billion children against polio. The target is to eradicate polio from the world in 20 years. Apart from a few areas in Africa and Asia, this has already been achieved.

I am thankful to the members of the National Forum for Health & Wellbeing and especially to Prof. Romesh Gupta for persevering for some years and finally making this Fylde Coast Health Mela happen. I also wish to thank all other partners, especially Blackpool Clinical Commissioning Group, the local councils and the NHS Foundation Trusts for supporting this event with such enthusiasm. Appreciation is also due to the Fylde Coast Rotary Clubs taking part, led by Blackpool Palatine Rotary Club. I hope that, together, we will succeed in our aim of helping local communities to benefit from free health checks in an atmosphere that is friendly, supportive and fun. We are already planning for the future, extending the Health Mela to other areas of the Fylde Coast in rotation.



Mr Ramesh G Gandhi,
OBE, JP, DL, FRCS.

**10.00am-11.00am
Breakfast Meeting, Theme:
"Why community engagement"**

**11.00am welcome dance by
Fylde Coast Hindu Society.**

**Official opening by:
Vice Lord Lieutenant Colonel
Alan Jolley OBE, TD**

MESSAGES of SUPPORT

"I was struck by the enormous energy, commitment and enthusiasm at the Mela, and for me it reinforced the value of individuals contributing to the community in which they live and work. This is an invaluable tool for maintaining the health and well-being of the wider community and relationships between those of different ethnic backgrounds."



Professor Sir Ian Gilmore, President of the Royal College of Physicians

"The energy and commitment of everyone involved in the Mela was plain to see. I was particularly pleased to have the chance to talk to the Manchester medical students about their supervised health checks and they were hugely impressive. Raising awareness about how we can take control of our health and well being is a really important issue in the UK today - the Mela manages to do this, while being fun and relaxed too."



Paul Buckley, director of Education and Standards, General Medical Council

"The Mela is an extremely positive event in making the sometimes mystical world of medicine more accessible to the whole community and to demonstrate and celebrate humanity in healthcare."



Shami Chakrabarti, Director, Liberty

"The University of Bolton is delighted to be able to support the Health Mela in the Fylde. We have run several Melas in Bolton and so we understand how valuable they are and how literally life-changing they can be. Bolton now hosts the National Forum for Health and Wellbeing and this is a measure of how highly we value its work. We are sure the event will be a huge success and wish all those involved good luck for the day itself."



Professor Rob Campbell, Pro Vice Chancellor, University of Bolton

1 YEAR - 5 MELAS

2013 has been a remarkable year for the National Forum for Health and Wellbeing, which, together with its growing body of partners, sponsors and supporters, has organised more health melas than ever before. Prior to launching the first ever Fylde Coast Health Mela on 5th October, the Forum held similar public events in Preston, Bolton, Leyland and Bradford. Photos of each mela can be seen here.

Leyland Health Mela 14th September 2013



Bradford Health Mela 18th May 2013



Bradford Health Mela Screening by Health Olympics Summary

Total screened and advised = 94

New cases

Raised Cholesterol (>5.0) = 29

Raised Cholesterol (> 6.0) who were not on treatment = 11

Raised Blood Glucose (>7.8) in subjects not known to have diabetes = 7

Raised Blood Pressure (>140/90) = 13

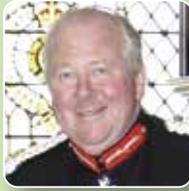
Obese BMI (>30) = 24

Established cases

Diabetics with raised blood sugars = 6

MESSAGES of SUPPORT

"I enormously enjoyed my visit to the Leyland Health Mela - particularly meeting many hard working people manning a variety of stalls and interacting with the visiting public. It looked to me to be a great success. Please do pass on my congratulations to everyone involved."



Chief Guest:
The Lord Shuttleworth, KCVO,
Lord Lieutenant of Lancashire

"This was an extraordinary event. There was a wide range of displays of the work of a great number and diversity of NHS and charitable health bodies all of whose representatives were giving their weekend time to talk about their work. This was an astonishing display of total community involvement and unity of purpose."



For a pathologist the most striking part of the day was the open access for the whole community to health checks covering blood pressure, BMI, sight, hearing, diabetes and lipid screening dental care and lifestyle advice. These were provided by the staff of the local hospital biochemistry laboratory and the Medical students of Manchester University, again all volunteers. Their tireless, cheerful and kindly care of the public was very impressive.

The Health Mela means that people can access the skills of these people much more easily, with fewer delays and less anxiety. Let's hope such events increase in number and spread further across the country. The Royal College of Pathologists is already discussing with the organisers in the North-west how it can collaborate at future events."

Archie Prentice, President of the Royal College of Pathologists



Health Olympics
Current chair:
Amelia Payne

www.health-olympics.blogspot.com

Preston Health Mela 20th April 2013



Bolton Health Mela 9th March 2013



Why have a Health MOT?

Improving our cardiovascular health is important as heart disease is the biggest cause of death in the UK. People who are smokers, overweight or diabetic have a higher risk of developing heart disease. Asian communities are particularly at risk due to genetics. Many people have high blood pressure or high cholesterol without knowing it, which can increase your risk. Get yours checked out!

Our Health MOT volunteers can calculate your individual risk of developing cardiovascular disease. Our volunteers will then offer you the advice you need to reduce your risk and improve your lifestyle. It only takes a short time, but it could really improve your health and your life!

We hope you are able to attend the Health MOT event and find it enjoyable and useful!

James
Humphreys

Charlotte
Bamber



Doing good in the world

We support many international communities

By concentrating our efforts on the:

- alleviation of hunger
- provision of water
- improved Sanitation
- development of literacy

We enable people from all around the world to feel better about themselves and be more able to help others.

In recent years Rotarians in your community have helped bring clean water and sanitation to schools in South Africa, set up a clinic in Mali and supported coffee growers in Ethiopia with a micro-credit scheme.

Young people are encouraged to take on similar tasks and we know that with their support, many Shoeboxes, Aquaboxes and Shelterboxes have been filled in recent years.



These boxes sent to disaster stricken areas

For further information contact: Rotary Club of Leyland
Club website:
www.rotaryclubleyland.org.uk



Groundwork helps people and organisations to develop projects and make changes that create healthier environments and brighter prospects for local communities - whilst living and working in a greener way.

Our objective is to involve and engage those people, supporting them as they help to change their lives for the better.

Our challenge is to 'make tomorrow different'.

That means developing a variety of physical regeneration projects and personal development initiatives to improve people's economic prospects - whether they're disengaged from mainstream education or struggling to find employment and a new direction to their lives.

Telephone 01253 345445
Email lww@groundwork.org.uk
Visit www.groundwork.org.uk/lww
www.facebook.com/groundworklww
Follow Groundwork on Twitter @ GroundworkLWW



Health and wellbeing is a major theme of our activities and Groundwork manages the newly established Healthwatch Blackpool.

This independent consumer champion for health and social care has been set up to help people who use these services in Blackpool. It offers them a powerful influence and voice in how they're planned and run - and signposts people to help them make informed choices about the services available.

If you want to make your views known, would like further information about current services, or could help us to give individuals and communities a stronger voice in influencing and challenging how services are provided in the area, please contact Healthwatch Blackpool.

Telephone 01253 345445
healthwatch.blackpool@groundwork.org.uk
www.healthwatchblackpool.co.uk
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Working towards healthier living in partnership with:

