

HEALTH MELA RETURNS TO UNIVERSITY OF BOLTON FOR 7th SUCCESSFUL YEAR

March 12, 2016

The Seventh annual Health Mela (Community Health Fair) at Bolton turned out to be a great success. This annual event, aimed at engaging the local communities to empower them to take care of their own wellbeing and to promote a healthy lifestyle, was organised jointly by the University of Bolton and the National Forum for Health and Wellbeing (NFHW) on Saturday 12th March 2016 at the University.



Over 500 visitors visited the event.

Professor George E Holmes DL, Professor Gupta, Dr Kondal Kandadi, Mr Tony Lloyd, Mr Stephen Hodgson, Dr Umesh Prabhu and Dr Wirin Bhatiani opened the breakfast meeting by welcoming the guests and all attendees.



Mr Tony Lloyd, Greater Manchester Police and Crime Commissioner chaired the breakfast meeting.

Speaking at the breakfast meeting, Chief Guest Mr Tony Lloyd said “This is a welcome initiative that brings together health, voluntary organisations and the community to celebrate healthy living and encourage active lifestyles. It was great to see so many families and young people at the event. We all have a responsibility to give our children a healthy start and this event helps provide them with the tools they need to live well.”

The address was followed by a lively and constructive discussion around ‘Inspiring health and wellbeing in the community’. During the discussion several speakers pointed out that organisations such as schools and universities should be involved so as to provide their students with a continuous concept of wellbeing that would be a stable on-going support for children, parents and staff.

Due to the important initiatives the Health Mela offers the community several, important members of the local community came to support the event such as Cllr Ken Denton with Mrs Sue Denton, Town Mayor of Horwich (*Right*) and the Town Mayoress along with Cllr Mike Hollick with Mrs Janet Milward, Town Mayor of Blackrod and Mayoress.

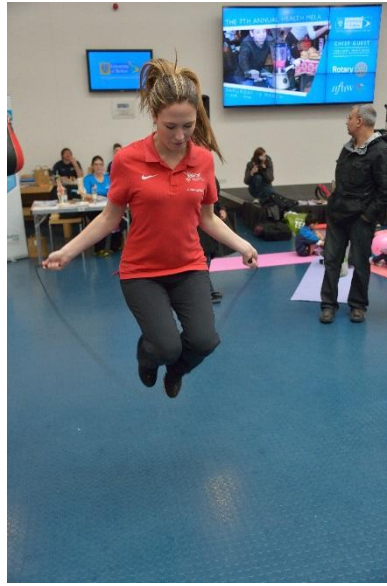


The Health Meal was a huge success this year and has become increasingly popular with both stall holders and guests alike. The stall holder’s participation increased by approximately 15 stalls and the number of guests entering the Health Mela at the University went from 400 to a higher than expected 500 guests.



The opening of the Health Mela was preceded by a colourful Indian dance choreographed by Mrs Sarbori Basu of Nrityakala dance school

The Health Mela had 60 health related stalls attend this year which is the highest it has been since it started in 2009. Some of these stalls included face painting, henna, smoothie bikes and a Teddy Bear Clinic to name but a few.



The special attraction was a boxing ring where members of the public had the opportunity to try out a free boxing lesson and have some fun! The purpose of the boxing ring was to encourage a range of people to get involved in different types of exciting exercise classes associated with Bolton Council.



From the left: Tony Griffin, Paralympian, and on the right members of the public taking a free boxing lesson in association with Bolton Council.

One of the key objectives for the 7th Annual Health Mela, was to encourage parents to keep their children healthy and promote the use of regular health care resources available throughout Greater Manchester. The activities aimed specifically for children included a Teddy Bear Clinic and exercise sessions designed to promote health and wellbeing with a focus on mental health.



Photographs of children's activities run throughout the Health Meal.

The health team carried out 66 health counselling sessions. These tests identified 42 Females and 24 males all were non-smokers. Out of the 66 people tested 9 were known to have diabetes and out of the remaining 57 subjects, 9 have blood glucose more than 7.8 which suggests impaired glucose tolerance. In addition to the results out of the 66 candidates 17 had a BMI of 30-39 classing them as obese and 22 had a BMI of between 25 and 30 which suggests they are overweight.



Free fruit was given to all guests at the event



Archery sessions took place in the Chancellor's Mall

The National Forum for Health and Wellbeing is particularly grateful to the local Rotary Clubs in Bolton who gave great support in the planning and organisation of the Health Mela. In particular they arranged colouring competitions for primary school children, based on the theme and donated the trophies. The winners were awarded prizes by Cllr Ken Denton with Mrs Sue Denton, Town Mayor of Horwich and the Town Mayoress, along with Cllr Mike Hollick with Mrs Janet Milward, Town Mayor of Blackrod and Mayoress.

Rotarian Swati Mukherjee from the Rotary Club of Bolton Lever, in addition to supporting planning of the Mela, efficiently undertook the very important task of operating the registration desk along with 22 Rotarians from 4 different local clubs.

The event came to an end by 4 pm.

The organisers gratefully acknowledge the contribution of all the partner organisations, participants, volunteers and others who worked hard to make this event such a great success and look forwards to their continuing support next year.