



Lancashire Gujarat Health Users Forum

Working towards the wellbeing of the Community
c/o Gujarat Hindu Society, South Meadow Lane, Preston PR1 8JN

HEALTH MELA REPORT 2008

The 7th Health Mela was held at Gujarat Hindu Cultural Centre, South Meadow Lane, Preston on Saturday 8th March 2008.

Contents

Page

2	Aims and Objectives of the Forum
3	Message from the Chairman
4	Chief Guests Comments
5	Other guest comments
6	Publicity
6	Attendance
6	Exhibition Stands
7	Health Screening
8	Other events at the Health Mela
8	Feedback from visitors, workshops and display organisers
9	Lessons Learnt
10	Activities of the forum over the past 12 months and future events
11	Balance Sheet
12	Pictures from Health Mela 2008
Appendix	Health Seminars 2007/2008
A	

Aims and Objectives of the forum

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 groups.
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 South Asian Communities by empowering them to adopt Healthy Living Life Styles.
6. To understand the importance of non Medical Environment Factors which affect Health such as Education, Housing, Pollution, Employment and other Health Issues.
7. To advise the Patient Advocate Group or Bodies regarding the Health needs and issues related to access etc. of South Asian Communities.
8. To provide comments on Policies and Strategies impacting the Health of South Asian Communities.

Message from the Chairman

Since Lancashire Gujarat Health Users Forum was established in 2001 strong partnerships have been developed with Central Lancashire Primary Care Trust, Lancashire Teaching Hospitals NHS Foundation Trust, Lancashire County Council, Adult Learning, Police and Voluntary Services. Patients and the public feel empowered and engaged and have increasing trust with health care professionals by bringing services to them in their own environment.

The main aim of the health mela is to improve access to health and social services. A healthy and well-educated community can help to reduce inequalities in society thereby contributing to the health and wealth of the population. The health mela allows partnerships to strengthen and enables the community to have a better understanding of the services being offered by the NHS.

This is the only event of its kind in the United Kingdom and acts as a unique partnership between community and health related organisations in an effort to empower the public and healthy lifestyle awareness especially amongst the ethnic minority communities. This also gives the wider public a better understanding of different cultures, dietary requirements, religion and languages. This provides a platform for different cultures and age groups to come together and work towards a healthy community.

Over the past 7 years we are grateful to both Central Lancashire PCT and Lancashire Teaching Hospitals NHS Foundation Trust for their continued financial support along with the pharmaceutical and Volunteer Organisations. We now also welcome the assistance of Lancashire Ambulance NHS Trust for their support and we look forward to a fruitful partnership.

This event also provides excellent learning opportunities to medical students, young doctors and other health professionals.

This event is only possible with support and endorsement from Gujarat Hindu Cultural Centre, Lancashire Teaching Hospitals NHS Foundation Trust, Central Lancashire PCT, Pathology department and other voluntary sectors. We very much hope that this support will continue for future events.

The forum will continue to work closely with the health related organisations to deliver services that are patient centred and a benefit to the community.

Professor Romesh Gupta
Chairman
Lancashire Gujarat Health Users Forum

Chief Guests Comments before they attended the health mela

Professor Ian Gilmore
President
Royal College of
Physicians of London



The Health Mela is an amazing initiative that goes from strength to strength year on year. As President of the Royal College of Physicians, I am proud to be associated with it. There is clear evidence that some of our health indicators lag behind other countries because of delays in presentation and engagement with Health Services. This can happen particularly in minority communities and is one of the reversible causes of health inequalities. As a College we are committed to tackling health inequalities and to celebrating the rich ethnic mix of communities that are served by our several thousand Fellows who are physicians. It is a matter of particular pride that Professor Romesh Gupta, who has played such a pivotal role in this initiative, is a Fellow of our College.

Mr Surinder Sharma
National Director for
Equality and Human
Rights
Department of Health



I am delighted to support and have the opportunity to participate in this exciting, innovative event which is fast becoming an essential diary date for those involved in the BME healthcare agenda. The Health Mela is a wonderful example of how working collaboratively can broaden access to relevant, targeted healthcare information for all of our diverse communities - something which we should all celebrate!

What the Chief Guests thought of the day

Professor Ian Gilmore

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. Not only are there huge options to improve individual health, this is also an invaluable tool for maintaining the health and well being of the wider community and relationships between those of different ethnic backgrounds. I know that this initiative will go from strength to strength under your inimitable leadership.

Mr Surinder Sharma

I enormously enjoyed attending Health Mela and in meeting so many people so please thank all your colleagues for their care and hospitality in looking after me. I was really impressed by the voluntary time, energy and commitment shown by you and all your colleagues in making this event such a success! I hope this event goes from strength to strength in the future and is likely to be copied by other cities up and down the country.

Comments from Other Guests

The promotion of good health and the way in which healthcare services are provided in the best setting possible for patients and their families relies on partnership. The Health Mela is a positive example of such partnership in action.

It is essential that good relationships continue to be developed between health professionals and community leaders. This provides a platform for them to work together to break down any barriers, which may be preventing members of minority ethnic groups from accessing services within the NHS.

The Mela gives an opportunity for advice to be obtained from health experts in a relaxed setting and our staff realise how beneficial this is to both the hospitals and the community.

We are very pleased to be involved in this successful event again and to support it in its seventh year.

Tony Curtis, Chief Executive Lancashire Teaching Hospitals NHS Foundation Trust

As newly appointed Chairman, I shall be attending the Health Mela for the first time. It is clearly an extremely popular event, which is an important part of the annual calendar locally.

Most local people and their families will on occasions have reason to be cared for in the hospitals in Preston and Chorley and it is essential that our services meet their needs. Care must be provided in the most appropriate setting for them, which may be in hospital or in the community.

I look forward to meeting people at the event and to continuing the good work of my predecessor, Dennis Benson, in strengthening links between our hospitals and the community.

Stuart Heys, Chairman Lancashire Teaching Hospitals NHS Foundation Trust

Central Lancashire PCT aims to improve the health and well-being of everyone in central Lancashire. Better partnership and community engagement helps us to achieve this. So I am delighted that the PCT is once again supporting this important and popular local event. We value the opportunity to raise awareness of the health initiatives and schemes we are both supporting as partners and offering ourselves across central Lancashire.

This event is one of several PCT initiatives promoting health awareness amongst black and 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.

Mark Wilkinson, Chief Executive Central Lancashire Primary Care Trust

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 800 people attended including 150 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 44 stands providing information and advice on a wide range of health related matters. This year a special effort was made to promote the importance of washing hands to reduce infection in hospitals as well as to improve awareness in such areas as alcohol abuse.

Organisations that were involved included

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

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

- Diabetes
- Alcohol and Drug Services including smoking cessation
- Breast Care
- Sexual Health
- Stroke
- Falls Prevention
- ENT
- Healthy walking
- Complimentary medicine

In addition visitors could participate in

- Observe the Cookery Demonstration
- Reiki
- Reflexology
- Eye Test to determine Safe Driving
- Head Massage

Activities for Children

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

- Oral health
- Healthy lifestyle with food and exercise.

Health Screenings

With the support of the volunteers from the Clinical Biochemistry Department screening was offered for

- Blood Sugar
- Blood Cholesterol

A total of 221 blood tests were taken and out of this 37 samples were identified as having raised cholesterol and 27 samples were identified as having raised glucose.

The Medical Students with the assistance of Dr Rajbhandari (Consultant Physician from Lancashire Teaching Hospitals NHS Foundation Trust) offered the following

- Blood Pressure
- Height
- Weight
- BMI
- Full body fat
- Risk Assessment for heart attacks and other vascular episodes eg strokes.

The Medical Students from Manchester University were extremely enthusiastic with their work and they thoroughly enjoyed the day. The Health Mela gave the students a learning opportunity; they learnt common skills as well as being introduced to public health and health in-equalities.

It is very important that the needs of the community are addressed in their local area. The Health Mela attracted many other communities raising awareness on issues such as

- Diabetes
- Raised blood pressure
- Obesity
- Chronic renal failure
- Strokes
- Coronary artery disease

Other events at the Health Mela

The change of status from acute hospital to foundation trust has given us the opportunity over the years to engage the public and patients actively through the governing council and this led to a debate on community engagement which our chief guests participated in along with the chair and chief executive from the foundation trust and the chair from the primary care trust. This was the first time we had held such a discussion and this was followed by an opportunity for people to ask questions.

After the opening ceremony and a chance for the chief guests to mingle around the stalls and talk to the exhibitors another informal meeting was held with the chief guests and an opportunity was given for further discussion.

Many observed the Cookery Demonstration, as it demonstrated healthy recipes and alternative ingredients to use to make healthy meals. A variety of printed healthy recipes were also given out on the day.

A visit from Lancashire Ambulance with an ambulance on the Health Mela day delighted many of the visitors, particularly the children. Visitors were allowed to sit in the ambulance and discuss the use of the ambulance in the emergency situation. The ambulance visit was very valuable as it gave the children and visitors an understanding on emergency use of the ambulance and the equipment they carry.

Feedback from visitors, workshops and display organisers.

The evaluation forms were informative and showed great enthusiasm from both attendees and exhibitors. The majority had found it enjoyable and informative. Over half the attendees took the opportunity to have a test carried out.

Visitors returned a total of 210 evaluation forms.

89%	found the event to be enjoyable, informative and well organised
1.5%	felt that it could be better organised.

A total of 44 evaluation forms were returned by exhibitors

97%	exhibitors would participate next year
100%	exhibitors felt that the number of visitors attending their stall made it worthwhile

A workshop with exhibitors has been organised to discuss feed back from this event and to look at improvements that could be made for next year.

Some of the comments recorded on the evaluation sheets by visitors:

Thank you very much for your hard work, event I look forward to annually. Please ask for total silence for opening speeches. Seating/queuing for test not very clear

Very good event.

Need some seating near food/stall for comfortable eating break

Enjoyed it, well done, Thank you

Bit too noisy to hear cookery class lesson though the ladies did very well

Very good atmosphere, really helpful, disappointed that some stalls were empty.

Thanks to everyone involved in producing this enjoyable and interesting event.

Would be helpful to have a floor map of exhibitors and brief description of where they are.

Beautifully organised from content through to parking and refreshments.

Few chairs dotted about to sit on thank you.

More therapists in reflexology

Some of the comments recorded on the evaluation sheets by exhibitors:

As usual a most enjoyable day; very busy with lots of interest.

Advertise on local radio station - may be invite them to join in.

Although lunch was delicious was not up to the standard of previous years

Seemed to be a good cross section of interested people

Excellent day – well organised and planned out, hospitality excellent.

Young men organizing parking were very helpful; it's been useful for us to make contacts locally.

Excellent arrangement, good food, great work. Would like to be part of it again & again.

Lessons learnt

We value the feedback we receive as this always helps us to improve the event. The present feedback will be considered seriously by the committee to improve next years event.

Some ideas to come out of the feedback already are to

- 1 co-ordinate publicity better
- 2 continue to work towards attracting and extending this to other communities to ensure the mela provides an opportunity for community integration.
- 3 It would be better if exhibitors could set up their stands on a Friday.

Activities during the past 12 months

Health Seminars

Since 2002 many activities have been developed at the Gujarat Centre. The Health Seminars which are arranged once a month on a Sunday, are still continuing to be very popular. Areas that have been covered have been. Some of the examples are as follows:

- Osteoporosis
- Smoking Cessation
- Women's Health (Breast Examination)
- Men's Health
- Managing Stress and Mental Health

Charity Event 22nd September 2007 (Rosemere Cancer Foundation)

An evening dinner event was arranged on the 22nd September 2007 at the Gujarat Centre. The event was to raise funds for the Rosemere Cancer Foundation Ray of Hope Appeal for which £1,000 was donated.

The membership of Lancashire Gujarat Health Users Forum is drawn from health care and voluntary sectors working in partnership. We are grateful to Gujarat Hindu Cultural Centre for allowing us the use of their venue and catering facilities.

Future Events

Exhibitors Workshop – 8th May 2008

This is the first year that we have run this and it will be used to look at feedback from this event and previous years and also to forward plan for the next health meal.

Charity Dinner – 15th November 2008

Following the success of last year we are holding another charity dinner in aid of Rosemere Cancer Foundation and the Gujarat Centre.

Health Mela

The next health mela is planned for 28th March 2009.

Finance

LANCASHIRE GUJARAT HEALTH USERS FORUM
1st April 2007 to 31 March 2008
INCOME & EXPENDITURE BALANCE SHEET

INCOME	
Lancashire teaching hospital Trust	£6,000
Central Lancashire PCT 06/07	£2,000
Central Lancashire PCT	£10,000
Total income	£18,000
EXPENDITURE	
Hall Hire/Refreshment for Health Mela	£3,644.14
Administration support CVS/GHS ENT	£1,470.00
Health seminar 8 x 250	£2,000
Magazine/Publicity	£2,785.50
Website development	£675
Special lights/Banners	£220.13
Gift for Guest/members	£3,634.74
Charity Dinner payments	£2,185.00
Volunteers get together and meetings	£217.38
Refund to army	£175.00
Total	£17,006.89
Balance for 2008/2009	£993.11

Behind the Scenes



The ladies of the temple demonstrating their cooking skills



Reiki being performed



Some of the stands at the mela



An overview of the hall



Chief Guest, Dignitaries and member of the Gujarat Hindu Society and Lancashire Gujarat Health Users Forum.

One of Our Chief Guests, Professor Ian Gilmore has a health check





Manchester University's 5th year Medical Students supervised by Dr Rajbhandari, Consultant Physician, Lancashire Teaching Hospitals NHS Foundation Trust



Lancashire Teaching Hospitals NHS Foundation Trust

Central Lancashire Primary Care Trust



LANCASHIRE GUJARAT HEALTH USERS FORUM

Health Seminars



R



For Everyone

Gujarat Hindu Centre welcomes all to attend the Health Seminars for 2008

<p>January 13th</p> <p>Looking After Your Eyes. Dr. S. Jain</p>	<p>February 17th</p> <p>Adoption & Fostering Prof. Memon.</p>	<p>March 8th</p> <p><u>HEALTH MELA</u></p>	<p>April 27th</p> <p>Asthma Dr. A. Vyas</p>
<p>May 18th</p> <p>Looking after Your Heart Dr. S. Kumar</p>	<p>June 22nd</p> <p><u>Knee & Hip joint pains</u> Mr. V. Raut</p>	<p>July 27th</p> <p>Reiki Mr. Kumar</p>	<p>August</p> <p>No Seminar</p>
<p>September 14th</p> <p>How to access GP services Dr. Kumari</p>	<p>October 21st</p> <p>No Seminar</p>	<p>November 23rd</p> <p>Diabetes Dr. Rajbhandari</p>	<p>December 14th</p> <p>Osteoarthritis Dr. Chattopadhyay</p>
<p>January 09</p> <p>TBA Prof. R. Gupta</p>	<p>February 09</p> <p>Fall prevention Sarifa Kabir</p>	<p>March 09</p> <p><u>HEALTH MELA</u> 28th March 2009</p>	<p>April 09</p> <p>Pain Management Dr. R. Kumar</p>

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

It's good to learn
About your Health

Working towards a healthier community in partnership with
[Central Lancashire Primary Care Trust](#)
Lancashire Teaching Hospitals NHS Foundation Trust

