



5th Annual Health Mela

Saturday 15th March 2014, 11am - 4pm

University of Bolton, University Way, Deane Road, BL3 5AB

On Saturday, 15th March, the University of Bolton will open its doors to the fifth annual Health Mela - an ever-popular community event where friends, families and individuals can get free health advice and enjoy a range of entertainments and activities.

Organised in conjunction with the National Forum for Health & Wellbeing and supported by a raft of expert partners, the Health Mela is a great way of having fun whilst also keeping an eye on some very important health issues.

Highlights of this year's event include:

- Free entry and free parking
- Delicious healthy foods and refreshments
- Workshops, dance and other entertainments
- Free health checks and confidential advice
- Blood tests for cholesterol and diabetes
- Mental health awareness
- Sexual health advice and screening
- Sports and spinal injuries clinic
- Complementary medicine
- Yoga and healthy living workshops
- Reiki sessions
- A great opportunity to chat and make new friends

Everyone is welcome, so please make a note in your diary to come along and join us!



NFHW Goes From Strength to Strength

The National Forum for Health and Wellbeing, NFHW, is proud to be once again working with the University of Bolton in presenting the 2014 Bolton Health Mela.

The Forum was formed last year to stand on the sound foundation built over fourteen years by the Lancashire Gujarat Health Users' Forum. NFHW has worked to enhance the productive partnership already developed between LGHUF and the University and is now firmly based in office accommodation in the Centre for Health and Wellbeing on the Bolton campus.

Our new location within the academic community gives an added dimension to the work we will be able to undertake. The first fruit of this opportunity is to be seen in the inaugural joint conference; 'An Holistic Approach to Health and Wellbeing', to be held in Bolton One on Friday, April 11th this year. There are many more exciting developments such as this already in the planning stage.

Partnership is the key to the successful roll-out of NFHW's unique programme of Health Melas which aim to give communities a real chance to participate in fostering their own health and wellbeing. Over the past year we have developed our relationship with Rotary International, culminating in the highly successful first Fylde Coast Health Mela, held in the Winter Gardens, Blackpool in October 2013. This event is to be repeated in Fleetwood in October 2014.

Rotary Lancashire and Cumbria and Rotary International are firmly committed to help us extend the reach of the Health Mela programme. Rotary International has a proud record in supporting health based initiatives worldwide and it is very fitting to work in partnership with them.

NFHW's programme of health checks and the provision of health related information also attracts and depends on the support and participation of a wide range of medical professionals and organisations; we are delighted to have received extensive help from Clinical Commissioning Groups, NHS Trusts, Health Watch and many other bodies.

Our partners also include the wide and enthusiastic band of stall-holders who bring the immense range of information and expertise which is an essential part of each event.

All in all it's been a good year for NFHW and we look forward to many more to come!



A Word of Thanks:

from Professor Romesh Gupta OBE,
Centre for Research in Health & Wellbeing,
University of Bolton

I would like to take this opportunity to extend my personal thanks - and those of the National Forum for Health & Wellbeing - to Professor Rob Campbell for his tireless efforts in promoting public health. We are delighted to be working with him and with his colleagues in Bolton in a collective effort to promote better engagement between health professionals and local communities. This is a time of considerable progress and the forthcoming conference about taking holistic approaches to health and wellbeing - the first of its kind in the UK - is clear evidence of this. What Professor Campbell has achieved over the last five years has been both remarkable and admirable, and we are very proud to be working with him as partners.



A Great Opportunity

by Professor Rob Campbell,
Pro Vice Chancellor, University of Bolton

This is the fifth Health Mela to be held at the University of Bolton and it has gone from strength to strength, in terms of the numbers of people involved and the variety of the organisations they represent. It's a fun way for important information about health and life-style to be passed on and for health professionals and the public to meet on equal terms. This is an event I look forward to each year, to meet old friends and make new ones, and I learn something new every time. I wish good luck to all involved and I urge everyone to make the most of all the opportunities presented at this year's Health Mela.



An Holistic Approach to Health & Wellbeing

One-day Conference

On 11th April 2014, Bolton University will host a one-day conference that will consider the whole question of public health and wellbeing from an all-embracing holistic perspective. Free to enter, it will examine topics such as occupational therapy and work/life balance and it will provide an opportunity to take part in Indian dance. It will be attended by regional directors of public health, academics and specialists in the field of complementary therapies.

Please visit the NFH&W website to register or call Nicola Dunn on **01204 903615**

Continuing Support from Rotary

The following is a message of support from Ged Heatherington, Rotary International District 1280 Governor.

Rotarians in the North West wish the Bolton Health Mela event every success.

Rotary International's 34,000 clubs (49 in the North West including the Isle of Man) and 1.2 million members serve communities around the world, each with unique concerns and needs. Rotarians have continually adapted and improved the way they respond to those needs. Our most successful and sustainable service tends to fall within one of the following six areas or emphases:

- **Peace and conflict prevention / resolution**
- **Disease prevention and treatment**
- **Water and sanitation**
- **Maternal and child health**
- **Basic education and literacy**
- **Economic and community development**

In line with these, the Health Mela looks to raise the general public's awareness of health matters utilising varied professional resources.

Our health is something that we often overlook in our busy life styles. However, if we take a little time out to focus on ourselves and our general well-being, this event could be literally life changing.

So Rotary applauds this 'give some time to me' event and - you never know - this could catalyse the start of the new you.



Ged Heatherington
Rotary International
District 1280 Governor

A WORD FROM OUR CHIEF GUEST

Continuing a long tradition of senior representation and support at our various Health Melas, Suzy Lishman, Vice President of the Royal College of Pathologists will be attending this year's event as chief guest. Speaking in advance of the Bolton event, Dr Lishman said:

"I am delighted to have been invited to this year's Bolton Health Mela. As a pathologist I know how important it is to diagnose illnesses as early as possible and ideally to prevent them from developing in the first place. Understanding how to make healthy lifestyle choices and having a few simple tests to identify common conditions can make all the difference. I'm looking forward to visiting the activities on offer here today – it'll be interesting to see if I'm as healthy as I think I am!"

Dr Suzy Lishman - Vice-President of the Royal College of Pathologists



The Health Mela is recognised throughout the UK as an exceptionally effective way of encouraging local communities to devote more attention to safeguarding their own health. It has been applauded by leading professionals from the fields of nursing, public health and human rights, some of whose comments are listed below.

Expert comment:

"It is good to see the Health Mela providing such a useful opportunity for local communities and individuals to learn more about their own health and local health services."

Dr Ann Hoskins, Interim Regional Director of Public Health, North West



"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 CBE, Director of Liberty



"The Health Mela is innovative and ... will certainly help towards prevention of disease."

Dr. Martin Myers, Clinical Director of Pathology, Lancashire Teaching Hospitals Foundation Trust



"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

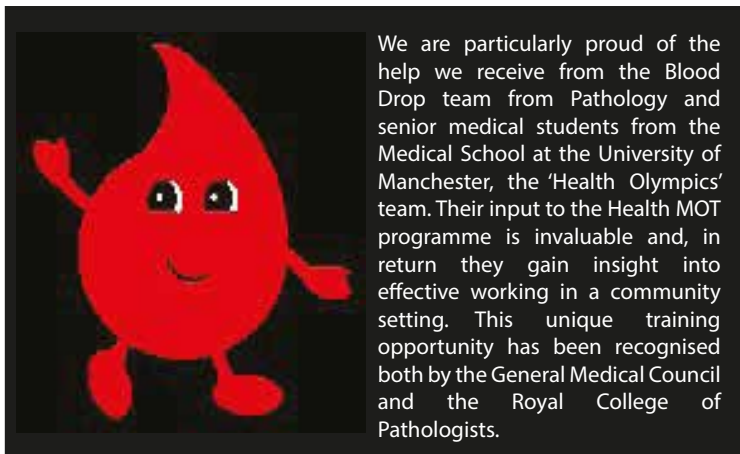


"The Health Mela is a fantastic opportunity to raise awareness about health issues ... It brings together people of different generations, genders, religion and beliefs in promoting awareness of people's personal responsibility in looking after their own health."

Prof. Surinder Sharma, National Director for Equality & Human Rights



Visitors' comments:



We are particularly proud of the help we receive from the Blood Drop team from Pathology and senior medical students from the Medical School at the University of Manchester, the 'Health Olympics' team. Their input to the Health MOT programme is invaluable and, in return they gain insight into effective working in a community setting. This unique training opportunity has been recognised both by the General Medical Council and the Royal College of Pathologists.

IMPORTANT RESULTS:

In 2013, 90 people took advantage of the free health checks at the Bolton Health Mela. Of these, 6 were found to have raised cholesterol and 8 were found to have raised blood sugar. These were important findings that have helped the individuals concerned to address key health issues and to reduce their risks of future sickness and disability.

The Health Mela is free, friendly and entertaining - and it could literally change your life. Please do come along and join us on Saturday 15th March.

FORTHCOMING EVENTS

2014 will feature a number of important health related events.

11th April A one-day conference entitled "An Holistic Approach to Health & Wellbeing"

10.30am to 3.30pm. Venue: University of Bolton.

3rd May: 2014 Preston Health Mela

10am to 4pm. Venue: Preston Guild Hall.

17th May: 2014 Bradford Health Mela

10am to 4pm. Venue: Bradford University.

20th September: 2014 Leyland Health Mela

10am to 4pm. Venue: Leyland Civic Centre.

4th October: 2014 Fleetwood Health Mela

10am to 4pm. Venue: Fleetwood High School.

Further details of all these events can be found at

www.nfhw.org.uk



NFHW office, Room 003-00-005,
Centre for Research into Health & Wellbeing,
Bolton One, University of Bolton,
Deane Road, Bolton BL3 5AB