

Sacred Heart hosts Manchester Health Mela

June 27, 2015

On Saturday 27th June, the Sacred Heart Catholic Primary School Baguley in partnership with **National Forum for Health and Wellbeing** and with the dedicated support of a wide range of local health related organisations, organised the Health Mela which has been a great success.

This Community Fair was formerly opened by the Chief Guest Professor Dame Sue Bailey, Chair of the Academy of Royal Medical Colleges and former President of the Royal College of Psychiatrists. Local Member of Parliament Mr Michael Kane also welcomed the initiative.



Prof. Romesh Gupta welcomes Chief Guest Professor Dame Sue Bailey

Professor Romesh Gupta OBE, Chairman of the NFHW thanked the school, its governors and in particular head teacher **Mrs J Bramhall** and her dedicated staff for the wonderful facilities and hosting the event.

Professor Rob Campbell conducted the proceedings. Also present was Councillor Tracey Rawlins.

The event had 45 health related stalls providing information to the visitors on several aspects from health eating to stroke prevention. As is the norm, the Health Olympics team provided the health assessment while the Blood Drop team carried out the blood tests. There were also vision checks, dental/oral health advice and Reiki taster sessions.

31 visitors had eye checks. Most of them were reassured and dealt with. However 4 were advised to visit their opticians, 1 needed referral to hospital and 1 to their GP.

25 had a satisfactory Reiki taster.

30 visitors were advised and signposted by the Dentists.

Health MOT summary

Total no 100: 37 Male & 63 Female

< 35 years	29
36 - 50 Years	32
51 - 65 yrs	25
> 65 yrs	14

Glucose > 7.8	11, of which 1 had > 11.1 suggesting a new diagnosis of diabetes
BP > 150/90	6
Cholesterol > 6 mmol	18

Results of the blood tests carried out by the Blood Drop team

Screened	106
New Diabetic	1
Impaired Glucose Tolerance	10
Raised Cholesterol above 5 mmol/L	47



Visitors to the stalls.

Then there was the Children's colouring competition. There were 240 pictures submitted each with excellent health messages. There were four winners chosen from each group and one overall winner from all the groups. The school had five children that were doing a special project on journalism. They interviewed Dame Sue Bailey first and then went round interviewing visitors.

Children attending the event were pleased to play on the bouncy castle and a giant slide. The highlights of the event included a dance demonstration by local school children and a smoothie bike. Those who took turns were rewarded with a health drink.



The smoothie bike.

Later, speaking about this event, Professor Dame Sue Bailey OBE DBE, said: *“A sunny day in Wythenshawe saw a fantastic health Mela at a vibrant primary school . So many health professionals and NGOs took part. The message about well being and health is really reaching out to the hearts of local communities and it’s especially good that that the importance of good mental health wellbeing and resilience of young people was centre stage primary school children singing and dancing. Young people showing curiosity about their own wellbeing and brilliant ideas about how they can achieve this for themselves families and friends.”*

In total up 800 people including children, parents, friends and others attended the event.



School children present a Bollywood-themed dance



Members of the Health Olympics team.