

Health Information Day - 22 March 2013 Organised by Diabetes Aware

'This is a good thing - thank you' 'Thank you it has been useful' 'Loads of good information' 'It has been a worthwhile event' 'It was a great day, we really enjoyed it' 'Good networking' 'Such a good idea' 'Where else could you meet and chat to a consultant informally about your concerns'

The above were some of the comments by participants at the Health and Well-being Information Day in Romsey Town Hall.

It involved a range of people, groups and organisations which can support good health both physical and mental and provide information and advice and support in a friendly atmosphere, which ensures people can ask questions and find solutions informally.

Organisations were able to provide information, health checks, refreshments and networking opportunities to anyone who wished to take part in the day which was visited by the MP Caroline Nokes, Councillor Mark Cooper and 202 others on a very cold, wet day

The atmosphere was friendly, busy, informative, relaxed and there was lots of good feedback about the results some of which are shown separately below.

Visitors to the day were mainly from southern Test Valley but included people from Totton, London, West End, Ringwood, Bournemouth, Swanage, Hamble, Chandlers Ford, Stockbridge, Brockenhurst, Fareham, Lyndhurst, Shirley Southampton, Whiteparish, Gosport, Fordingbridge, Weymouth.

Organisations taking included: Diabetes Aware, British Red Cross, Romsey Lions, Carers Together, Romsey and District Carers Forum, RADISH, RAIN, Say it Once, Health Walks, Valley Leisure, Aster Housing, Community Independence Team (Adult Services), Sensory Service (Adult Services) Trading Standards, Solicitors for the Elderly, the Police and Diabetes Research and Wellness Foundation. Individuals taking part included Dieticians and a Consultant Diabetologist from Southampton General Hospital, Specialist Diabetes Nurses from West Hampshire Community Diabetes Service, two pharmacists from AR Pharmacy Totton and Boots Romsey.

Each visitor was given a free gift of a useful notepad, pen, or diary and notepad combined and had the opportunity for a free hand or shoulder massage provided by personnel from the British Red Cross.

This day was planned by

- Diabetes Aware (who have a health and well-being agenda to support people to help prevent them developing diabetes and when they have diabetes to support and encourage them to manage their own condition and maintain good health and wellbeing)

The event was sponsored by Abbott and testing materials were provided by Abbott and Roche. It could not have taken place without the support of local Diabetes Specialist Nurses from West Hampshire Community Diabetes Service and Nightingale Surgery.

There were 32 participants on tables and helping with the testing and 12 volunteer helpers who all made the day run smoothly.

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Visitor Comments and Suggestions

Useful and informative

A really helpful experience

Very useful – I am now going to see my GP about my blood pressure

Very good.

Brilliant

Wonderful idea, well done

Excellent idea, informative, very friendly

Interesting and helpful

Very informative. Good idea to have all aspects together

Very pleased with the opportunity to check BP and glucose

Extremely useful, lots of information, very helpful volunteers

A very useful, friendly and informative day with good networking and atmosphere

Some figures and statistics

24 organisations involved

202 people took advantage of the day including 44 who were involved in helping on the day and 158 through the door

101 health checks undertaken

15 recommended to see their GP

Over 250 free coffees and teas made on the day were sponsored by Abbott and provided by Romsey Carers Group and Diabetes Aware

The raffle raised £90 for Diabetes Aware towards future health and well-being events