

Diabetes Aware and Romsey Lions

Health Information Day

Friday 14 September 2007
Romsey Town Hall

What a day!

25 organisations involved

225 people took advantage of the day including 50 who were involved in helping on the day and accessed all the information and support available and 175 through the door

94 health checks undertaken, 15 people recommended to see their GP

300 plus coffees and teas made and given away

There were also samples of free smoothies provided by Healthy Romsey and free long life light bulbs or Powerdowns from the Environment Centre for people who participated in a brief questionnaire.

This day was planned in partnership by Romsey Lions (who have a health agenda particularly Message in a Bottle and eye care) and Diabetes Aware (who have a health agenda particularly in supporting 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).

It was a simple principle – involve a range of 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 invited to provide information, health checks, refreshments and networking opportunities to anyone who wished to take part in the day which was visited by the Deputy Mayor of Test Valley and Sandra Gidley MP.

The organisations involved included: Diabetes Aware, Romsey Lions, Podiatry, Dietician, Trading Standards, The Environment Centre, Romsey Library, Adult Education, Extend, TVBC Environment and Health Service, TVBC Neighbourhood Wardens Team, Healthy Romsey Group, Romsey Ramblers, NHS Quitters, Health Walks, Sensory Support from Hampshire Adult Services, Neighbourcare, Pharmacist, Patient Public Involvement Forum, Diabetes Specialist nurse, Hampshire Fire Brigade and Romsey First Responders. The refreshments were provided by members of Romsey Carers Group and Diabetes Aware. It was sponsored by Novo Nordisk and Roche Diagnostics Ltd. The health checks, blood glucose monitoring and blood pressure checks, were undertaken by a retired Diabetes Specialist nurse and a Roche representative who worked solidly throughout the event without a break and were a crucial part of the day.

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

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Visitor Comments and Suggestions

Useful and informative, saw lamp working, great to see and find out where to get one	WK
A great exhibition!. Of wonderful help and interest. More who need it. Keep it up	RG
Very good. Very worthwhile	JG
Brilliant	
Wonderful idea congratulations	GD
Great idea, really helpful information and very reassuring thank you	
Excellent idea, informative, very friendly	DD
Very helpful and informative, good idea	MF
Interesting, very useful	CM
A very good idea, didn't stay long but what I did see looked very informative	SS
Very informative. Good idea to have all aspects of health discussed in a good ambience	JS
An excellent idea! Good information from podiatrist. Very pleased of the opportunity to check BP and glucose	DB
Very useful, glad I came, reassuring	PB
Extremely useful, lots to talk about with very helpful volunteers, with lots of information available. Sorry I was too late for the blood test. Will look out for the next one	PD
Had a lovely day. VERY USEFUL. Going to use the information given	SG
Very Useful	NR
A very useful and informative day where networks could be forged, and advice/guidance offered to members of the public	HP