

## **Health Information Day - 24 April 2009**

### **Organised by Diabetes Aware and Romsey Lions**

**'A very successful day' 'Tiring but exhilarating' 'Busy but interesting'**  
**'Good networking' 'Such a good idea'**

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 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 Mayor of Romsey and Sandra Gidley MP and 267 others.

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 the Romsey locality but included people from Bishopstoke, Eastleigh, Chandlers Ford, Totton, Stockbridge, Bitterne, Chilworth, North Baddesley, Ilminster (Somerset), Salisbury, Andover and Plumstead (London)

Organisations taking included: Diabetes Aware, Romsey Lions, Carers Together, Romsey and District Carers Forum, RADISH, RAIN, PACS, The Environment Centre (energy saving), TVBC Environment and Health Services, Health Walks, Recycling/WRAP, Testway / Telecare Support, Service Development Librarian, Sensory Service /Social Services, Disability Forum, Trading Standards, OPWB , Tai Chi, Curves - Fitness Facility for Ladies, Dieticians, Romsey Rapid Response Team, Specialist Diabetes Nurses, PCT Medicines Management , Solicitors for the Elderly.

Each visitor was given a free gift of a useful notepad or a pen, some were able to obtain a free long life bulb at the Environment Centre table.

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) and
- Romsey Lions (who have a health agenda particularly Message in a Bottle and eye care).

It could not have taken place without the support of local Diabetes Specialist Nurses and the Romsey Rapid Response Team

The event was sponsored by Bayer, testing materials were provided by Bayer and Roche with input from Life Scan.

There were 33 participants on tables and helping with the testing and 20 volunteer helpers. who all made the day run smoothly.

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### **Visitor Comments and Suggestions**

Useful and informative

A really helpful experience

It worked for me – I am now going to see my GP about my blood pressure

Very good.

Very useful

Brilliant

Wonderful idea well done

Great idea, really helpful information

I came last time and have been reassured this time as well thank you

Excellent idea, informative, very friendly

Interesting and helpful

Very informative. Good idea to have all aspects of health 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**

27 organisations involved

322 people took advantage of the day including 53 who were involved in helping on the day and 269 through the door

111 health checks undertaken

20 recommended to see their GP

350 coffees and teas made and given away were sponsored by Bayer HealthCare and provided by Romsey Carers Group and Diabetes Aware

The raffle raised £108

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**Appendix 1**

**Tables**

1. Diabetes Aware
2. Tai Chi
3. Carers Together
4. Romsey and District Carers Forum
5. Romsey and District Information and Support at Home
6. Romsey Area Information Network
7. Romsey Lions
8. The Environment Centre (energy saving)
9. TVBC Environment and Health Services
10. Health Walks
11. Recycling/WRAP
12. Testway / Telecare Support
13. Service Development Librarian
14. Sensory Service /Social Services
15. Disability Forum
16. Trading Standards
17. Older People's Wellbeing Team
18. Curves, Fitness Facility for Ladies
19. Dietician
20. Rapid Response Team
21. Specialist Diabetes Nurses
22. PCT Medicines Management
23. Solicitors for the Elderly
24. Bayer - sponsor
25. Roche - sponsor
26. Lifescan
27. Raffle

**Helpers**

20 volunteers

27 organisations

Refreshments by Romsey Carers Group and Diabetes Aware