

## WHY DON'T YOU TAKE CONTROL

Come along and take part in the interactive workshops, talk to the experts and find out about diabetic eye disease, diabetes, falls awareness, various cancers, phlebotomy, infection control, kidney disease, breast care and much more ...

## HEALTH INFORMATION

We provide information on a range of topics including smoking cessation and healthy lifestyle choices.

Yvonne Mason, Health Information Manager.

## MIDLANDS co-OPERATIVE SOCIETY MEMBER RELATIONS

Member Relations provides cultural, leisure and educational activities for members of the Midlands Co-operative. We work in the area we trade in supporting people. Highlighting some of the local initiatives we have supported across the Heart of England's region and giving out Fairtrade and local food goodies.

John Boyle Member Relations.

## CHILDREN'S CORNER

Are you arty? Have a go at making your own cards or join in the fun at our juggling workshop, have your face painted, or have a picture taken with Minnie and Mickey mouse and LOTS more fun activities.

## HEALTH AND WELLBEING

Our stand and talk is to raise people's awareness to stress, focusing on small life changes that can have a big impact on stress.

Fiona Wilson, Professional Education Administrator.

## WOMENS HEALTH ISSUES

Women's Health is your right. How advancement of medical science helps to make this a reality.

Dr Raj Saha Consultant Gynaecologist

## JUST BREATHE

Breathe easy - Supports people with lung conditions and help them to understand their illness, working towards positive changes in lung health.

Vivienne Dolan, Chairwoman.

## MALASA SCHOOL OF DANCE

Come along and see the Indian children dancing in their traditional dress and doing Indian classical. Malasa School of Dance, Hindu Cultural Resource Centre, Telford.

## SIT, LISTEN AND ENJOY

Come and enjoy our community music, dance and entertainment. Listen to singing duos, guitarists, brass quartet and more.

Esther Jackson, Music Coordinator

## PROSTATE CANCER

The Prostate Support Group gives support and advice to men with Prostate problems particularly the newly diagnosed.

Joseph Dyke

## BECOME A MEMBER

*It's free to join.* Becoming a member means you will have real input into shaping the future of our hospitals. Find out about our about our monthly health talks, our members Medic Care discount scheme and lots more opportunities. Visit the membership stand.

Sandra White, Membership and Community Engagement Manager.

For more information please contact Sandra White, Membership and Community Engagement Manager on 0121 424 1218 or [sandra.white@heartofengland.nhs.uk](mailto:sandra.white@heartofengland.nhs.uk)

SPECIAL THANKS TO OUR SPONSORS WHO HAVE FUNDED THIS YEAR'S COMMUNITY HEALTH FAIR.



A special thank you to Trust Member, Mrs. Sheila Williams and friends.

# annual community health fair

SATURDAY 22ND  
SEPTEMBER 2012 AT  
10AM - 4PM  
MILLENIUM POINT,  
CURZON STREET,  
BIRMINGHAM, B4 7XG

- Meet Mickey And Minnie Mouse
- Health Talks/Health Checks
- Interactive Workshops
- Stalls
- Musical Entertainment
- Children's Corner
- Meet Mr. Michael Collie Journalist BBC Midlands Today.

In partnership with:  
Midlands Co-operative  
Member Relations

Raffle prizes include...  
A free holiday to Marbella!



## JAMES BRINDLEY SCHOOL

Come and discover James Brindley School, one of the largest hospital schools in Europe. We specialise in educating young people who cannot attend school because of medical related needs.

Nicola Foulkes, Assistant Head of Hospital Sector.

## SOLIHULL COMMUNITY SERVICES

Continence and Hydration - 'Water for well'  
Carolyn Lindsay, Specialist Health Visitor and Sarah Lucy Jones, Clinical Service Manager

## PODIATRIC SURGERY

Get your feet checked by the experts.  
Brigid Davies, Business Manager - Podiatric Surgery

## Other stands include:

The A Team Alcohol Service  
Penderels Trust  
Slimming World  
Citysave Credit Union  
Birmingham Resilience Team  
Approachable Parenting  
Birmingham Arthritis Resource Centre  
Medic Care, Member discounts

## GET YOURSELF TESTED

Free BMI, blood pressure, point of care and allergy testing

## 'PAW'-LY PATIENTS PUPPY LOVE - PAT A PET

Come and meet some Pets as Therapy (PAT) dogs who visit patients on the stroke rehabilitation units. The PAT dogs have shown to be therapeutic for stroke patients and to aid their recovery. Come and pat a pet...

Ron Hobday, Regional Organiser

## Seminars

Hosted by Dr. Shahrad Taheri

10.00-11.00am	Bourneville Brass fanfare	
11.00-11.25am	Olympic Torch Relay	
11.30-11.55am	Chairman and Chief Executive Update	Lord Philip Hunt and Dr. Mark Newbold
12.00-12.15pm	Community Engagement	Najma Hafeez
12.30-12.55pm	Diabetes and Healthy Eating	Dr. Shahrad Taheri
1.00-1.30pm	Women's Health Issues	Dr. Raj Saha
1.30-1.55pm	Community Music and Dance	(Child Indian Dancers)
2.00-2.25pm	Stress	Fiona Wilson
3.00-3.25pm	Visual Impairment and Rehabilitation	Harpal Singh

Community music will be played throughout the day.

Special guest Mr. Michael Collie Journalist BBC Midlands Today. Come along and speak to Michael about his work as a journalist.

## YOUR KIDNEYS

The Trusts renal services will be raising the awareness of Chronic Kidney Disease. 44,000 people in the UK currently require some sort of treatment. Staff will be on hand to offer advice.

Carl Richardson, Clinical Nurse Specialist.

## DIABETIC EYE DISEASE

Diabetic Eye Screening staff will be on hand to give advice guidance for people with diabetes as diabetic retinopathy is one of the leading causes of visual problems.

David Roy, Principal Lead Retinol Screener

## CHOOSING A HEALTHY LIFESTYLE

Reinforcing a healthy lifestyle.

Ms. Aliya Hussain, Health Exchange

## OBESITY IS IT GLUTTONY OR SLOATH?

Why obesity has become such an important problem for the NHS and our society and what can we do about it as individuals and society as a whole.

Dr S Taheri, Consultant Diabetologist

## FALLS AWARENESS

Get some advice on when and why falls happen and what can be done to prevent them.

Ann-Marie Riley, Head Nurse

## ALLERGY & INFECTIOUS DISEASES

Is your immune system up to scratch? 'Itchy eyes? Runny nose? Constant sneezing? Is it allergy? We diagnose and manage allergy to foods, drugs, pollens and bee & wasp stings.

Jane Heselgrave

## AAA SCREENING

The Abdominal Aortic Aneurysm Screening Programme provides a quick, simple ultrasound test for all men in the year they turn 65.

Kimberley Kavanagh, AAA Screening Administrator

First 70 visitors to arrive at 10am will receive a free ticket to Think Tank.

