

Manchester Mega Mela – Diabetes and TB

Manchester Mega Mela is a yearly South Asian event held in Platt Fields. An information stall was held and provided an opportunity to raise awareness of:

- Central Manchester CCG – we were the only NHS stall at the event for both days
- Symptoms of TB in a range of translated materials from TB Alert
- Managing diabetes during Ramadan with a range of translated fact sheets from Diabetes UK
- NHS Health Checks and Dementia in a range of translated leaflets from NHS England
- Blood pressure and how to control it in Urdu translated booklets from the British Heart Foundation
- Mental health support and advice with booklets from the Public Health Development Team in Manchester
- Questions to Ask in a range of translated leaflets from the Department of Health
- How local people can get involved in the work of the CCG



All of the translated information in Urdu was given out with the majority of it picked up by sons/daughters to read back to their parents who live with diabetes or high blood pressure.

Patient and Public Advisory Group volunteers supported the event over the two days.

Queries and information requests on the day related to:

- Information on local diabetes support group meeting
- Activities locally with voluntary sector groups to address loneliness
- Contacts for translated health information featured above by other health professionals
- Careers in the NHS and choices available
- How the CCG works with organisations like Thalassaemia UK and Hepatitis C Trust to support patients and local communities