



Minority Ethnic Communities (MEC) Health Fair Impact Report

Building Healthy Communities Starts With you!



Held on 16th October 2024 at Cardiff City Stadium

2024



Introduction

The Minority Ethnic Communities (MEC) Health Fair 2024 aims to empower individuals from diverse ethnic backgrounds to take proactive steps in managing their health and wellbeing and foster connections between communities and healthcare providers. The event sought to address health inequalities and barriers and promote inclusive, accessible health services by promoting connections and better understanding community needs.

This year's theme, "Building Healthy Communities Starts with You", highlighted how together individual choices and collective actions contribute to fostering healthier communities and tackling health inequalities. The fair was chaired by Cardiff Third Sector Council (C3SC) who was supported by a Steering Group of diverse, committed partners including CAVAMH, Cardiff and Vale University Health Board, Cardiff and Vale College, Cardiff Council, Cardiff University, Diabetes UK Cymru, Diverse Cymru, EYST Wales, Hayaat Women Trust, Hindu Council Wales, MS Society Cymru, Muslim Doctors Cymru, Oasis, Race Equality First, Sight Cymru, Sub-Sahara Advisory Panel, and The Mentor Ring, whose collaboration ensured the success of this year's event.



Minority Ethnic Communities (MEC) Health Fair 2024

Building Healthy Communities Starts with You!

FREE DROP-IN EVENT

GOODY BAGS FOR THE FIRST 100 VISITORS!

10am- 3pm
16
October

Cardiff City Stadium
Leckwith Road Cardiff, CF11 8AZ

Health Checks
Weight check (BMI), blood pressure, heart screening and other medical checks by health professionals.

Workshops
Exercise taster sessions such as Yoga and support on accessing the new NHS Wales App

Information
Over 60 Stalls from various organisations and a Q&A session with health professionals

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CAVAMH **MS Society** **EYST Wales** **Hayaat Women Trust** **Hindu Council Wales** **MS Society Cymru** **Muslim Doctors Cymru** **Oasis** **Race Equality First** **Sight Cymru** **Sub-Sahara Advisory Panel** **The Mentor Ring**

C3SC **Diverse Cymru** **Diabetes UK** **SSAP** **HCW**

Programme and Activities



The event featured a range of activities designed to engage attendees and promote health awareness and encourage connections with providers to increase understanding of and responses to community needs:

Information stalls:

Over 70 stalls provided information, advice and guidance on a variety of health and wellbeing issues and services.

Q&A Session:

Discussions with representatives from Muslim Doctors Cymru (MDC), NHS Primary Care, Community Pharmacy, CAV 24/7 urgent emergency care and after-hours service, NHS Optometry, and Public Health Screening Services.

Guest speakers:

Guest speakers highlighted the need to improve ways to support people to look after their health in an inclusive way, eliminate health inequalities and build healthy communities regardless of ethnicity, religion or cultural backgrounds.



**The Cabinet Secretary for
Social Justice, Jane Hutt
MS**

**Councillor Julie Sangani
Cardiff Council Cabinet
Member**



**Councillor Babin Molik
The Rt. Hon Lord Mayor
of Cardiff**

Health Screenings and Checks- over a 100 health checks were conducted, including:

- BMI, Blood Pressure, and Heart Health Checks
- Hepatitis and TB testing
- Frailty assessments and NHS App support
- COVID-19 and Flu MMR- gelatine-free options

Workshops and Demonstrations:

- Yoga and Zumba
- Eye Care
- MIMA (Movement Inspired by Martial Arts)

Our Impact in Figures



350+

Participants registered, including community members,
professional staff and volunteers

100+

Health Checks Conducted,
including BMI, Blood Pressure,
Heart Screening, Hepatitis & TB
Testing.

70

Stallholders showcased services
providing vital information and
directly engaging with diverse
communities.

80%

Of the local people who
attended were from diverse
backgrounds.

85%

Of respondents reported
increased health awareness
due to attending the event.



Feedback and Insights



"This event helped me understand the importance of regular health checks." - Attendee



Attendees Feedback*

45% respondents attended for the first time.

97% found the venue easy to access.



75% of attendees committed to take further action on their health including making lifestyle changes.

**“It’s been amazing to network
and hear the voices of the
community firsthand” -
Stallholder**



Stallholders Feedback*

63% of stallholders reported stronger engagement with minority ethnic communities.

94% of stallholders discussed potential partnerships with other organisations, focusing on youth, women, and community health initiatives.

Stallholders’ highlighted benefiting from networking, community connections and promoting services with the public and diverse communities



“Encouraging healthy habits and interacting with a diverse community made this experience deeply rewarding.” - Volunteer



Volunteer Feedback*

A total of 30 volunteers from diverse communities - including Cardiff University Medical students- supported the event.

100% reported enjoying the experience of interacting with the community and promoting healthy behaviors.

40% of the volunteers used their language skills to support the event.



Acknowledgements



With thanks to the dedication of the MEC Health Fair Steering Group:



A special thank you to our sponsors, whose generous contributions supported a successful and impactful event – including CADR - Centre for Ageing & Dementia Research, C&V UHB - Public Health Dietitians, Cardiff South West Primary Care Cluster (C&V UHB), Cancer Research Centre, Hayaat Women Trust, Immunisation Team (C&V UHB), Leigh Day, Marie Curie, Mental Health Foundation, Public Health Wales - screening services, sexual health and vaccination, Public Health Wales Health Protection Team, Sandy Bear Wales - Children's Bereavement Charity, Tenovus Cancer Care, Welsh Ambulance Services, and Women Connect First.

And a big thank you to everyone who attended the MEC Health Fair 2024. We appreciate your support and hope you found it helpful and enjoyable.

We look forward to seeing you at MEC Health Fair 2025!

Contact Email: enquiries@c3sc.org.uk
Chair: Anna Ros-Woudstra