



Minority Ethnic Communities (MEC) Health Fair Impact Report

Celebrating Diversity in Healthcare



Held on 29th October 2025 at Fitzalan High School

2025

Introduction



The Minority Ethnic Communities (MEC) Health Fair 2025 event aims to help people from diverse ethnic backgrounds to tackle health inequalities by taking proactive steps towards managing their health and wellbeing and by connecting communities with healthcare providers. The event sought to bring health services together with people from a diversity of backgrounds to better understand their needs and aspirations, the issues and barriers to accessing healthcare and how to deliver inclusive, accessible, responsive services.

The theme of this year's Health Fair was **"Celebrating Diversity in Healthcare,"** and focused on improving understanding and responding to the diversity of experiences, cultures, and needs of people within the region's minority ethnic communities. A range of health and wellbeing service providers attended to help strengthen their connections with local community groups and further develop trust in their services. The fair was chaired by Cardiff Third Sector Council (C3SC) and supported by a Steering Group of diverse, committed partners including Cardiff and Vale University Health Board, Cardiff University, Diabetes UK Cymru, Diverse Cymru, EYST Wales, Hayaat Women Trust, Hindu Council Wales, Muslim Doctors Cymru, Race Equality First, Sight Cymru, and The Mentor Ring, whose support and collaboration ensured the success of this year's event.



Minority Ethnic Communities (MEC) Health Fair 2025
Celebrating Diversity in Healthcare

Wednesday, 29th October
Fitzalan High School, Leckwith Road,
Cardiff, CF11 8AP (10 am – 3 pm)

FREE Drop-in Event!

Goody bags for the first 100 visitors!

Programme

Health Checks
Blood pressure, weight check (BMI) and other medical checks.

Information
Visit more than 65 health and wellbeing information stalls.

Workshops
Healthy cooking, stress management, diabetes and exercise sessions with childcare and children's activities.

Question & Answer Session
Ask health professions the questions that matter including a women-only session.

Contact
✉ enquiries@c3sc.org.uk
☎ 07973 725 335

Scan QR Code
Event Details | Transportation | Workshops
c3sc.org.uk/mec-2025

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Programme and Activities



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

Information stalls:

Over 60 stalls provided information, advice and guidance on a variety of health and wellbeing issues and services.

Q&A Session:

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

Guest speakers:

Guest speakers highlighted their commitment to promoting diversity in healthcare and ensuring every community's needs are recognised, regardless of ethnicity, religion or cultural background. They called for collaborative, long-term action to tackle deepening health inequalities in the aftermath of the Covid-19 pandemic and austerity.



Councillor Julie Sangani
Cardiff Council Cabinet
Member



Anna Ros-Woudstra – C3SC –
P&E Coordinator and MEC
Health Fair 2025 Chair

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

- BMI, Blood Pressure, and Heart Health
- Frailty assessments
- 'Immunisations for Covid-19, Flu MMR, including gelatine-free options, information and advice

Workshops and Demonstrations:

- Diabetes Awareness and Lifestyle Education (Public Health Dietitians Team)
- Healthy Cook Along workshop (Public Health Dietitians Team)
- Stress Management Workshop (CCAWS)
- MIMA (Movement Inspired by Martial Arts by Cardiff Met Sports)
- Women's Health Q&A (Muslim Doctors Cymru)

Our Impact in Figures



280+

Participants registered, including community members,
professional staff and volunteers

100+

Health Checks Conducted,
including BMI, Blood Pressure,
Heart Screening.

63

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

80%

Of the local people who
attended were from diverse
backgrounds.

84%

Of respondents are more likely
to act on their health following
attendance to the event.



Feedback and Insights



"Being able to speak to people face to face made me feel more confident about accessing services." - Attendee



Attendees Feedback*

100% said they would recommend the event to friends and family

51% respondents attended for the first time.



86% would not change anything about the event

“We engaged with individuals who weren’t previously aware of our services, which shows how important this event is.” - Stallholder



Stallholders Feedback*

88% of stallholders reported stronger engagement with minority ethnic communities.

84% 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 diverse communities and the wider population



“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 supported the event - including Cardiff University Medical students & Fitzalan High School students

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 - including Arabic, Tamil and Somali



Acknowledgements



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



A special acknowledgment goes to our sponsors, whose generous contributions enabled us to deliver a meaningful and impactful event. The Health Fair would not have been possible without the helpful contributions of the stall holders attending the event and our sponsors, who include - Cardiff and Vale University Health Board - Primary, Community and Intermediate Care (PCIC), Cardiff Third Sector Council, Cwmpas, Glaucoma UK, Llais Cymru, Leigh Day, Macmillan/CAVUHB, National Cardiovascular Research Network (NCRN), NHS Blood and Transplant Organ Donation, Public Services Ombudsman for Wales, The Birth Partner Project, Welsh Ambulance Services University NHS Trust, and South West Police. Huge thanks to all.

And a big thank you to everyone who attended the MEC Health Fair 2025 - we hope you found it helpful and enjoyable - we truly appreciate your support.

We look forward to seeing you at MEC Health Fair 2026!

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