

**SUNDAY 24TH
SEPTEMBER 2023
10AM-5PM**

York Health Mela

Multi-Cultural Health Festival

Revitalise Your Health: Experience York Health Mela! Discover a vibrant celebration of well-being with diverse entertainment, free health checks, and more...



York Museum Garden
Artists Garden, behind York Art Gallery

The nearest car park is Marygate, YO30 7DT

**FOOD/DRINK, STALLS, ENTERTAINMENT,
ACTIVITIES AND MUCH MORE...**

**FREE ENTRY
EVERYONE WELCOME**



PROGRAMME OF ACTIVITIES

10:00 AM

DJ Saiqa playing music from all Cultural backgrounds

10:30 AM

Opening speeches

11:00 AM

Kaminari UK Taiko drummers

11:20 AM

Ebor Morris dancers

11:40

Mic & Susie Darling - York Traveller Trust

12:00 PM

DJ Saiqa, time to visit food outlets and health educational stands

1:00 pm

Kaminari UK Taiko drummers

1:20 pm

Ebor Morris dancers

1:40 pm

York&Україна Together Choir

2.00 pm

East Asian Ensemble York group
Dream Back to Tang Dynasty

2.20 pm

Miz Diva Deebea - Bollywood Dancing

2.40 pm

Male Tai Chi
class

2.40 pm

All-female Bollywood
Dance Class

2.40 pm

Capoeira - Children's
Class

2.40 pm

Meditation Class
Under the Tree area

3.10 pm

Indian Tabla session

3.30 pm

Bhutan Dancers

3.50 pm

Poetry from Descendants of the Windrush Generation

4.10 pm

Capoeira Community



EVENT STANDS

Health Care Interactive stand

NHS Humber and North Yorkshire Integrated Care Board (ICB)

Cancer Care

NHS Humber and North Yorkshire Integrated Care Board (ICB)

Children's Transformation Team

NHS Humber and North Yorkshire Integrated Care Board (ICB)

Women's Health

Nimbuscare

Health Navigation – how to find your way around the NHS

Nimbuscare

Health Care Stations

York Medical Group

Volunteering & Healthwatch

York CVS

York Ending Stigma & Social Prescribers

York CVS

End-of-life care - supporting people with life-limiting illnesses, their friends and family including bereavement support

St Leonards Hospice

Health Trainers Advise on Smoking, Exercise and Keep Fit

City of York Council

Clinical Advice and Treatment for a Range of Minor Illnesses

Community Pharmacy North Yorkshire

Men's Mental Health and Suicide Prevention

Andy's Man Club

Mental Health

Tees Esk and Wear Valleys NHS Foundation Trust

Holistic Therapies

York Natural Help

Religious and Spiritual Wellbeing

York Interfaith Group

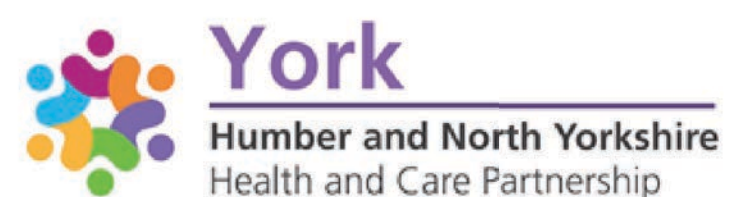
York & Scarborough Teaching Hospitals NHS Foundation Trust



York Health Mela

Empowering Communities to improve their
Health and Wellbeing

THANK YOU TO OUR SPONSORS



York Museums Trust

