

Your Health through nature

Newsletter May 2015
Volume-1 Y-1 Issue 1

Diabetes Self-Help Group supported by Belgrave Library and Indived Ayurvedic & Holistic Therapy Centre

Est-Jan 2012



**KEEP
CALM
AND
CURE
DIABETES**

Hello and Namaste! My name is Dr Sonal Bhavsar. Welcome to our first news letter for the Diabetes self-help group. I am delighted to introduce the diabetes group. One of the main aims is to set up this group is to offer help and support through meetings where anyone who is diagnosed with Diabetes type 1 or 2 can attend the group and share their feelings and anxieties. Let's beat Diabetes together by raising awareness and its complications. I would like to thank my family, Mary Pringle and Jagruti Shah for supporting my initial thought of setting up a diabetes group and make it happened. In addition I thank all my group members as this

Did you know: Sprout methi (Fenugreek) seeds help to reduce sugar and cholesterol level in the blood.



INVESTOR IN PEOPLE

What is Diabetes? Symptoms

Diabetes is a condition where person's sugar level in blood shows higher than normal.

There are mainly two types of diabetes. Type 1 and type 2. There are 3.1 million people live with diabetes in UK, the research tells from 2010. According to Diabetes UK, there are 850, 000 people have diabetes but haven't been diagnosed.

A pancreas produces Insulin which helps to maintain sugar level in blood. People with Diabetes either do not produce insulin or produce less, which may not be working.

Tired feeling, frequency of urination, blurred vision, Thirsty often, wound that does not heal quickly or Itchy skin.

If you have any of above symptoms and if any of your family member have diabetes than you are more likely to have diabetes. So you are at high risk. So make sure you see your doctor and raise your concerns to get checked out. Get advice from professional so you can control sugar level.

We would like to maintain our health and well-being. So together lets start a mission. Bring your ideas to share. Diabetes is a silent killer so we must not ignore. We must watch what we eat to keep the sugar level under control. Together we want to raise the voice. Our mission is to raise awareness about long term complication by educating diabetic patients.

Your comment is valuable to us. Do not hesitate to share your views about this newsletter on dgleicester@gmail.com

Group meeting

The diabetes self-help group meeting takes place every Saturday from 11 till 1 pm at Belgrave Library. We share each others' experiences, knowledge and feelings. Learn, how to look after our health and well-being. Stress is one of the main factors to get ill. The purpose of the meetings is to relieve the stress by talking to other members and socialize.

Few words from Mary Pringle (Senior Community Librarian)



Aruna with Mary

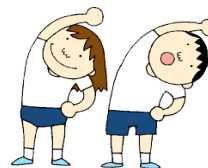


Our group meeting

I think your idea of setting up a Diabetes Self- Help group was an excellent one and the work you have put in with the group, getting outside speakers and information sessions organized has been well received. It's several years since the group first started meeting in the library, January 2012 to be exact and the group has grown in numbers and taken part in several Belgrave health events since then. For the library's part we are pleased to welcome the group each week and make books on diabetes and other health matters available to them.



Aryan's corner



Regular exercise is ideal for people who have diabetes. It helps to circulate the blood around the body.