



DIABETES SELF-HELP GROUP

Your Health through Nature

Udybharti
Newsletter
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Hello and

Namaste! My name is Dr Sonal Bhavsar. Welcome to our first newsletter for the Diabetes Self-Help Group. I am delighted to introduce the diabetes group. One of the main aims 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 about Diabetes 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 making it happened. In addition, I thank all my group members as this would not have been possible without your support. Our group is going strong with over 100 members, but we hope to help many more of you!

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What is Diabetes?

Diabetes is a condition where a person's sugar level in their blood shows higher than normal. There are mainly two types of diabetes. Type 1 and type 2. There are 3.1 million people who live with diabetes in UK. According to Diabetes UK, 850,000 people have diabetes, but haven't been diagnosed. The pancreas produces Insulin, which helps to maintain the sugar level in the blood. People with Diabetes either do not produce insulin or produce less, which may not be working. Feeling tired, a frequent need to urinate, blurred

Group meeting

The Diabetes Self-Help Group meetings takes place every Saturday from 10:30am till 12:30pm at Belgrave Library and Thursdays from 10am till 12pm at the Church of Resurrection. We share each other's experiences, knowledge and feelings. Learn how to look after our health and well-being. Stress is one of the main factors in getting sugar level up and down. The purpose of this group is to reduce isolation and learn from other members.

Symptoms

vision, and wounds that do not heal quickly, as well as Itchy skin can all be symptoms of diabetes. If you have any of the above symptoms and if any of your family members have diabetes; you are more likely to have diabetes. So, you are at high-risk. Make sure you see your doctor and raise your concerns to get checked out. Get advice from a professional so you can control your sugar level.

We would like to maintain our health and

well-being. So together let's start a mission. Bring your ideas to share. Diabetes is a silent killer, so we must not ignore it. We must watch what we eat to keep our sugar levels under control. Together we want to raise the voice. Our mission is to raise awareness about long term complications, by educating diabetic patients.

Few words from Mary Pringle (Senior Community Librarian)



Aruna with Mary



Our group

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.

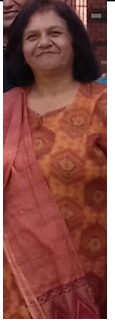
Your comments are valuable to us. Do not hesitate to share your views about this newsletter on dgleicester@gmail.com

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INVESTED IN PEOPLE

TESTIMONIAL



For each edition of our bi-monthly newsletter, we speak to one of our members about their experience of the Diabetes Self-Help Group, this time, it was the turn of long-term member, Urmila Bhatt, best known to those who know her as Usha.

Q. Why do you come to the Diabetes Self-Help Group?

A. 'I find it's a way to get out of the house and talk to people. At home I can often get lonely and find coming to the group means I can socialize while getting advice from other people who live with diabetes. I hear about their experience and what works for them, which means we help each other.'

Q. What do you like best about the group?

A. 'The guest speakers: they help us to understand how to manage diabetes with expert advice, as well other guest speakers that deal with different issues, that affect many people in our group.'

Q. Are there any improvements that need to be made and if so, how can these be implemented?

A. 'I think we receive very good advice from guest speakers and group members, but we have to enforce those changes in our own life, we must be proactive and use the information we have learnt. A suggestion of what could help is, cooking classes, showing people how to cook healthily, showing them what ingredients to use and how.'