



Diabetes Self Help
Group

08-09-20

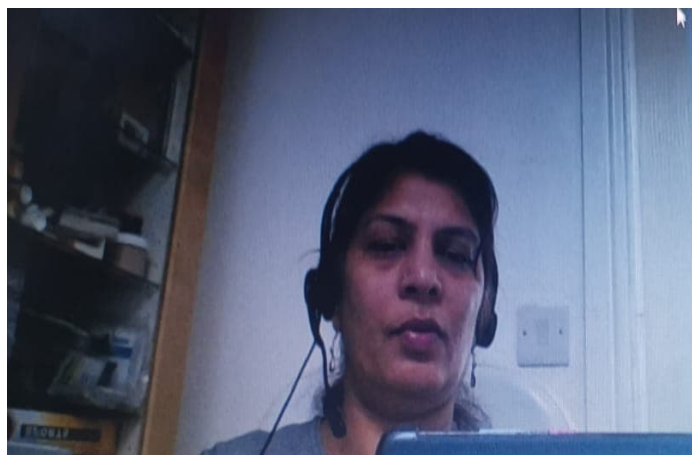
NEWSLETTER

Together we can empower each other

May – August 2020
Volume 7 Issue, 1

ZOOM MEETINGS

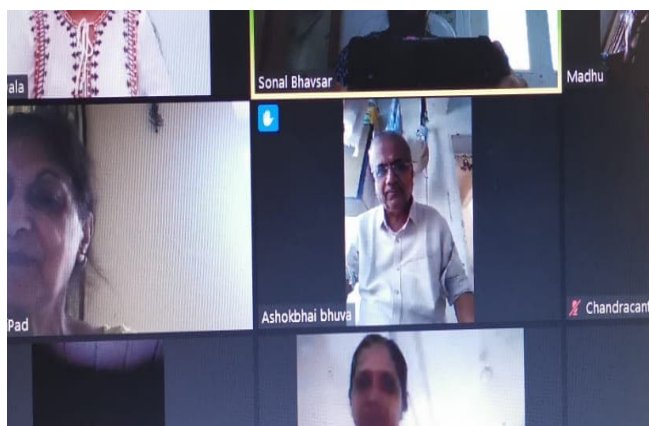
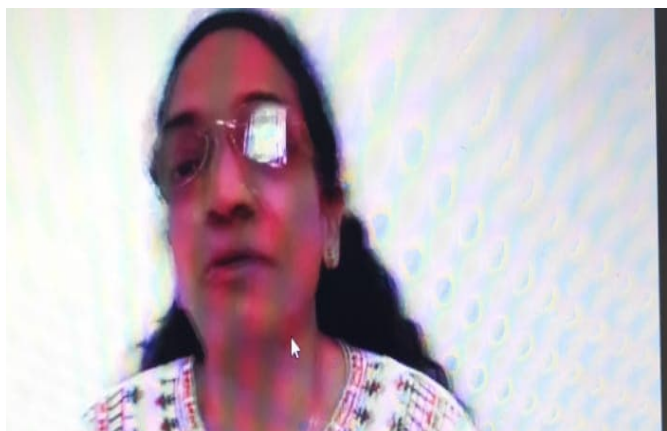
15.07.2020 Virtual Coffee Morning



Our first group meeting since Covid-19 took place virtually on Zoom on the 15.07.2020!

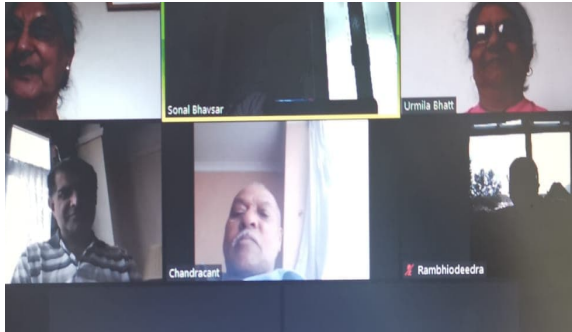
As of Covid-19 and the extended lockdown of Leicester, our group meetings in person have been unable to take place as normal. However, with the accessibility of technology and the internet, it has been possible to continue our meetings online with Zoom. This has been great as prolonged periods of social isolation can and has had devastating effects on society as a whole and on some of our members, so to be able to provide them with smiles and support has widely benefited us all.

22.07.20 Counting Calories with Dr. Maya Daruwala from Surat, India



Diabetes Self Help Group Zoom meeting number 2 with a special guest! The topic revolved around counting calories tips and tricks with Dr Maya Daruwala. A big thank you to Dr Daruwala for her involvement and sharing her knowledge with the group.

29.07.20 Health through Ayurved by Dr Sonal Bhavsar



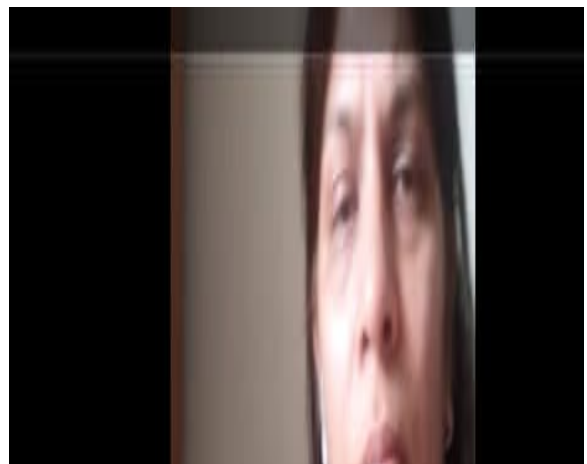
In this week's meeting, health through Ayurvedic means was discussed by Dr Sonal Bhavsar. This topic was especially important during Covid-19 as it offered some alternative ways to look after your health.

12.08.20 Guess Game with Deepak Bhavsar from Mumbai



WhatsApp guess game by Deepak Bhavsar from Mumbai. A fun activity to raise spirits and offer a change of pace to the usual chatty and informative style meetings!

19.08.20 Vertigo & It's solution with Mallika Bhavsar



This week's meeting featured guest Mallika Bhavsar from Mumbai, India discussing the topic of Vertigo and some possible solutions.

02.09.20 Seated Exercise with Dr Sonal Bhavsar



In today's Zoom meeting, the group took part in some chair-based exercises, led by Dr Sonal Bhavsar. With lockdown, many people's motivation to exercise and maintain a steady level of activity has decreased and so this was a great opportunity to ensure members carried out some light exercise to care for their general wellbeing.

WE OFFER ONE-TO-ONE SUPPORT

For anyone struggling with Isolation during lockdown we offer one-to-one call support sessions to uplift spirits.



Follow the below tutorial to join our meetings on Zoom!

You do not need to sign up or have an account with Zoom to join a meeting.



A Zoom Meeting Invitation via email will look something like the above picture.

Click the 'Join Zoom Meeting' link to join.

Next, a new window will open. This will say either '**Download**' or '**Launch Zoom**'. Click one of these options.

If you see a window with '**Waiting for the host to start this meeting**' with the option to '**Test computer audio**' It means the host has not started the Zoom Meeting yet and you can either wait or close the window and try the link again later. Selecting '**Test Computer audio**' will allow you to adjust your microphone and camera settings. Be sure to check that your microphone is not muted and your webcam is turned on if it is essential to the meeting.