



TESTIMONIAL: MEMBER OF THE DIABETES SELF-HELP GROUP

A volunteer sat down and spoke with a member of the Diabetes Self-help group. He is at the age of 94 and attends the group even though he doesn't have Diabetes. He loves the atmosphere of the group and enjoys coming to every session!

Q) How long have you been a part of the group?

- It has been almost 2 years and 8 months, since I have joined.

Q) Do you have Diabetes?

- No, I do not have Diabetes but I strongly believe that healthcare is very important. I don't have any particular health issues.

Q) So you only come to develop a better understanding about healthcare?

- Yes, I like to come to the group to gain a better understanding of healthcare. More importantly, I wanted to find out about the causes of Diabetes and how people can prevent it from getting worse and help treat it.
- As I am of 94 years of age, any information I can gain about a better health will only help myself.
- And so I strongly believe that it is important to understand everything in relation to healthcare so you can look after yourself properly.

Q) Why do you enjoy coming to the Diabetes Self-help group?

- I enjoy coming to the group because everyone here are nice people, and I like to meet different people from the community. Also, I learn about their personal experiences and their feelings about Diabetes.
- We also have volunteers, like yourself, who come along and learn things so it is nice to meet them too.
- Also, Dr Sonal Bhavsar provides information and guidance to us and it helps us gain new information that we would not know otherwise. She also speaks to us individually, without charging us anything, to see if we are doing ok in terms of our own personal health.

