



Diabetes Self Help Group

27-04-20

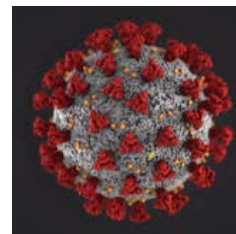
NEWSLETTER

Together we can empower each other

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Through this pandemic, unfortunately, we have stopped meetings on both Wednesday and Saturday due to the importance of social distancing. This Covid-19 has led everyone to feel stress as the virus is spreading widely. In the UK there has been 153,000 confirmed cases and 20,732 deaths due to the underlying corona virus that has spread worldwide. This has led the group members to have to stay inside more often and only leave the house when required. To make our group members feel unforgotten, volunteers and group leaders have been asked to call in to check up on the members on a regular basis to make sure they are okay and doing well. For some members leaving the house was a struggle due to the condition i.e diabetes or because of old age. We hope the members keep healthy and still do exercise activities for their wellbeing.

The meetings have closed since the 18th March 2020 where group members were previously warned that the weekly meetups may be delayed for a few weeks. The group leaders have not discussed running any meetings for the next following weeks until this lockdown is established that it has been broken. Sonal, the group representative believes the members safety and health plays a vital role into when the meetings will be available again but as for now, they will remain closed.



NHS **COVID-19 Safe PPE**

For more information contact 0203 979 2429 COVID@nhs.uk or go to nhs.uk/covid19

Fluid Resistant Surgical Mask
FFP3 Face Mask
Gloves
Disposable Apron
Long Sleeved Fluid Repellent Gown

Types of Face Mask:

- Paper:** Fits loosely and is easy to breathe through, but does not contain any filter.
- Surgical:** Fits over mouth and nose. Helps prevent spread of large respiratory droplets when wearer coughs or sneezes.
- Pitta:** Used mostly for filtering pollen and dust. Not the best for protection against Covid-19.
- N95 respirator:** Fits tightly with minimal leakage around the edges. Offers the best protection by filtering at least 95 per cent of small particles.

Source: WHO

General contact with confirmed or suspected Covid-19 case
Aerosol Generating Procedures

NB: Eye protection is to wear on risk assessment

For some members, the unavailability of the meetings has had a large impact on their lives as some members tend to stay inside alone without socializing or interacting with others. From their faces and words mentioned in the meetings, some feel distraught when meetings are cancelled for various reasons. In the regular check-ups, the volunteer advises the person to wash their hands and keep good hygiene to reduce the spread of the virus. Furthermore, corona virus can cause more severe symptoms in people with diabetes and people of old age so we show loads of concern for our members that tick the criteria. This can cause stress and discomfort if a person has a mild cough but we can only do so much and advise them to stay clear of people with symptoms as well as people in general because they have a high risk level. On the other hand, we repeatedly assure them that they should not panic and remain calm.

One of our group members, Malukchand Seth, turned 96 years old on 23rd April 2020. Diabetes Self Help Group is wishing him a very happy 96th birthday while he keeps safe and respects the guidelines of the government of social distancing.