

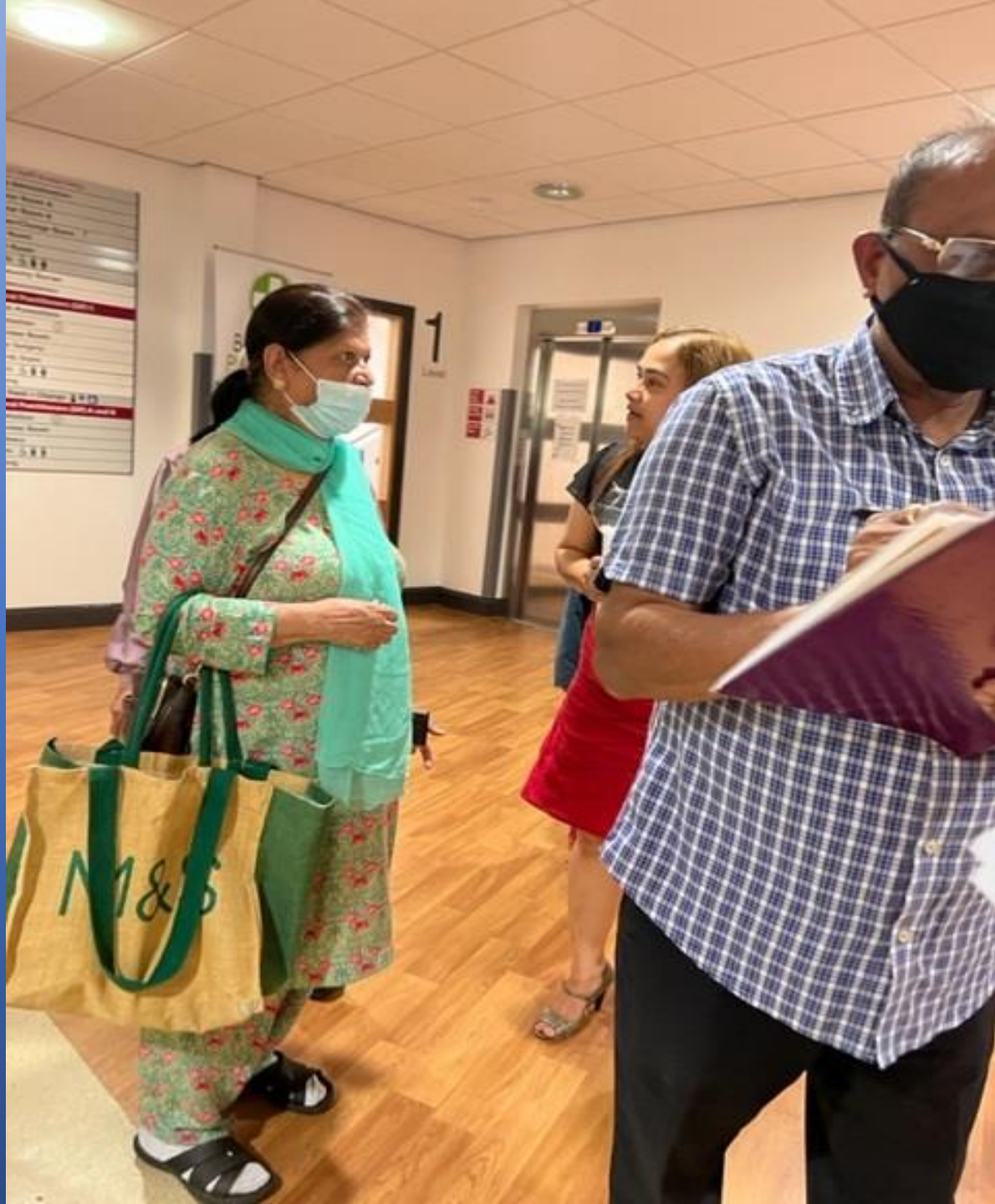
**Dr R Kapur & Partner**

**Diabetes Awareness Health Event**

**16<sup>th</sup> June 2022**





















Health Promotions

General Practitioner



















to take part because I like drawing and  
we made is going to be there for years



Health  
Foundation













	Staff Room
	Quiet Room
	Toilets ♿♂♀
	Community Nurses
	GP Administration
<b>Level 1</b>	<b>General Practitioners (GP) C</b>
	Health Promotions
	Information ⓘ
	Interview Room
	Minor Surgery
	Records Store
	Toilets ♿♂♀
	Waiting
<b>Ground</b>	<b>Baby Feed &amp; Change</b> 🍼👶
	<b>General Practitioners (GP) A and</b>
	Information ⓘ
	Interview Room
	Pharmacy
	Toilets ♿♂♀
	Waiting





Level 1

- Quiet Room
- Toilets
- Community Nurses
- GP Administration
- General Practitioners (GP) C
- Health Promotions
- Information
- Interview Room
- Minor Surgery
- Records Office
- Toilets
- Waiting

Ground

- Baby Feed + Change
- General Practitioners (GP) A and B
- Information
- Interview Room
- Pharmacy
- Toilets
- Waiting















Health Promotions



Health Promotions































Diabetes) Self-Help Group  
Dr Sonal R Bhavsar (BAMS)

Website:

<https://www.diabetesselfhelpgroup.co.uk/>

Phone: 07921565385

Email: [dgleicester@gmail.com](mailto:dgleicester@gmail.com)



## About (Diabetes) Self-help group

Diabetes Self-Help Group was set up in January 2012 to offer help and support to people in community having diabetes condition, social & emotional isolation as well as taking control of their sugar level through our regular meetings.

We are a community-based Self-Help Group in Belgrave area Leicester, where adults with a diabetes condition can join our physical activity groups, share their experiences, meet new people, make friends and take part in group discussions such as healthy eating, doing physical activity which help people to improve their lifestyle.

For the last six years, we have also opened the membership for non-diabetic patients who have High Blood Pressure, Heart condition, Living alone, Socially excluded and any other long term health conditions. We started our coffee morning at The Church of Resurrection at Surrey Street then moved to Belgrave Neighborhood Centre which is currently closed due to covid restrictions and currently we are meeting at Moira Street Temple.

### **Aims:**

- To share feelings, anxiety and experiences
- To meet people with the same problems
- To learn from each other and support each other
- To promote healthy and active lifestyle
- To improve mental and physical health well-being
- To understand the condition better by attending talk and workshops from professionals

## **Who can join?**

- Anyone with long term health condition
- If you are suffering from diabetes type 1 or type 2
- If you are caring for diabetic person
- If you are on tablet or insulin
- If you are diagnosed on a border line
- If you would like to know more about diabetes
- If any of your family member has diabetes and you are a high risk

## **What do we offer?**

- Share experiences on diet, exercise and healthy lifestyle
- Professionals coming to our group to offer information.
- We discuss different health topics at our daily meetings. i.e., maintaining healthy diet, unhealthy food, stress affects mental health, importance of physical activity
- We offer range of activities. i.e., indoor and outdoor including group walks, gardening, picnics, yoga etc

## **How to join us?**

You can self-refer to our service by calling 07921565385 or by email [dgleicester@gmail.com](mailto:dgleicester@gmail.com) or by sending us our completed referral form (form attached in an email)

We also take referrals from other organisation such as stroke association, Leicester Ageing together, GP surgeries and many more.



## How can you help?

- By offering your time or expertise i.e., to improve our service, admin support, Group activity suggestions, funding etc (we are open to new ideas)
- Donation – Your little help will keep the groups going
- Suggestion for marketing ideas & materials

## Where do we meet?

<p>Coffee morning Monday Time: 10 am to 12 pm Venue: Shakti Mandir, Moira Street, Leicester</p> <p>Currently offering 12 weeks course from University of Leicester called Healthy Goal. We offered 45 minutes Health talk and 45 minutes of physical activities.</p>	<p>Gardening &amp; plant growing session</p> <p>COMING SOON</p> <p>We do seed planning and growing session in a fresh environment for improving mental and physical health.</p>
<p>Golf Project for family and teenagers Date to be confirmed</p>	

We also had the below two groups running twice a week but due to pandemic situation we had to stop the groups. But with everything getting back to normal we will be resuming those groups soon. Below are the details:

Every Wednesday  
Coffee morning

COMING SOON

Every Saturday  
Health Meeting

COMING SOON

For more details on diabetes self-help please visit the below website:

<https://www.diabetesselfhelpgroup.co.uk/>



Thank You

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