

HONEYZZ

Diabetes Support Group



WELCOME...

to our First newsletter

Welcome to the Honeyzz Diabetic support group newsletter.

In this first edition, you will find out what drives our members to support others suffering from diabetes and the associated complications and illnesses

Honeyzz was established in 2002 as a welcoming and embracing multi-cultural diabetic support group spanning all ages, both sexes of people with differing abilities and health needs. We want to improve the understanding of diabetes and share ideas.

We want to work in a way which encourages everyone to work together to enhance diabetes awareness, and that includes different races and cultures, learning from each other.

Why a Newsletter?

The idea for a newsletter was triggered when the remark "Oh! I didn't know that the group was still going" was overheard from a past member. It indicated to us that our message and activities were not reaching the community. Through this and future publications, Our main goal is to reach people with an interest and a

We aim to encourage professional input and feedback.

We seek to be empowered through education, information, sharing of experiences, in order to achieve a better understanding and awareness of diabetes the development of new services for diabetic sufferers, their carers' and families.

We meet twice a month to share what we read, what we've learnt, discovered, and experienced. - from Leila's liniment to Rubina's concoctions and Denzil's discoveries; from Cynthia's meteorological joints to Dorothy's updates - all are revealed at our bi-monthly meetings!

Come and join us.

Volume 1, Issue 1

JUNE 2008

Special points of interest:

- *Display and Presentation in the Public Library*
- *Join Jackie's exercise classes*
- *Dates of future meetings 2008 / 09*

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remit to sufferers of Diabetes and to re-ignite and expand support for the group

— ***R e m e m b e r , there is strength in numbers!***

“Got Diabetes, Get Active”

Physical Activities Matters.

Good health is your greatest wealth! ‘Join Jackie’ exercise classes every 1st Tuesday in the month.

We will soon be adding swimming and planned walking to our list of activities. Some members have expressed an interest in gardening and allotments.

In the meantime, while you’re out and about, use the stairs



rather than the lift.

Walk around while you’re on the ‘phone. Take the bus instead of the car

Remember: ***Your Health is your greatest Wealth!***

A FEW PERKS OF BEING OVER 50

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first!
3. No one expects you to run, anywhere.
4. People call at 9 pm and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 pm.
9. You can live without sex but not your glasses.
10. You get into heated arguments about pension plans.
11. You no longer think of speed limits as challenge.
12. You'll stop holding your stomach in no matter who walks into the room.
13. Your eyes won't get much worse.
14. Your investment in The National Health Service is finally beginning to pay off.
15. Your joints are more accurate meteorologists than the TV weather forecasters.
16. Your secrets are safe with your friends because they can't remember them either.
- 17 Your supply of brain cells is finally down to manageable size.

OUR VISIT TO BRADLEY COURT

On the 29th May 2008 , members of Honeyzz Diabetes Support Group extended a visit to the residents of Bradley Court, many of whom have diabetes. We were welcomed by the manager Jacqueline, and Margaret.



During our stay, we chatted and shared our stories and experiences around Diabetes, renewed past acquaintances and generally had an enjoyable time with the residents. Oh, Thanks Margaret, The tea and cakes were lovely!

ARE THESE FOODS SUITABLE FOR DIABETICS ?

(Picture)

What are their calorific values? How are these measured? How much is a small portion/

These were some of the questions on the lips of members and visitors who visited the Honeyzz display in the Main Public Library on the 6th April 2008. [Read on](#)

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Honeyzz were invited by Kirklees Health Trainers to present a display in the Main Library in Huddersfield., on behalf of Honeyzz Diabetic Support Group.

In Attendance : Denzil, Cynthia, Tina, Maurion and Gloria.

The display formed part of a wider programme of Healthy living activities.

Honeyzz provided a display of the services it offers to its members, including a display of African Caribbean Foods (above) designed to prompt curiosity, interest and discussions on the part these foods play in the life and diets of diabetics

Leaflets, postcards (with date, time, contact number



and place of meetings) and general information on diabetes were made available to be taken away.

People were curious of the foods and wondered what they were and how to cook them. Suggestions were raised for cookery classes and taster sessions to be made available to the wider communities

The display was well at-



tended with particular interest in the foods and the Blood Pressure Monitoring session. (above)



Blend together :

- 4 apples (any kind),
- Half a cucumber,
- 2 cm of fresh ginger,
- 1 bunch of fresh mint.

Apples contain pectin, which



removes built-up toxic waste in our intestinal tract and has cancer-preventing properties. They're also packed with vitamin C, Calcium, magnesium, beta carotene, and folic acid, and helps flush out your liver and kidneys.



Punctuation is powerful!

An English professor wrote the words "A woman without her man is nothing" on the chalkboard and asked his students to punctuate it correctly.

All of the males in the class wrote: "A woman, without her man, is nothing."

All the females in the class wrote: "A woman: without her, man is nothing."

Punctuation is powerful !

Dates for Honeyzz Meetings 2008/09

2008

4th & 18th March

1st & 15th April

6th & 20th May

3rd & 17th June

1st & 15th July

5th & 19th August

2nd & 16th September

7th & 21st October

4th & 18th November

2nd & 16th December

2009

6th & 20th January

3rd & 17th February

*Management Committee meetings
underlined

WHAT'S NEW

Honeyzz Newsletter will be available 4 times a year as a free publication to members, carers, and friends of the Honeyzz Diabetic Support Group.

It will aim to encourage the sharing of information among its readers rather than give advice or perform any of the functions of health professionals. Moreover, it will enable and empower its members to "listen to their bodies", from a position of awareness and understanding.

To strengthen this support, a small library and drop-in service is currently being established to include relevant books, literature and on-line information on diabetes and associated illnesses. A Blood Pressure Monitoring service will be made available.

The group operates out of The St John's Resource Centre.

Honeyzz Management Committee Members for 2008

Denzil Nurse (Chairperson)

Agnes Primus

Leila Hanson (Secretary)

Maurion Smith

Jean Ambrose (Treasurer)

Gloria Nurse

Martin Hamlett

Winnie Prentice

Ann Matheson

Members acknowledge the support of Community Liaison / Gateway to Care, and also the encouragement from Dorothy Clayton (Huddersfield PCT)

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