

# HONEYZZ

## Diabetes Support Group

*5th edition of our Newsletter*



Dear members and friends,  
**As the carol goes,**

***We wish you a very Merry Christmas and a Happy New Year.***

**From the members of Honeyzz.**

In this edition of the Honeyzz newsletter, we look back over the journey travelled in the past 12 months, and beg the question:

*'What are we most proud of achieving?'*

Each member will have a different story based on their personal involvement with the group.

Throughout these pages, we will share some of the stories and pleasures which have been gained from the self-directed activities, made possible by the generosity of our funders.

The committee's decision to employ a consultant to build the organisation and member's capacity has paid dividends in terms of increased confidence, skills, knowledge and commitment to the development of Honeyzz.



*Judy Browne (Consultant-in-residence) shares a light-hearted moment with the chairperson, Denzil Nurse.*

We want to build on the success of the past year by:

- ◇ Establishing a community-based access point to fully support people with diabetes.
- ◇ To be more proactive in reaching out to the so-called, hard to reach communities which, by definition, can be inaccessible to the authorities.

### Challenges ahead

In the presence of the 'Credit Crunch' and the re-shaping of the diabetes delivery services in Kirklees, there will be greater onus on the individual to take more responsibility for their plan of care (and of their condition).

Crucial to this care is the awareness (*i.e. listening to one's body*), and gaining a greater understanding of the effects of the condition and its complications.

We will also be seeking to employ a worker who can assist us with these challenges.

Volume 1, Issue 5

**Nov / Dec  
2009**

Special points of interest:

- ◇ ***.Community Library- at your service!***
- ◇ ***Befriending Scheme***

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# EDITOR'S LETTER

## A Year in Picture....



From training...



...to the real thing !



Dear Members and Friends

### **A NEW COMMUNITY LIBRARY SERVICE—OPENS AND AT YOUR SERVICE!**

On the 17th November 2009, members and friends gathered at the St John's Resource centre for the opening of the Honeyzz Community Library. (*shown cutting the ribbon*)

The opening ceremony was performed by Dianne Hird of Kirklees Library Service, from whom 40 books were donated. (*top left*)

Books can be borrowed over a 4-week period, and may be extended.

Focused primarily on Diabetes and related complications, the collection also covers subjects such as Men's health, Women's' health issues, African Caribbean cooking, and Creative Crafts. Also available are CDs, DVDs and magazines.

Lending is well under way and items borrowed are promptly being returned!

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### **BEAD & JEWELRY-MAKING WORKSHOP**

12 members completed a 10-week course, in Beads and Jewelry making led by Lucinda Smith. The 'workshop is now opened to new members and friends. It will be held at the Resource centre every 2nd and 4th Wednesday of each month from 1pm-3pm, and until further notice.

You will be required to purchase a Bead-making kit. Come along and get further information. A very relaxing and creative pastime!



...through workshop sessions...

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### **HONEYZZ BEFRIENDING SCHEME**

The Befriending team (*left*) have now completed their training and are ready to deliver to those vulnerable members who may be isolated in their own homes. Visits start in the new year—2010.

Please be reminded that membership of Honeyzz is FREE, and you do not have to be a diabetic to join. We welcome friends, carers, and professionals to join us. Contact any member of the group, or call Denzil Nurse on 01484 427657 . See the back page of this edition for further information.

### Mobile Phone Training and introduction to the Internet.

We started this course as a means of enabling our members to keep in touch with each other and with the organisation; and to understand the full features of their mobile phone, beyond just making and receiving calls. The outcome of this training has brought many of the over 50's into the 21st century!

Winnie described it as "the best thing that has happened to her since turning 50." She boasts of being able to communicate with her children—'It's Wicked!' - (steady on Winnie!)



Thanks to our 'patient' tutor, Germaine, members can now send and receive texts messages and use other features. The classes have been regularly over-subscribed. There is now a waiting list for future sessions, subject to further funding!

Similar progress have been made in respect of the Introduction to the internet which was held in the computer suite of New Testament Church, Great Northern St.

### ORGANISATION'S PROFILE - St John's Resource Centre

St.John's Resource Centre provides accommodation for a number of groups that have found a synergy in working together under a consortium arrangement, to facilitate the provision of services to the predominately African Caribbean and emerging communities in Kirklees, around the issues of health and social care.

The groups comprise of Unique Care Lid, Honeyzz Diabetes Support Group, Huddersfield Older Peoples' Services (HOPS), Women in Action, and the Jamaica Nationals organisation. Other fledgling groups use the 'hot-desking' facilities

The centre has the potential to become a Healthy living and wellbeing project in the presence of an aging African Caribbean community, especially within the Huddersfield North Locality, and is worthy of your support!

#### **...and Finally**

**At this Christmas time, members of Honeyzz remember and extend warm greetings and the best of health to those members who are infirmed or house-bound, particularly John B., Iris J., Clotina G., Arthur S. and his wife, Sylvia S., Sandra W., Alison G., Catherine M., Mary J., Everil Mc D., and Nelson.**

***Have a Merry Xmas and a Happy New year!***

### **A Year in Picture....**



Enjoying a weekend visit to the Historic City of Chester, the Liverpool Slavery Museum and Docks



Jim Fletcher giving a talk on 'The Benefits Advice Service'—How it works and what it has to offer!



Vanessa and Sandra delivering an awareness - raising sessions on identifying hidden sugars in foods!



▲ Do not disturb. Silver-surfers



A founder member with one of our newest recruits. Guess Who is who?



This Edition has been compiled by the editorial team :  
**Denzil Nurse**  
**Maurion Smith**  
**Jean Ambrose**

## Upcoming events for 2010

### Talks, Presentations & Planned trips

- ◆ **Honeyzz Open Day** - March
- ◆ **Harrogate Flower Show** - Easter
- ◆ Fire Safety in the Home— A talk
- ◆ **Lake District** - A trip in June
- ◆ Kirklees Physical Activity Development Officer—PALS
- ◆ **Visit to the Theatre** - September
- ◆ **Health Fair** in Black History Month—Oct
- ◆ **A boat trip / Cruise** is planned for November 2010

### Disclaimer

Honeyzz aim to encourage the sharing of information among its readers rather than give advice or perform any of the functions of health professionals.

However, it seeks to enable and empower its members to "listen to their bodies", from a position of awareness and understanding.

**If you are interested in supporting the work of Honeyzz** (volunteering, offering your expertise, joining an advisory group), **please call Denzil Nurse on 01484 427657 to get involved.**

**Bead therapy—Every 2nd and 4th Wednesday of each month (1-3 pm until further notice**

**Indoor exercise sessions will alternate with structured outdoor walks with Jackie Johnson every 1st and 3rd Tuesday of each month (1-2 pm).**



### Dates for Honeyzz Meetings 2010

**19th January 2010 - Support group**

**2nd & 16th February**

**2nd & 16th March**

**6th & 20th April**

**4th & 18th May**

**8th & 22nd June**

**6th & 20th July**

\*Management Committee meetings are underlined and commences at 12.30 pm

The Support group meetings starts at 2pm.



St.Johns Resource Centre  
 29 St.Johns Road  
 Birkby  
 Huddersfield HD1 5DX

Tele : (Office) 01484 427657 (messages) 07894940444  
 Email : [Honeyzz@btconnect.com](mailto:Honeyzz@btconnect.com)

