



HONEYZZ

Diabetes Support Group

Spring 2021
18th Edition Newsletter

*Great things happen when people set their minds to it:
Dreams come true. Ideas become results.
Strangers become friends and allies.
Making a difference becomes a way of life.
On the job and in our communities, Volunteers and users go the extra mile to
make a difference, and we'll be doing well — very well — by doing good."*
.....*The Essence of Community life.*

Dear Members and the wider readership,

Welcome to the first newsletter of 2021.

Despite the toll taken by the ravages of the Coronavirus pandemic, I am happy to report that all of our members (age 60+) have survived the COVID-19 relatively unscathed.

How have they done it? ...Read more of their stories on **page 3**

In this edition

In our last 17th edition Newsletter before lockdown, we were left with 2 outstanding items to be delivered. (a) to deliver the checking and monitoring service; and (b) to roll out the 2nd phase of the HYVE Wellbeing and Self-management service. Read more on **page 6**

We take this opportunity to thank all who came forward to share their stories and experiences, and to be able to vent their frustration (and compliments) of the 'service'.

We also turn the spotlight onFind out on **page 8**

We are entering into new and unfamiliar ways of working and interacting with others.

New words such as Zoom, Social media, WhatsApp, social distancing and 'masking up' have become the 'new norms' for survival. We have also picked up an award along the way— **page 5**

We have shared one of our members' stories of the complications of un-managed diabetes. Read about the impact on **page 3**, and in an item "Post kidney transplant", on **page 7**

Enjoy the read

Denzil Nurse
Editor

Jean Ambrose
Deputy Editor

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Our ethos

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

Diabetes Education within Honeyzz is the means of moving our members along a pathway from ignorance (of the condition) to self management and self-care.

The impact of the Coronavirus

The impact of the Coronavirus on our members and the wider community has brought out the best and the worst in the community.

We have experienced a range of emotions ranging from fear, uncertainty, feelings of 'imprisonment', intense mental pressures, help with medication management and access, regular meals, Lockdown meant being locked out. As a group of 60+elderly, predominantly African Caribbean people with diabetes, we are able to call on the tools of survival and self help to build a camaraderie of support from family, friends, and frontline organisations in emergency.

During this pandemic, we have shared your struggles, felt your pain and walk alongside you up to this point.

Lessons Learnt...

We have learned lessons from the feedback of your experiences

- There is real compassion in our culture.
- In crisis and failures, communities readily come together in an air of self-help. (cultural awareness of our roots and value systems)
- We beg the question 'What do Social Services mean for us as a 'community of interest'.
- COVID-19 has exposed the real Gaps in Service.
- The term integrated services became FEASIBLE and ACHIEVABLE. "Friendship circles" were also formed.
- The concept of a one-stop HUB for communities of interest had become a crucial place of refuge;
- But if this pandemic has taught us anything, it is that while eroding or not supporting these front-line HUBS may seem economically expedient, our communities' long-term resilience is dependent on the existence of these social safety nets, these engines of solidarity that undergird our communities,
- We must all take heed of what it will mean to **BUILD BACK BETTER** from this pandemic.

A message from HONEYZZ to OASIS Care Support Services and partners.

2020 /21 have been a tough and challenging year for the community that we are entrusted to serve.

I urge you to take a moment to think about how you contribute to the lives of those that you care about.

To reflect on the strengths that you bring to helping others; and to look towards a brighter future in which the voices of older of people are strong and heard; where their individual and collective wisdom are both valued and welcomed; and to think about how to harness that resilient, compassionate spirit that has been have shown in 2020

Thanks, in particular to the lead role of OASIS Care Support Services for the provision of the hot meals and care planning service at a time of COVID-19 lockdown and the supportive role of the other partners.

Please be reminded that membership of Honeyzz is FREE to join, and you do not have to have diabetes to join. We welcome friends, carers, and professional advisers to join us.. Contact any member of the group or call Denzil Nurse on 07894940444 .

www.honeyzz.org Well worth a visit!!

HONEYZZ DIABETES SUPPORT GROUP

Responding to the COVID-19 challenges

Shared stories

How do I rebuild my independence after COVID-19?



Nella reflected on her period of lockdown and screamed *"Never again, this must never happen to me again. I have been made to feel a prisoner in my own home. Sometimes, the walls appear to be closing in on me—such has been my mental state"*.

It is time to put a personal contingency plans in place to avoid such an awful state of affairs in future.

"I have been most grateful and very much appreciate of the help from the volunteers and befrienders who have kept me sane"

NC

A bold step forward...

It is almost certain that we will be challenged by future crises in our coming years (man-made or natural).

To repeat the mistakes of the past and not learned from them can be regarded as learning experiences. To continue to repeat them borders on insanity!

A list of lessons learnt has been chronicled elsewhere in this Newsletter and is worth taking heed.

The community and groups have come together to effectively, and in partnership, address the urgency and life-limiting disaster that has unfolded, leaving the majority of the community helpless, hopeless, frustrated and worthless!

Does it have to be this way? It can be argued, and a case made for a bespoke alternative and we have piloted such a programme through the COVID-19 experience.

Let's put our heads and hearts together and explore ways of implementing an alternative!



Iona (Full name withheld) wishes to express her gratitude and appreciation for the help and support for the Caribbean Hot meals at a time when she was beginning to worry about the regular meals which she requires to control her diabetes. "The arrival of the volunteers with meals twice a week really lifted my spirit.

Thank you all very much

Simon, a volunteer,

It has given me great pleasure and a day full of satisfaction in the delivery of this service to others.

This reply summed up everyone's' feelings about the project *"Is there anything I can do to help?"*

Honeyzz Diabetes Support Group

Publications. Achievements. Awards. Acknowledgements.

Publications.



Awards & Achievements



Acknowledgements.



...an award sticker promoting good practices elsewhere.

Good News

Honeyzz has won a 'prize' on the "lottery"!

In this case, the lottery is the community, our members supporters, and stakeholders, and the prize is the award and recognition of the hard work by its members.

"HONEYZZ" - CHARITY OF THE YEAR IN THE WEST YORKSHIRE REGION"

The commendation

Dear Denzil

19th September 2020

You may not be aware but we are hosting the African Caribbean Achievement Project (ACAP) Windrush Achievement Awards in October as part of Black History Month 2020

The Awards celebrate the amazing achievements and contributions made by African Caribbean people in Bradford, Leeds & Huddersfield.

The panel of judges have been meeting for weeks and have selected you as the Huddersfield winner of 'Charity of the Year Award' (Honeyzz). The decision was made because we value and recognise the work you have done as well as your consistent commitment to the African Caribbean community.



You will be receiving a general Award for your achievements locally but in addition we are putting you forward for the Regional Awards event that is taking place live (virtual) on Saturday 24th October 2020 between 6.00pm-8.00pm. We do hope you can 'attend'.

Thank you for being a champion/role-model in the community and for providing inspiration for others to follow.

Stay Blessed

Derrick Clements- Head Judge

ACAP Windrush Achievement Awards 2020

HYVE™

Adapting Structured Diabetes Education for a Culturally Diverse Community

The HYVE—*Integral not add-on!*

The aim of the project is to support the user beyond the point at which traditional healthcare services fade out or have become economically unviable.

Our members would recognise that this approach has become 'a step too far' without a positive, relevant and proactive intervention programme on self-management.

The project provides for "Effective management: personalised care planning and self-management support" Users should be recognised as "**experts by experience**" stakeholders in their health, and be supported both medically and emotionally to navigate the challenges of managing their condition.

In-house training

The day to day management of Diabetes— Generic vs Bespoke!

Members have requested training in the understanding and day to day management of their condition. In response, we will continue to deliver a series of training at every available support group meeting throughout 2021/22, followed by an evaluation of the knowledge gained.

Subjects include

'What is diabetes'— 'its impact on your body and your family',
How to interact with your doctor (P.L.E.A.S.E.) and other healthcare professionals.— This is now more relevant in the presence of the COVID-19 pandemic.
How to deal with a Hypo and other diabetes emergencies, and much more!

The intended outcome is to build resilience for better self-care, and build the capacity to support your wellbeing
Thanks for the many of you who are enquiring and 'can't wait' for the re-opening of the HYVE.

"I can now understand what the doctor is saying to me about my condition".

"The HYVE is very reassuring"

"The work that the HYVE programme is doing is immeasurable."

" It's a fantastic way to empower individuals in managing their health"

The project resumes on the 1st May 2021 with an active fund-raising effort to raise approximately £60,000.

NEW DEVELOPMENTS

- ◆ A new partnership utilising the collective skills and experience of HONEYZZ Diabetes Support Group, Eagle Eye Enterprises Ltd, and Associates .
- ◆ Learning from the COVID experiences, we aim to Build Back Better.
- ◆ We will focus on embedding the knowledge within the African Caribbean and its Diaspora to support and empower them to take ownership and control of their own health.
- ◆ We will build the capacity of the workforce to support the users through hand-holding and sign-posting (where necessary); introduce "*How to.....coping mechanisms*"; *raise awareness and understanding of the condition.*
- ◆ *How to live well with Diabetes!*

More personal stories...

As a person of African and Caribbean descent with a sweet tooth, our foods are culturally different in character and variety – well spiced and seasoned, culturally prepared, but high in starches, and sugars!

During the Lockdown, we were in danger of allowing our foods to become our 'comforter', developing bad habits and behaviours.

I have reviewed my meals regime with a 'diabetes / Kidney kitchen' in mind.

In the next edition of the newsletter, we will explore the linkages between **diabetes** and high blood pressure, strokes, heart disease and kidney damage:

Undoubtedly, these have taken their toll on the deterioration of my kidneys, and dare I say, the rest of my body. Following my transplant, I am determined to take advantage of this 'new lease of life'.

My new nutritional plan.

There is no doubt in my mind where my problems stemmed – **years of un-managed diabetes control (and denial)!**

I have therefore devised my new healthy eating regime with a new, re-scheduled time table and **changes** from a cultural perspective.

Lunch now becomes dinner. Dinner becomes evening meal.

Breakfast - 8 - 9 am	Snack - 4.30 pm (optional)
Snack - 11.30 a	Dinner (now Evening meal) - 6 pm
Lunch (now dinner) 1.30 / 2pm	Supper - 10 pm

Why not incorporate some of the following tips into your daily life. Easily adaptable into today's hectic routines, the diet advice below could help people from suffering many of the associated health problems that accompany overweight such as Type 2 diabetes, high blood pressure, strokes, heart disease and kidney damage:

Get up 20 minutes earlier every morning and begin your day with a glass of hot water with a slice of lemon. This will hydrate your body after a night's sleep and cleanse out your system. Do 10 minutes of gentle exercise before breakfast. If you are overweight, exercises are best performed on an empty stomach.

Make sure you eat breakfast, the most important

meal of the day.

This will 'fire up' the metabolism and help you lose weight.

Keep to plain cereals with hot rather than cold milk. Hot foods digest faster making them ideal for people trying to control their weight. Make sure you have a mid-morning and mid-afternoon snack.

This will keep your metabolic rate working efficiently throughout the day and stop you snacking on the wrong foods later. Try a piece of fresh fruit in the morning and a warm bowl of homemade soup in the afternoon. Ensure that you don't skip meals and eat lunch (now our dinner) but avoid foods which can lead to slumps mid afternoon. Instead, opt for filling healthy, balanced options such as, *meat, fish and other ingredients* that are high in protein. *Carbohydrates (rice, pasta, potatoes)* and stack up on vegetables. Your evening meal could be based around the Mediterranean diet (*virgin olive oil, sea foods, beans, peas, nuts, seeds, leafy greens*), which could be followed natural yoghurt. Have a small amount of protein before you go to bed such as a tablespoonful of cottage cheese or a stock cube sized piece of chicken. This will ensure that the metabolism can continue to work whilst you are sleeping.

Hints

Avoid eating starchy foods after **6pm** because you will not have enough time to burn off the carbohydrates in the food before you go to bed.

Tips

Finally, adopt **ROY** (Red, Orange, and Yellow) technique and boost your metabolism. On day one, eat finger nail-sized pieces of red pepper every 15 minutes, on day two and day three do the same with orange and yellow then start again.

This will cleanse the system and keep an even metabolic rate throughout the day.

Warning!

If you were a fridge magnet, what would be your message?

"Whatever your culinary needs are, you wouldn't find it in here"

Turning the Spotlight on...*Denzil Nurse*

Denzil has been 'working' as an unpaid servant leader for the past 20+ years in the local community of Huddersfield. His previous 22 years were spent in the Nursing profession (General and Psychiatric)).

He has been the chairperson of the Honeyzz Diabetes Support Group for the past 12 years, steering the organisation through its early stages of development as a community-based, community-led culturally sensitive service to, predominantly though not exclusively, the over 60's African descent community, with low or no knowledge or awareness of their condition.

His aim is to make the work of Honeyzz relevant, inclusive and an integral part of the wider diabetes service in Kirklees, without compromising its unique contribution.

In addition, he brings a lived experience of living with Type 2 diabetes, and can be regarded as an "Expert by Experience".

He shares the mission of the members and the organisation which pledges that *"within 3 years, no member would be without adequate, culturally-sensitive and satisfactory diabetes care"*.

Where does Honeyzz fit in the Diabetes community care programme?

He believes that *"Our support forms part of your treatment"*.

Denzil is not averse to sharing his wider community development experiences with other like-minded groups and individuals (see *'Kidney Transplant in this issue'*). However, his first allegiance is to the HONEYZZ Diabetes Support Group and its development.

Jean Ambrose
Deputy Editor

Up and coming events

- ◆ 10th May 2021 — A webinar presentation to LOCALA on Honeyzz work in the community.
- ◆ The Windrush Memorial Garden-Supporting our communities' well-being, marking our presence in Huddersfield (and the UK)



- ◆ Date for your diary : 22nd June 2021. - The belated 'LAUNCH' of The Windrush Memorial Garden
- ◆ An introduction to ZOOM. training commencing 11 am on Thursday 6th May 2021



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