

# HONEYZZ

Diabetes Support Group



## Spring Summer

2015

### 12<sup>th</sup> Edition Newsletter

#### **Editorial**

Welcome to our Spring /Summer Edition of Honeyzz Diabetes Support Group news!

Since the last edition, good news have come upon us.

#### **The New Mayor's Charity – DIABETES**

We are delighted to receive the new Mayor for Kirklees 2015, Cllr. Paul Kane.

Paul is 58 years old and has been a Councillor for the Dewsbury East Ward for the past 20 years.

Paul says 'I have had the remarkable honour of being the Deputy Mayor for the last 12 months meeting some wonderful people and engaging in many differing events.

To experience the esteem, in which our communities hold the Civic Office and their representatives, has been truly amazing.

I am proud of my upbringing and believe that through hard work and commitment most people can achieve recognition. I humbly thank my group for this honour they have bestowed upon me and also think this is an honour for my home town of Dewsbury.'



Paul has adopted diabetes as his chosen charity during his year of office and for the next twelve months, he will be raising much needed funds for Diabetes UK, to raise awareness of this illness and help prevent the major problems that it can cause.

Type 2 Diabetes is preventable with a good diet and meaningful exercise but is becoming an epidemic in our communities. We look forward to gaining his support locally.

Anyone wanting to get involved in the Mayor's Appeal, contact:  
[mayors.office@kirklees.gov.uk](mailto:mayors.office@kirklees.gov.uk)

#### ***Inside this issue***

***Talks from the Professional*** 2

***Maurion's Column*** 3

***News from the Web*** 3

***Management Committee*** 4

***Turning the Spotlight on*** 4  
*.... JEAN*

***What's on*** 4

#### ***Our ethos***

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



**DIABETES UK**

## **A chance to get our message across!!**

**Honeyzz Diabetes Support Group is most grateful to receive a grant of £1032 from *One Community Foundation* to purchase a Pop-up Gazebo. This gift will enable the organisation to get out and deliver its message "Raising the awareness of diabetes" on the doorstep and into the heart of our community.**



### **HEALTHWATCH**

What is it and what does it do?

Shabana Ali, in her talk, explained that Healthwatch champions the voice of the community in relation to issues around Health and Social care.

So what's the current issue?

It has been observed that Black, Asian and Minority Ethnic (BAME) Communities are not accessing end of life care services. Healthwatch Kirklees is undertaking this survey to understand why these local communities in Kirklees are not using the hospice (Kirkwood) services and wants to identify appropriate ways to improve access to specialist palliative and end of life care services. The survey can be found <https://www.surveymonkey.com/r/XKLYSG2>.

### **Talk on 'Diabetes and Oral Health**

Members received an educational and interactive talk from Gencare Dental services (Romit Sharma and his associate, Jodie).

The highlights and salient points of the 45-minute talk raised awareness of the dangers, damages and complications associated with, (or the lack of) mouth care.

They received tips on care of dentures and gums; and hints and techniques on effective brushing and cleaning. Following a question and answer session, members were given a 'goodies bag' of useful items.

### **Social prescribing – what is it?**

*.... introduced to ease the burden on GP practices.*

The pressures of 21st century life styles have created a number of social factors which have impacted on health, wellbeing and our quality of life. These pressures present as physical ailments, requiring relief in our GPs surgery.

Loneliness, feelings of isolation, depression; mental and other psychological manifestations originate from a lack of social interaction (as we humans do!).

A new form of 'prescription'- social prescribing, has been introduced, in partnership with the voluntary and community services, to ease the burgeoning workload on GP practices. It aims to provide high quality local 'social prescribing' services for GPs to have as additional powers to their elbow.

This new Diabetes Prevention Programme can be accessed and 'prescribed' through your doctor, so as to augment and enhance your quality and enjoyment of life.

**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](http://www.honeyzz.org) .... Well worth a look!!**



## Maurion's Column

### Creating a 'Diabetes-friendly Kitchen

Let's face it! How many of us shop with our diabetes in mind? I'd guess that not many read the labels or take notice of the sugar, fat or salt content of the foods we buy. Most of us are heavily influenced by price. But be aware!

#### 1. Shop right

- ♦ Shop for food only on a full stomach
- ♦ Shop from a list
- ♦ Avoid ready-to-eat meals
- ♦ Only carry the amount of cash needed for foods on the shopping list
- ♦ Read the food labels and pay particular attention to any significantly high (hidden) sugars, salt and saturated fat contents.

#### 2. Choose wisely

People with diabetes are encouraged to follow a diet which is:

- ♦ Low in fat, especially saturated fats.
- ♦ Low in added sugar
- ♦ Carbohydrates controlled.
- ♦ Ensure meals contain over 400 grams of fruit and vegetables
- ♦ Low in salt.
- ♦ High in Omega 3 fatty acids ('the fitness fats')

#### 3. Listen to your body.

How are you feeling? What foods send your blood sugar soaring? What happens when your system for handling blood sugar surges becomes exhausted from being over-worked? How can it be replenished?

#### 4. Know which foods adversely affect your diabetes.

- ♦ **CHOLESTEROL** It pays to know the difference between good and bad cholesterol. Our body *needs* cholesterol. Learn how to differentiate between the good and bad type, and do not fall foul of 'the hype'.

- ♦ **FATS**. Saturated or unsaturated. Knowing the difference could mean avoiding a heart attack or a stroke.
- ♦ **FIBRE**. Beneficial in many ways. Help with weight management. Helps you stay satiated (*that feeling of fullness*). Aim for 5 pieces of fruits and vegetable a day.
- ♦ **DIET**. Low Carbohydrate. Medical experts are now advocating a low carbohydrate (rather than a low fat) diet, as a first line of attack for Type 2 diabetes.

#### 5. Educate! Educate! Educate!

- ♦ Learn how to self-manage your diabetes.
- ♦ Try to understand the condition. Do not suffer in silence.
- ♦ Know and recognise the signs and symptoms of diabetes.
- ♦ Especially, know how to recognise, understand and deal with a *HYPO* (*very low blood sugar - below 4*).
- ♦ Involve family and friends.
- ♦ Look after your feet.

#### NEWS FROM THE WEB

##### Wear soft, closed shoes

A leading epidemiologist advises diabetic patients to ensure that they wear proper foot gear which is soft, closed shoes, at all times.

People with the condition of diabetes have to take care of their feet to avoid some of the trauma that can occur and which could ultimately lead to amputations.

Taking care of one's feet means having the skin, circulation and nerve supply examined annually.

Also, give them a daily self examination as a matter of course!



## Turning the Spotlight on

### Jean Ambrose



In her formative years, Jean worked as a Sister at the Huddersfield Royal Infirmary.

Since retiring, she has volunteered her services to many areas of need, including OXFAM.

An avid planner, organiser, and 'galvaniser' of prospective volunteers, she can best be described as one of the "Friends of the Honeyzz". Though not a diabetes sufferer, she utilises her organisational skills to provide valuable volunteer support to the group.

She draws other volunteers together to organise trips locally and abroad, organises coffee morning, bring & buy events, and most recently, a cruise in October 2015!

There are other "Friends of Honeyzz" within the group who do not have diabetes, but lend their particular skills in a volunteering capacity. Jean is one of those souls. Others will be recognised for their valuable contributions in future editions of the newsletter.

#### HONEYZZ Management Committee (2014/15)

Denzil Nurse (Chairperson)  
Carl Ambrose (Vice Chair)  
Dorrell Harriott (Secretary)  
Maurion Smith (Treasurer)  
Jean Ambrose  
Agnes Primus  
Barry Garthwaite  
Daphne LaTouche  
Sheila Jordan  
Sheila Inniss

**Honeyzz Diabetes Support Group  
meets at 2pm on the  
1st and 3rd Tuesday of each month  
with  
Exercise sessions at 1pm.**

### IMPORTANT EVENTS AND HAPPENINGS

- Honeyzz Management Committee meeting will be held at 11am on Tuesday 11th August 2015 at the Resource Centre.
- Trading Standards will be holding a 'SAFER' workshop at the St. John's Resource Centre at 2pm on the 12th August 2015. **ALL ARE WELCOME.** Topics - Cold calling, Telephone and other nuisance calls, Doorstep crime, Scams.
- Members will be looking forward to a 7-night P&O **CRUISE** from **Southampton to France, Spain and Portugal** on Saturday 24th October 2015.
- We will be having a Coffee morning at the Resource Centre on the 29th August, Time to be confirmed.
- On Sat. 26th September, a social evening will be held at the St John's Resource Centre. Activities to include Quiz, Prize bingo, raffles, and much more.
- Black History Month (BHM) Celebrations - 31st October 2015. All day activities



St John's Resource Centre  
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