



DIABETES SELF HELP GROUP

Darley and Allestree

Group leaders: Neil Roberts (Type 1 diabetic)
& Ged Potter (Type 2 diabetic)

7.30pm on
the 4th Tuesday
of every month
at Darley Abbey
Methodist
Church Hall



PURPOSE

Bring together type 1 and type 2 diabetics & pre-diabetics to help and support each other.



AIMS

- Reducing blood sugar.
- Reducing diabetic complications.
- Reducing need for medications.



WHO

Aimed at people with both types of diabetes, pre-diabetes, or parents and partners of diabetics in the Allestree or Darley area.

Heading up the group; Neil Roberts & Ged Potter, both diabetic patients at Park Lane Surgery are members of the practice's Patient Participation Group.



HOW

Sharing our experience, how it affects us and our families, and discussing the latest methods of improving our health. For instance: Dr Unwin*, a GP in Liverpool, has dramatically improved health markers and reduced medications for many of his diabetic patients... are his methods worth considering for ourselves?

"We both live with diabetes and have been meeting up regularly and helping each other to understand issues and alternatives. Just having another diabetic to talk to is vital. We motivate each other and have really improved our health; losing weight, improving blood sugars and either coming off medications completely or at least drastically reducing them. Please join us with the hope that we can all help one another". - Neil (Type 1 diabetic) & Ged (Type 2 diabetic)

WHEN & WHERE

At the Darley Abbey Methodist Church Hall, The Hill, Darley Abbey, DE22 1JJ (up the hill from The Abbey Pub). JUST TURN UP! What have you got to lose? 7.30pm on the 4th Tuesday of every month.

ANY QUESTIONS?

Contact Neil or Ged : improvebloodsugar@gmail.com

*More about Dr Unwin

He is a Royal College of General Practice National Champion for Collaborative Care and Support Planning in Obesity and Diabetes. Royal College of General Practice Clinical Expert in Diabetes and winner of the NHS Innovator Of The Year Award for his work with diabetes.

COST

Pay nothing for the first couple of meetings - then a small charge to cover Hall Hire (£2-£4)

Did you know?



A slice of wholemeal bread rapidly breaks down to 3.5 teaspoons of glucose.