

DIABETES AWARE

Your local circle of support for people with diabetes



Introduction to Diabetes Aware

Diabetes Aware is a friendly group of people with diabetes (together with some of their partners and/or carers) who meet to share their experiences of diabetes. It was set up by people with diabetes, who wanted to meet others with the same condition and chat informally about their feelings and experiences.

You may find it helpful to talk to other people with diabetes. They who may be able to share your experiences - both ups and downs, help with recipes and diet, share concerns, information, advice and support.

Your local group in Eastleigh and Test Valley meets monthly but you can always telephone and chat to someone from the group in between meetings. There is programme of interesting speakers as well as an opportunity to chat informally.

Contact Anne 01794 515786 or Gill on 01794 511266 for more information or just turn up to a meeting. You will be made very welcome.

The group does not take the place of professional advice given by the diabetes team at your surgery but aims to give a more informal friendly angle to your condition and to give you the opportunity to share mutual support based on personal experience.

Remember

You know more about yourself and your lifestyle than any professional and they can only help you if you want to be helped. Any action must be about what you want and need as well as what healthcare professionals recommend.

Professionals are there to provide medical expertise/advice to help you manage your own health, but it is up to you to choose whether to act upon that advice.

Information sheets and checklists available from Diabetes Aware are intended to help you manage your own diabetes and enable you lead a normal and healthy life.

You can also access a range of useful information from your local surgery, from Diabetes UK and from a number of other sources.

A regular annual review will help you to understand your own medical condition and to find out how to take control of some aspects of your health (please see Checklist 3)

Don't let your diabetes spoil your life. Continue to live your life - go on holiday, travel and enjoy special occasions **BUT** please remember moderation in all things and monitor your diabetes carefully.

Checklists

Diabetes Aware has checklists that may help you to manage your diabetes. The checklists are a guideline and not everything will apply to everyone. Obtain the checklists from the group, at meetings or download from the website

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Information

A range of information sheets about diabetes, neuropathy types, hypoglycaemia, diabetes and diet, food labels etc is also available. You may find it useful to purchase a copy of 'Diabetes for Beginners' from Diabetes UK, as this covers all the issues in more detail.

Recipes

This section has recipes for people with diabetes that include puddings! It also includes fun and interesting web links to useful internet sites.

Support

There is always someone available to talk about your concerns or just to listen.

Membership

Membership is open to anyone with diabetes, and also to partners and carers of people with diabetes, for information, support and networking.

Website

Diabetes Aware has a website www.diabetesaware.org.uk which includes information, checklists and interesting recipes gathered by local people in the group. It is still developing so please visit regularly to see the changes and additions