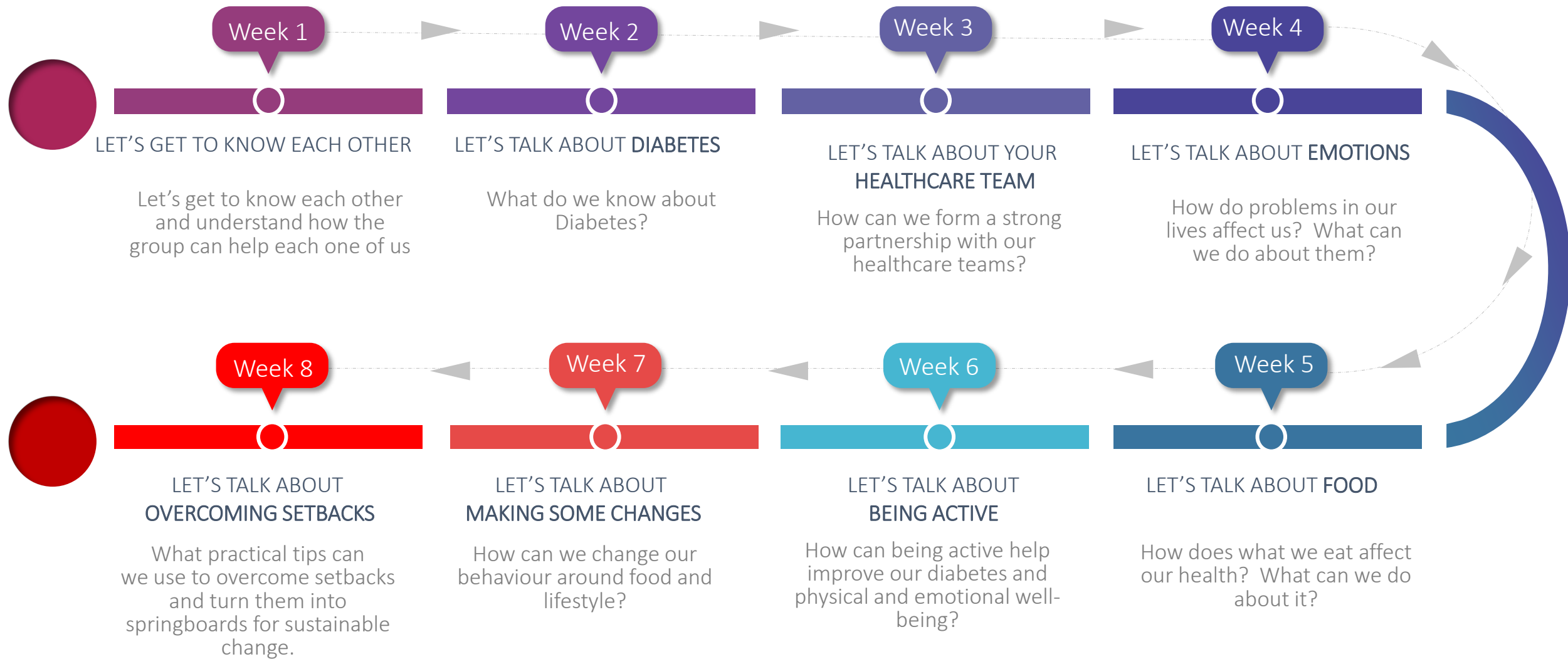


DIABETES COMMUNITY CLUB 8 WEEKS ROUTE MAP



Duration: 1 hour



WEEK 1

LET'S GET TO KNOW EACH OTHER

Our talking points today	Time (mins)
Welcome & Introductions	10
<ul style="list-style-type: none"> • Why we set up DCC? • What would you like to get out of DCC? 	5
Personal stories about diabetes	20
The Power of Tai Chi	10
KnowDiabetes walkthrough and registration	10
Wrap up	5

ADDITIONAL INFORMATION / LINKS:


[Denis Type 2 diagnosed whilst being treated for heart and kidney failure | Know Diabetes](#)

[Fatima Type 2 lost 15 kg through lifestyle changes | Know Diabetes](#)



WEEK 2

LET'S TALK ABOUT DIABETES

Our talking points today	Time (mins)
Welcome, introductions and recap from last week	10
Ice breaker quiz <div style="text-align: center;">  <p>Ice Breaker Quiz Week 2</p> </div>	10
Demystifying Type 2 Diabetes Useful links and resources: <ul style="list-style-type: none"> • Type 2 diabetes What it is and what causes it Diabetes UK • Type 2 Know Diabetes • (101) Diabetes and the body Diabetes UK - YouTube 	30
Wrap up	5



WEEK 3

LET'S TALK ABOUT YOUR HEALTHCARE TEAM

Our talking points today	Time (mins)
Welcome & recap from last week	5
Ice breaker - What was your experience of first being diagnosed with diabetes?	10
Discussion - share experiences of visiting your GPs, hospital appointments and the annual checks.	15
Do we know what to expect? Let's review all the essential checks, and talk about the importance of these and how these helps to avoid diabetes complications. What barriers, if any, have you encountered?	15
Useful links and resources: <ul style="list-style-type: none"> • KD video The three treatment targets Know Diabetes • Watch the video on the 15 healthcare essentials 15 healthcare essentials Know Diabetes 	10
Wrap up	5




WEEK 4 | LET'S TALK ABOUT EMOTIONS

Our talking points today	Time (mins)
Welcome and recap from last week	5
<p>Discussion - Talk briefly about emotions and how they affect the challenges around managing diabetes.</p> <ul style="list-style-type: none"> • D10PT T2 Diabetes • Amrit's video on mental health and diabetes 	15
<p>Help - Look at the things that can help:</p> <ul style="list-style-type: none"> • Diabetes distress Know Diabetes • (30) Stress Release (Fast)- Anxiety Reduction Technique (Anxiety Skills #19) 	20
<p>Mindfulness and Meditation Techniques:</p> <ul style="list-style-type: none"> • (101) The correct way to breathe with 4-7-8 breathing technique - YouTube • (101) Mindful Breathing Exercise - YouTube 	10
Wrap up	5



WEEK 5

LET'S TALK ABOUT FOOD

Our talking points today	Time (mins)
Welcome and recap from last week	10
Ice breaker quiz  Ice Breaker Week 5	10
Discussion: <ul style="list-style-type: none"> • What did you have for breakfast today? • What's your least favourite food? • What's your most favourite food? • How often do you have a take-away meal? • What foods do you think have the most sugar? 	15
Social and Cultural Importance of Food <ul style="list-style-type: none"> • World Food pages at Carb awareness Know Diabetes • KD eat better page; video with Salma Eat Better Know Diabetes and others talking about carbs and different foods • Lyn Type 2 healthier Caribbean food Know Diabetes • South Asian community Know Diabetes 	15
Wrap up	5



WEEK 6

LET'S TALK ABOUT BEING ACTIVE

Our talking points today Time (mins)

Welcome and recap from last week

10

Ice Breaker - what's your favourite SPECTATOR sport?

10

Discussion – let's talk about the importance of moving more, and the things we can easily do, such as choosing to walk instead of driving, climbing stairs etc.

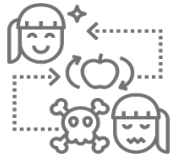
30

Useful links:

- **Ways to Age Well** – [Move more](#) and smile, laugh while the heart is getting a workout - there's no medicine that can do that
- **Get Inspired by Mindu-** [play video](#) and discuss motivation and preference for exercise.
- **Walk This Way** – Walking can improve insulin sensitivity, as moving muscles uses up excess glucose. Dr Mike Evans presents ['What is the single best thing we can do for our health?'](#)
- Simple things that we can do to get fitter [For Free | Know Diabetes](#)

Wrap up

5



WEEK 7

LET'S TALK ABOUT MAKING CHANGES

Our talking points today	Time (mins)
Welcome and recap from last week	10
Ice Breaker - can you think of one thing that you have done or not done in the past 24 hours that you would change if you could?	10
<p>Discussion – the barriers to changing our behaviour, especially around food and exercise.</p> <p>Useful links:</p> <ul style="list-style-type: none"> • Mental health Know Diabetes • Breaking down the cultural barriers • Is it easier or harder to lose weight in self isolation? Know Diabetes 	30
Wrap up	5



WEEK 8

LET'S TALK ABOUT OVERCOMING SETBACKS

Our talking points today	Time (mins)
Welcome and recap from last week	10
Ice Breaker - think of a habit you would most like to change.	10
<p>Discussion - how do we interact with family and friends in relation to diabetes – often people feel pressured by family, or criticised, or alone and isolated.</p> <ul style="list-style-type: none"> • Hands up who had a relapse? Know Diabetes • Guilt and weight gain cycle Know Diabetes • Dealing with failure Know Diabetes • Harjinder Type 2 gets help Know Diabetes • Practical 'tips', including handling diabetes at work, Search Diabetes UK 	20
Reflections - members share reflections of the 8 sessions	10
Let's keep talking and supporting - Discuss how we can keep on communicating with each other	10