



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