

Outward Diabetes Awareness Workshop



Hello!

WELCOME!



This is your workbook.



You will use this booklet to support you during the Diabetes Awareness Workshop.



Keep this booklet to use at home. It will give you ideas on how to prevent and monitor diabetes.



At the end of this booklet, you can find different information and useful links.



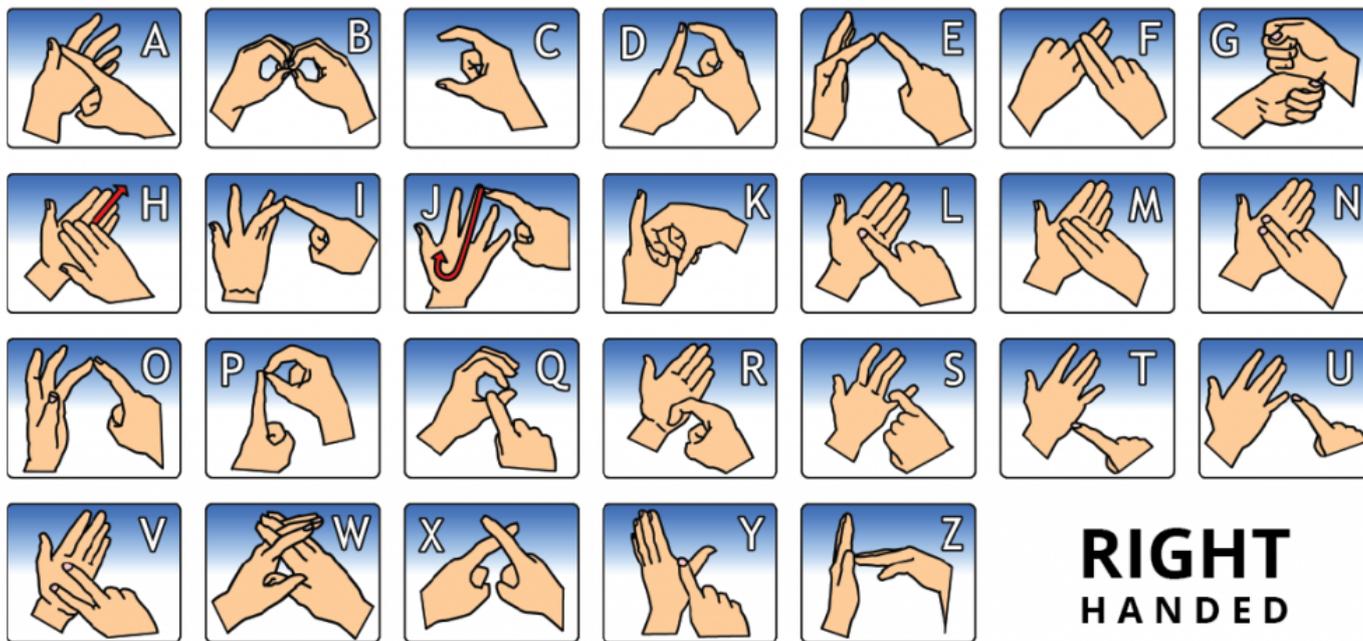
Enjoy the workshop!

For more information please contact the Community Engagement Team

Volunteering@outward.org.uk



BRITISH SIGN LANGUAGE - FINGERSPELLING



british-sign.co.uk

LEARN BRITISH SIGN LANGUAGE ONLINE
AT WWW.BRITISH-SIGN.CO.UK

MY NAME IS :

AND I LIKE (something that starts with the first letter of my name) :

Example: MY NAME IS : Wahida

AND I LIKE : walking

TREE WARM UP



HEAD: gently and slowly bend your head, as if a gentle breeze wakes up your leaves.



ARMS: Stretch your arms up and then to the side, as if they were tree branches trying to shake off the birds.

TREE WARM UP



LEGS: Shake your full body from head to toes (leaf to roots), as if you are shaking the worms out of your tree roots.



DANCE: As if the wind is blowing and nobody's watching.

Have fun!

DIABETES



Did you know?

Diabetes is a condition where the body cannot make proper use of sugar from food.



Diabetes happens when your body doesn't make enough **insulin**.



Insulin helps the body use **sugar for energy**.



There are two types of Diabetes:

In **type 1 Diabetes**, there is no insulin to change the sugar to energy



In **type 2 Diabetes**, there is insulin, but it doesn't change the sugar to energy properly.

SYMPTOMS

If you have any symptoms of Diabetes, schedule an appointment with your GP or ask your support worker, carer or service manager to support you calling the GP for a check-up.



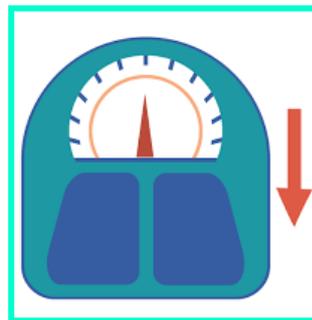
Thirsty



**Go to the loo
a lot**



Moody



Loose weight



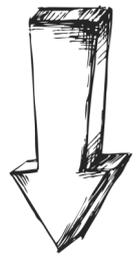
Tired



Blurred vision



HIGH VS LOW BLOOD SUGAR



Sometimes you might need a blood test to check your blood sugar.

If you feel unwell, your blood sugar levels may be too high or too low.

A level between 4 and 10 is OK.

Signs of high blood sugar level: **hyperglycaemia**



Feel very thirsty



Go to the loo a lot



Feel more tired than usual

If your blood sugar is often too high (more than 10):

DRINK WATER!



**TELL YOUR DOCTOR,
NURSE OR CARER!**



Signs of low blood sugar level: hypoglycaemia



LOW



1

2

3



Feel dizzy
or shaky



Feel sweaty



Feel tired or
grumpy

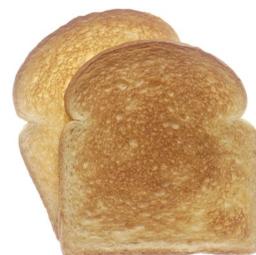
If your blood sugar is too low (less than 4):



Take **2** teaspoons
of **sugar** in a drink.

OR

3 Glucose tablets.



Followed by a **glass of milk** and a
light snack: toast or sandwich.

THEN

Re-check your blood sugar level.



**IF IT IS OFTEN TOO LOW, TELL
YOUR DOCTOR, NURSE OR CARER!**

GOOD VS BAD

FOOD AND DRINK

EAT



DO NOT EAT



Wholewheat bread, pasta, rice, potato. Plain baked products such as: teacakes, crackers.



Lean meat, fish, eggs, beans, cheese, milk, yoghurt.



Fruit and vegetables.



Low sugar breakfast cereal: Weetabix, Ready Brek, Shredded Wheat.



Sweetener: Canderel, Hermesetas, Sweetex.



Sweets, chocolate, cream cake, sweet biscuits (including special diabetic products).



Pasties, meat pies, sausage rolls.



Fried foods.



Sugar, chocolate and honey coated breakfast cereal.



Sugar added to food and drink.

GOOD VS BAD

FOOD AND DRINK

DRINK 	DO NOT DRINK 
   <p>Water, tea, coffee, sugar-free drinks.</p>	 <p>Fizzy drinks or ordinary squash: lemonade, cola and Lucozade.</p>

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

EATWELL GUIDE



PREVENTING IMPROVE PHYSICAL HEALTH



Exercise is
GOOD for **YOU!**
Choose your favourite
activity.

walking



stairs



cycling



swimming



aerobics



ball games



dancing



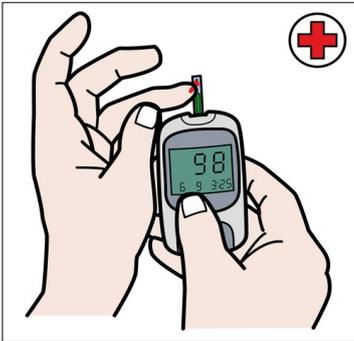
gardening



MONITOR

Regular checks for sugar

Blood test



Urine test

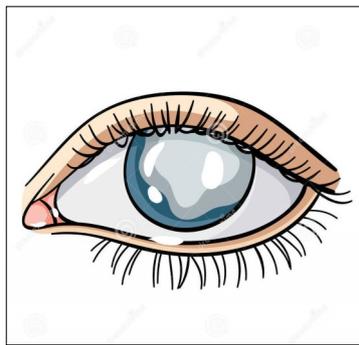


Annual checks

Weight



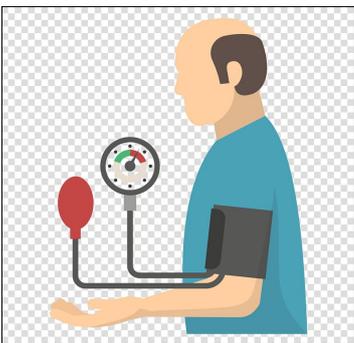
Eyes



Feet



Blood pressure



Blood

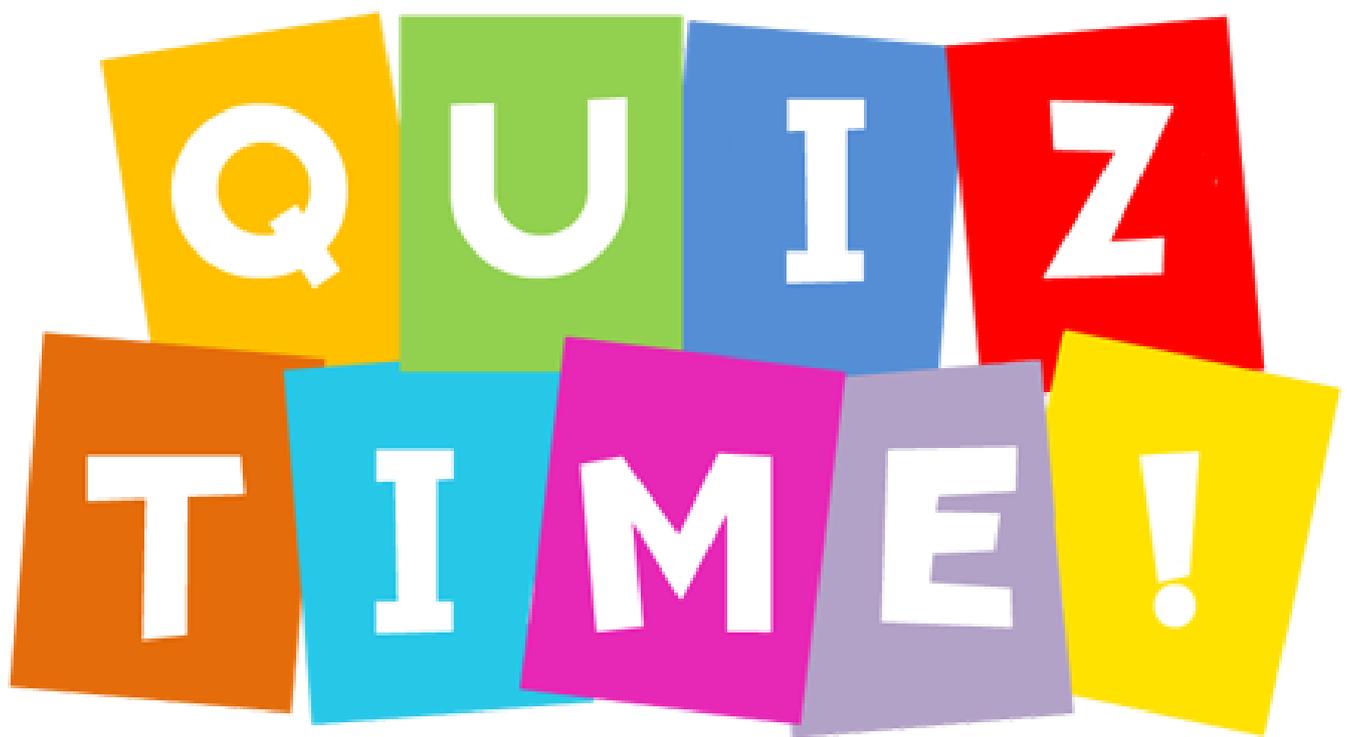


4



GOOD blood sugar levels

10



QUIZ
TIME!

The image features the words 'QUIZ' and 'TIME!' arranged in two rows. Each letter is contained within a separate, brightly colored rectangular block. The top row consists of four blocks: orange with 'Q', green with 'U', blue with 'I', and red with 'Z'. The bottom row consists of five blocks: brown with 'T', cyan with 'I', magenta with 'M', lavender with 'E', and yellow with an exclamation point. The blocks are slightly offset and overlap, creating a dynamic, layered effect.

QUIZ

How much do you know about what to eat and drink when you, or someone you know, has diabetes? Tick the right answer.

- | | True | False | Score |
|--|--------------------------|--------------------------|--------------------------|
| 1 You can't eat fruit if you have diabetes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 People with diabetes have to follow a special diabetic diet. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Fat is fat: all the fats we eat are the same. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 People with Type 1 diabetes don't have to follow a healthy diet. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Everyone with diabetes has to follow a low-card diet. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 People with diabetes can drink alcohol. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 If you have diabetes, you must always have regular snacks. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 Fruit juices are good for your diabetes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 Salt doesn't affect blood glucose levels, so you don't need to cut down. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 If you have diabetes all you need to do is cut out sugar. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Total Score:

IMPORTANT INFORMATION

DO I HAVE DIABETES?

No: Yes, Type 1: Yes, Type 2:

My NHS Number:

My GP:

My Doctor's Phone Number:

My Diabetes Nurse - Name and Phone Number:

NHS Direct:

111

Diabetes UK:

020 7424 1000

Emergency:

999

DIABETES DOCTOR'S VISIT CHECKLIST

Tests & Vaccines:	Date of Visit and Results:			
Blood Glucose Test <i>(quarterly)</i>				
Blood Pressure Goal is between 130/90 <i>(every visit)</i>				
LDL - Cholesterol Test Goal is bellow 100mg/dL <i>(annually)</i>				
Eye Screening <i>(annually)</i>				
Foot and Leg Check <i>(annually)</i>				
Dentist <i>(annually)</i>				
Urine Test To Detect Kidney Disease <i>(annually)</i>				
Dietitian <i>(as needed)</i>				
Flu Shot, Pneumonia Vaccine and COVID-19 Vaccine <i>(ask GP)</i>				

MEAL IDEAS



BREAKFAST

- - A bowl of wholegrain cereal with milk
- - Two slices of wholegrain toast with olive oil-based spread
- - A pot of natural unsweetened yogurt and fruit
- - Two slices of avocado with a hardboiled egg



LUNCH

- - A chicken or tuna salad sandwich
- - A small pasta salad
- - Soup with or without a wholegrain roll
- - A piece of salmon or tuna steak and salad
- Dessert: A piece of fruit or a pot of natural unsweetened yogurt.



DINNER

- - Lasagne and salad
- - Roast chicken and vegetables, with or without potatoes
- - Beef stir-fry and vegetables, with or without brown rice
- - Chicken tortillas and salad
- - Salmon and vegetables with or without noodles

HEALTHY RECIPES



Healthy Golden Soup



Recipe source: Diabetes UK - www.diabetes.org.uk/guide-to-diabetes/recipes/golden-soup

Each 290g serving contains (excludes serving suggestion)

KCAL	CARBS	FIBRE	PROTEIN	FAT	SATURATES	SUGARS	SALT
60	8.1g	3.4g	3.5g	0.5g	0.10g	6.1g	0.50g

Ingredients You Will Need:

	<p>1 red onion, chopped</p>
	<p>1 white onion, chopped</p>
	<p>1 red pepper, chopped</p>

	2 yellow/ orange or green pepper, chopped
	2 large or 4 small courgette, chopped
	Mixed herbs, pinch
	Olive oil (optional)
	1 low-salt stock cube (optional)



Cooking Equipment You Will Need:	
	Chopping board
	Knife
	Oven Tray
	Large saucepan
	Blender
	Oven

Step 1: Preheat oven to 180°C (160°C fan)/350°F/gas 4.

Step 2: Chop all the veg into chunks.

Step 3: Sprinkle with dry mixed herbs, spray with oil of choice to speed up the process of roasting.
You can roast without oil and the veg roast nicely and retain their moisture.

		
Preheat 180°C	Chop	Mix

Step 4: Place in middle of oven for 25 – 30 mins until veg are bronzed and browned on the edges.

Step 5: Separately, stir stock into warm water ready to add to the pan.

		
Oven	25 - 30 minutes	Stir

Step 6: Pour veg into a pan.

Step 7: Stir and blitz.

Step 8: Check your seasoning and serve.

		
Pour	Blitz	Serve

Fruit Porridge



Recipe source: Diabetes UK - www.diabetes.org.uk/guide-to-diabetes/recipes/microwave-mug-apple-and-cinnamon-fruity-porridge

Each 244g serving contains (excludes serving suggestion)

KCAL	CARBS	FIBRE	PROTEIN	FAT	SATURATES	SUGARS	SALT	PORTION FRUIT & VEG
202	34.0g	5.3g	5.5g	3.7g	0.80g	10.2g	0.01g	1

Ingredients You Will Need:

	35 grams of porridge oats
	1 apple, chopped
	25 ml of semi-skimmed milk

	<p>1 teaspoon, cinnamon</p>
	<p>1 teaspoon, sweetener</p>

Cooking Equipment You Will Need:

	<p>Mug</p>
	<p>Microwave</p>
	<p>Teaspoon</p>



Step 1: Add the oats, sweetener, cinnamon and apple to a mug and mix.

Step 2: Add 100ml water and cook at full power (800W) for two minutes.

Step 3: Add the milk, mix and sprinkle over a little cinnamon.

Chefs tips:

- You could use pear or banana instead of apple or add a little dried fruit, such as prunes or raisins.
- Try adding a few chopped nuts, or sunflower or pumpkin seeds.



Add



2 minutes at Full Power (800W)



Mix

ENJOY!
☺