

Focus on Exercise

Exercise is an excellent treatment for type 2 diabetes, and in the last few weeks, more opportunities to take part in exercise have arisen in Hackney.

- **London Fields Lido** has re-opened, and is open from around 8am – 4pm, cost £3 per day, or less for GLL card holders
- **Walking together** walking groups have now started, the timetable is attached
- **In Shape** in Hackney have recently published their autumn timetable of classes including Tai Chi, Gentle exercise, aerobics, dancing, chair exercise and massage. For more information, contact Jayne Clavering on 020 7923 8690



Diabetes UK Resources

Diabetes UK can provide many resources in several languages. Their web-site has downloadable copies of many leaflets in Hindi Bengali, Gujarati, Chinese, Urdu, Punjabi and Welsh.

In the past we have had several requests for information in English in an audio or video format. Diabetes UK have just produced their "Diabetes for Beginners" type 1 and type 2 on Audio CD. If you would like copies of these CDs, please contact Amanda Hurwitz on 020 7424 1114 at Diabetes UK

How far is it to.....

To encourage you patients to walk, you may find this new web-site useful. It gives the distance from point to point, a map of the shortest route, tells you the distance and calories burned at different walking speeds and the carbon emissions you've avoided.

www.walkit.com



Non-English Diabetes Resources

We have been identifying web-sites with resources in several languages, for use with people who speak less common languages. Here are links to sites which provide informations in Somali, Samoan, Cambodian, Vietnamese, Spanish, Chinese, Japanese, Filipino, Korean and others. Just a word of caution, some leaflets will use mg/dL instead of mmol/L when discussing blood glucose. You may find it useful to know that:

- 1mmol/L = 18mg/dL 4mmol/L = 72mg/dL
- 7mmol/L = 126mg/dL 10mmo/L = 180mg/dL

[http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/somali//Diabetes_Handouts_Somali.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/somali//Diabetes_Handouts_Somali.pdf) This site does many other languages, but the site isn't working properly, please search google for other languages

http://ethnomed.org/ethnomed/patient_ed/diabetes/diabetes_index.html

<http://ndep.nih.gov/diabetes/pubs/catalog.htm#PubsPatCont>

<http://health.utah.gov/diabetes/resourcesmain/edmulticultmanuals.htm>

<http://www.mendosa.com/nonengl.htm>

World Diabetes Day 2006

The 14th November is World Diabetes Day. As you will know, we took part in the Global Diabetes Walk world record attempt. 18 people attended the walk, and we hope that we can build on this number next year. Please check out the web-site for photos of the event –

www.diabetes-resources.org.uk