Hackney

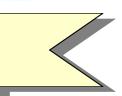
Diabetes Centre

Homerton Row London E9 6SR Tel: 020 8510 5920 Fax: 020 8510 5015

Homerton University Hospital MHS

NHS Foundation Trust





Issue 14

November / December 2006

Focus on Exercise

Exercise is an excellent treatment for type 2 diabetes, and in the last few weeks, more oportunities 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

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

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, Vietnanese, 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// <u>Diabetes Handouts Somali.pdf</u> 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

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



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