

**DIABETES AWARENESS for South Asian Communities Tuesday 14<sup>th</sup>  
November 2017 17.00pm to 21.00pm**

**Venue: Shree Prajapati Association Leicester (Prathna Hall) Ulverscroft Road, Leicester. LE4 6BY**

South Asian Health Action Charity, Leicestershire South Asian Diabetes Support Group are working in partnership with Debo Kalley –Diabetes specialist and Health Coach and Shree Prajapati Association Leicester to raise awareness of World Diabetes Day theme:  
**“Women and Diabetes- Our Right to a Healthy Future”**

Leicestershire South Asian Diabetes Support Group is a patient led culturally appropriate group for South Asian diabetic patients with type 1 & 2 diabetes. Leicester City has over 8.9% people with Diabetes. Leicester City South Asian Communities make up 12.8% with Diabetes. In India there were 69.1 million cases of diabetes in 2015.

Type 2 diabetes is up to six times more common in people of South Asian descent, and is a growing problem in the community. South Asians with Type 2 diabetes aged 20 to 60 are at increased risk of cardiovascular problems and associated conditions, such as high blood pressure, heart attacks and high cholesterol.

This is a very good opportunity to educate and raise awareness of diabetes to South Asian communities including the type of diabetes (Type 1 or Type 2), who is at risk, signs and symptoms, myths and misconceptions, complications, support group and the NHS services that are available.

**DIABETES ENGAGEMENT, EDUCATION AND EMPOWERMENT EVENT ON:**

**Date: TUESDAY 14<sup>th</sup> NOVEMBER 2017 – 17.00pm to 21.00pm**

**Time: 17.00pm to 19.00pm Information Stalls provided by local organizations.**

**Debo Kalley – Diabetes Expert Coach will facilitate 2 workshops from 18.00pm-19.00pm Women’s Empowerment – Coaching for Diabetes & Self –Management (For Women Only),**

**19.20pm to 20.20pm Diabetes Complications and Management (Mixed Men and Women session)**

**20.30pm to 21.00pm Questions and Answers with Panel**

To find out more about Diabetes, what it’s actually like to live with it every day and managing the condition please do not miss this event.

Please help spread the word and come along to the event also our monthly South Asian Diabetes Support Group meets on 2<sup>nd</sup> Tuesday every month so welcome to attend.

Thank you for your support.

**Mr Kirit Mistry  
Chair South Asian Health Action Charity**

**Mr Jayantibhai Mistry  
President Shree Prajapati Association Leicester**

If you would like more information on South Asian Health Action Charity or join the Leicestershire South Asian Diabetes Support Group contact:

**Mr Kirit Mistry – Chair on Tel: 07940516666 or email: southasianhealthaction@gmail.com**

**South Asian Health Action aims to Engage, Educate and Empower patients, carers and communities with awareness and Information to help them manage their own health.**

