



DIABETES WORKSHOP REVIEWS

"Our PPG organised a Diabetes workshop in October to provide more personal help and advice to diabetic patients. The workshop also enabled patients to ask questions and share resources with others managing Diabetes. Meeting other diabetic patients also acted as a motivation to better manage Diabetes. Below are reviews from those who attended:" - *Shivani (PPG Champion)*

"This was held on 29th Oct. It was very good much to learn. There were many speakers. Dr Navan did excellent explain diabetes in detail. That cannot be done in ten minutes with G.P. I wish if we can do more like this and call diabetes U.K person. Your help be appreciated"

Your patient,
S.S Sajjan PPG

"An amazing 1st session held for patients questions & answers with Diabetic Nurse, information regarding medications/lifestyle/healthy eating/exercises/patient education/smoking/drinking alcohol. Check for feet/eyes/HbA1c/BP/cholesterol/CKD/Yoga demonstrations/interactive session.

Very information session & patients/PPG members staff stated that they found it very useful as in a group other people's questions answered their own questions - talking & discussing in the group reassured them that they are not alone in dealing with diabetes."

Kirti
Healthcare Assistant

