

# Weekly Newsletter



DIABETES SELF-HELP GROUP

Together we can empower each other

## Our last week meetings and activities summary.



### Coffee Morning and guest speaking



On Monday at 10:30 to 12:30 in Belgrave library our guest Julie DeMello from Age UK for Leicestershire and Rutland gave us information about **alcohol use** and diabetes.

Age UK is the country's leading charity dedicated to helping everyone make the most of later life.

We had an interesting, informative talk on the **social, mental and physical effects of alcohol on the body**. Some interesting facts about alcohol:

- Alcohol can lower blood sugar level.
- Alcohol can cause inflammation of the stomach lining.
- It takes only six minutes for the brain to start reacting to alcohol.



Contact us:





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## **Mental health and relaxation session**

On Wednesday, we had a coffee morning in the Wolsey building, Abbey Park Street. A moment of relaxation spent in wonderful company and relaxation practices definitely improve well-being for the whole day. There were also delicious snacks and warm drinks.



## **Gardening**

On Wednesday, we also had a free gardening and socialising session at the Moira Street Pocket Park. Doing the gardening work has been a great form of exercise, and it has also been a relaxing activity for us to do.



**OUR WEEKLY MEETINGS AND ACTIVITIES IMPROVE THE WELL-BEING OF MANY PEOPLE. VISIT OUR SOCIAL MEDIA TO SEE MORE.**

**JOIN US, TOGETHER WE CAN EMPOWER EACH OTHER!**



**Contact us:**

