

Aawaz آواز

DIABETES PROJECT

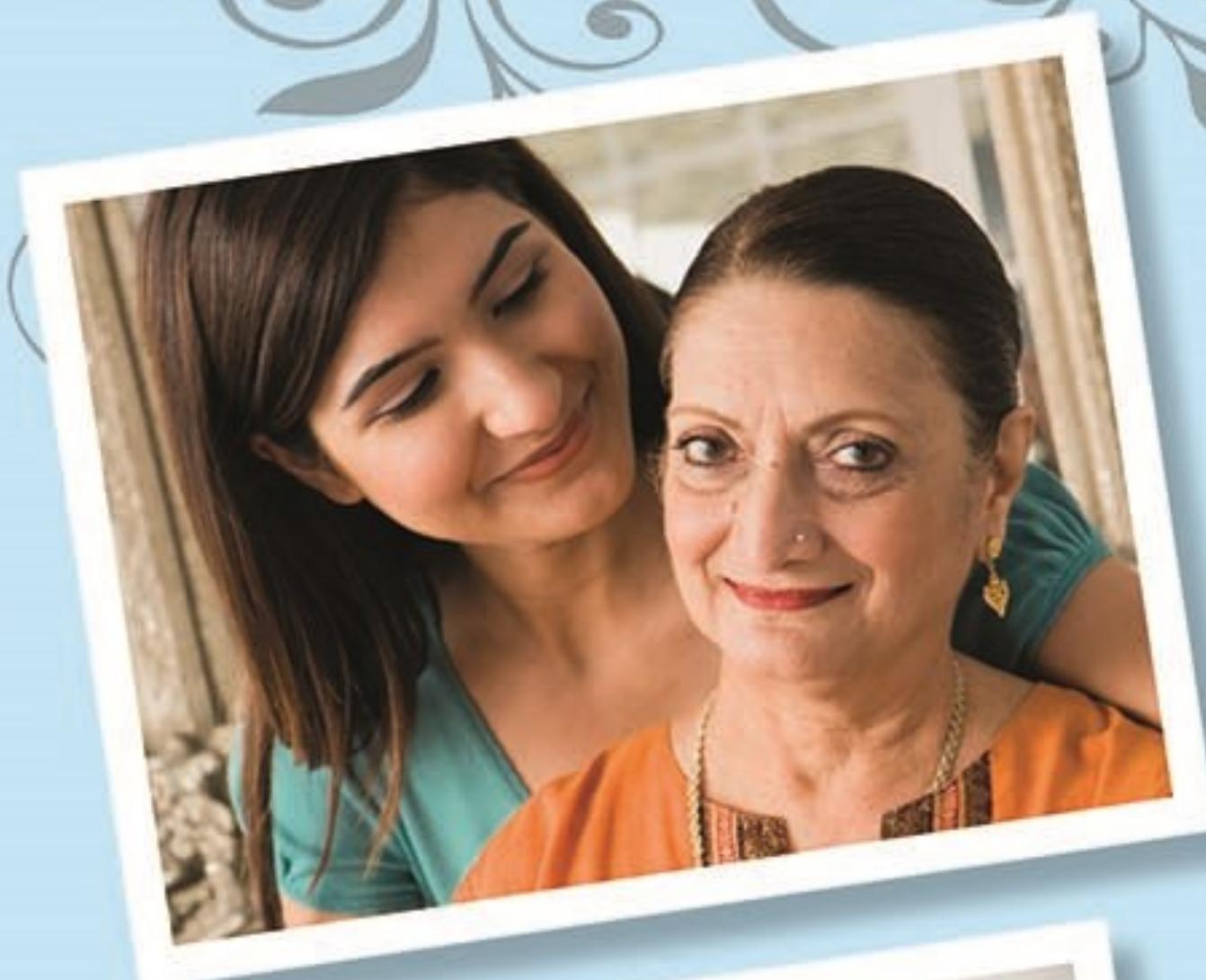
A Multilingual Project for South Asian Women

- Health awareness, information and support
- Discussion sessions
- Self-management
- Get active
- Get healthy
- Support Group

★ Get involved and take advantage of the Aawaz Diabetes Project to improve your health and wellbeing

All activities are Covid safe

For further information, contact us at
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NHS
North West Coast
Clinical Networks

Case Studies

Aawaz Diabetes Project Case Study - 1

I am Mrs B. My life is difficult I have two children and I am on my own. My health has always been a problem I was diagnosed with diabetes some years ago.

I have to admit I did not fully understand why I got diabetes or how I should manage it to make it better. My sister in law at that time came to the Doctor and she was talking with him, I did not speak much English then so I relied on her to tell me everything.

I have been on same tablets all this time. I do take them daily but then I also heard that the tablets are not good for you. So I cut down the dose because someone said it has very bad side effects. I wanted to stop taking the tablets altogether but did not know if it will be a problem? I found my sugar went high and I did not feel well.

I came to the Diabetes project group meeting and I met Project Worker and she explained to me how the project can help me. I wasn't sure but I decided to give it a go because I knew that you can speak in Punjabi with me. Also that you gave me taxi on the days when weather was bad that helped me as well.

Since I have joined the diabetes project I have been made to feel so welcome. Everything I say or any questions I ask are answered promptly. You helped me to understand about taking the tablets as prescribed by my doctor and not to change the dose myself. I felt reassured and you helped me to get more information so I can understand better. Thank you for getting information to help me with my eyes.

It was good that the volunteer also took me for my appointment and helped me so I could ask the questions confidently in English.

Aawaz Diabetes Project Case Study - 5

My name is Yasmin. My 6-year-old daughter was diagnosed as Type 1 diabetes. Not long ago she also got Covid and was quite unwell. I was so concerned about her health the doctor and nurses were helpful but I still felt I needed to speak to someone else. My aunt suggested Aawaz group. I rang them and I was invited to a meet with project worker. After that I decided that I want to join the sessions and take part in diabetes project. The first information and awareness session I went to was so helpful and it really gave me so much feeling of support. I learned about blood sugar level sensors, one lady uses this sensor and she was talking about her experience. She explained that the sensor can be applied to your arm or your stomach and your blood sugar level can be monitored on your mobile phone. She showed me how you download the App on your phone.

The amazing thing is that for my daughter I don't have to keep doing blood test, she does not like finger pricking. My daughter always cries when I prick her finger for test. I was advised by Aawaz to contact my Diabetes team and ask them if my daughter would be eligible. Thank you Aawaz you have helped me a lot and my daughter is getting a sensor.

Aawaz Diabetes Project Case Study - 3

I was diagnosed with diabetes from a young age looking back at that time my parents did not understand what it was and how it affected me. They had no knowledge about diabetes and did not know how they could protect me and look after me. I remember I was eating chocolates and sweets like other children. I really liked fizzy drinks as well. At first I was diagnosed with type 2 diabetes. I remember my mum crying about it because she felt it was her fault that I got diabetes.

For the last 10 years I have got Type 1 diabetes and I am taking insulin. I heard about the Aawaz Diabetes project from my neighbour, she gave me a leaflet. I rang Aawaz and I started to come to the sessions. I have learnt a lot from coming to Aawaz sessions for Diabetes project. For example, I am now using food portions. I am trying not to eat chocolates and sweets. I am drinking more water rather than fizzy drinks.

Best thing through the project I feel not alone, I have made friends and I went to Leisure Centre for the Feel Good programme. One of the speakers who came to see us she explained about it so I went along with volunteers. The exercise programme helped me.

Thank you Diabetes project for helping me providing so useful information for me.

Aawaz Diabetes Project Case Study - 4

I care for my husband and my mother in law both have diabetes. It has been my responsibility to cook for them and for all the family. I also have to remind my mother in law to check her glucose level and to make sure that my mother in law takes her insulin.

I have been doing this since 18 months, since I came to live here. Before this I knew nothing about this illness. My husband's brother showed me about insulin and checking blood sugar.

I don't speak English, I am learning but I want to know more about this diabetes and how I can protect myself and my future children. I want to make sure that I know what to do to help my husband. He is overweight and so is everyone in his family but That is why I come to Diabetes project because I want to learn and find out the true facts.

I have to say that all information when I do Zoom and when I come to Library session as well it has been very useful to me. Thank you for being so good.

Aawaz Diabetes Project Case Study - 6

I have diabetes for many years and I have been doing my best to look after my sugar level but it is always up and down. I notice that when things are not going well in my family and in my life I feel so down and it becomes painful.

I try not to talk to other people in my family about my problems because they gossip and I don't want people to know my business or for others to say something bad about me and my kids.

I had a good upbringing, I went to school but after that I got married quite young and mine was arranged marriage. My husband did not want me to go to work or to go to learn anything. My health has suffered a lot. We have little money and we owe bills. So it's a worry. You ask me what is best about the Aawaz diabetes project I say it's the fact that you tell us as it is, in clear simple language. I have felt supported in a way that I have never previously had this experience. It's so good to have you all and meet with everyone and exchange ideas, ask questions and join in activities.

I joined in the Yoga session which I found very beneficial. I want to look after myself and now I go for walks every other day, and that is a direct result of coming to this project. I hope to join the support group and keep meeting.

Thanks for all your help.