

# SWEET ENOUGH

## LIVING WELL WITH (OR WITHOUT) DIABETES

## VENUE



Lye  
Community  
Centre, Cross  
Walks Rd, Lye,  
DY9 8BH

## DATE AND TIME



Mon 1st December  
11am until 1pm

## ATTENDEES



Over 76 people  
engaged  
with the event

## EVENT AIMS

Bring together  
people who have  
diabetes or are at  
risk.

Share practical  
information and  
advice for living  
with diabetes.

Correct  
misconceptions  
and myths about  
the condition.

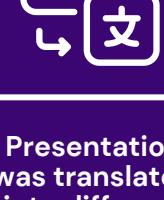
Foster a supportive  
community  
approach to  
managing diabetes.



## EVENT HIGHLIGHTS



Diabetes  
presentation  
presented by  
Sarah Baig  
Professional  
Development  
and Governance  
Lead Pharmacist  
providing myth  
busting facts



Presentation  
was translated  
into different  
languages  
including English  
and Urdu



Beacon Centre  
for the Blind  
and Park  
Activators from  
public health  
attended the  
event



Event  
organisers  
asked us to  
return again



We had an  
individual  
express their  
interest in  
becoming a  
Diabetes  
Champion

Event supported by Chapel Street Surgery.

## ACTIVITIES



How confident do you  
feel about living with  
diabetes?

Before event



After event



Which celebrities do  
you think have  
diabetes?

Halle Berry - 1 vote  
Tom Hanks - 1 vote  
Salma Hayek - 0 votes  
Chaka Khan - 1 vote  
Patti LaBelle - 4 votes  
Randy Jackson - 1 vote  
Sonam Kapoor Ahuja - 3 votes  
Samantha Ruth Prabhu - 2 votes  
Fawad Khan - 2 votes  
Wasim Akram - 12 votes

All of these  
celebrities  
have  
diabetes

## TOPICS COVERED IN PRESENTATION



9



What diabetes is  
and the possibility  
of diabetes  
remission

The nine diabetes  
care processes and  
why they matter

Healthy eating  
adapted to a  
traditional South  
Asian diet



Managing diabetes  
during Ramadan



Addressing myths  
and concerns  
about diabetes  
medications



Information on  
newer diabetes  
treatments



Practical advice on  
sick day rules

## DIABETES TREATMENT TARGETS

Blood sugar control (HbA1c)

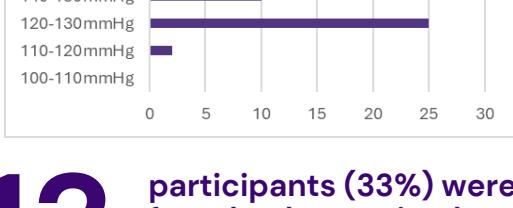
Blood pressure control

Cholesterol management

These are essential for reducing long-term complications such as heart and kidney disease

## CLINICAL BENEFITS WERE ALSO IDENTIFIED:

Participant split by systolic blood pressure



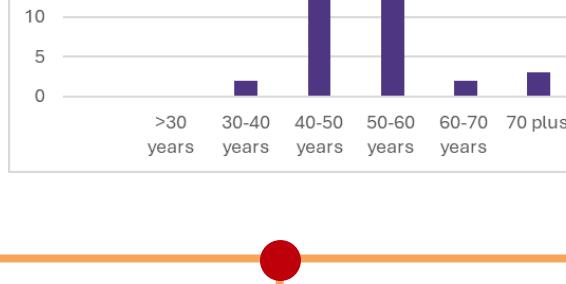
**13** participants (33%) were found to have raised systolic blood pressure (>140 mmHg)

These individuals were referred for follow-up and review in GP practices, showing the added value of community-based sessions

**48%**

largest age group was women aged 40–50 years

Patient distribution by age



Patient split by locality



The majority of patients were from Stourbridge, Lye and Wollescote Primary Care Network followed by Brierley Hill Primary Care Network

## ATTENDEE FEEDBACK

"It was great to be supported by the Dudley Group NHS Foundation Trust and wider colleagues in hosting a diabetes workshop in Urdu. Our local ladies appreciated the opportunity to hear first hand about preventative care and how to live well with diabetes and really enjoyed a lively exercise session. We look forward to continuing our work with the Trust and our local practice in Chapel St"

Women valued explanations that were culturally relevant and easy to understand

Many reported feeling more confident managing their diabetes

The group setting helped to build confidence, shared learning, and peer support

Participants felt better able to talk to healthcare professionals about their treatment

NEXT STEPS

A follow-up session is planned for March 2026 to assess longer-term impact on understanding, adherence, and clinical outcomes (HbA1c, blood pressure, and cholesterol)

Exercise classes requested to be held at the centre

Domestic violence and mental health sessions requested

Data from practice level review will also identify the impact of the interventions through review of HbA1c, blood pressure and lipids.