

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



50%



36.36%



13.64%

After event



95.24%



2.38%



2.38%



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



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

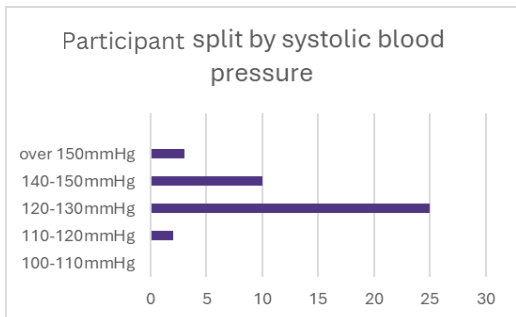
Blood sugar control (HbA1c)

Blood pressure control

Cholesterol management

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

CLINICAL BENEFITS WERE ALSO IDENTIFIED:

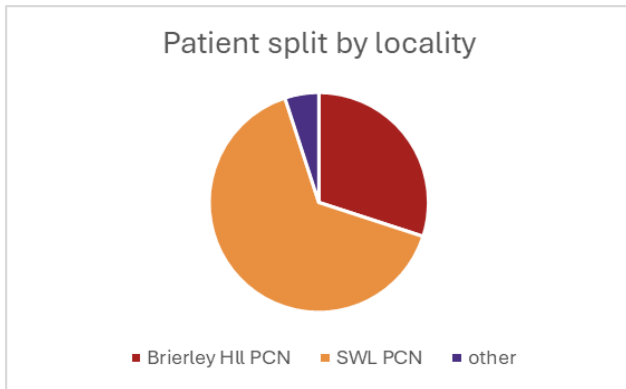
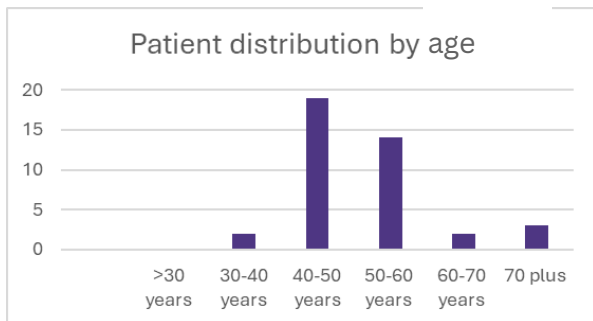


13 participants (33%) were found to have raised systolic blood pressure (>140 mmHg)

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



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.