



Diabetes Self-Help Group©

SPRING NEWSLETTER

YOUR HEALTH THROUGH NATURE



What do you know about Technology?

On Wednesday 27th June 2018, Omer Fiaz, a computing degree student, spoke about the awareness of Technology at the Belgrave Neighbourhood Centre. He began with introducing what Technology is. Whilst there are various features of Technology, Omer focused on social media, e-commerce (electronic commerce), website awareness and general awareness including advantages and

disadvantages. Omer's topic of discussion led the group to open up about their personal experiences too. **Below are some of the main points discussed:**

Do you use Social Media? Are you aware of what it is about?

- Social media includes websites and applications (like an app on the phone) that enable users to create and share content or to participate in social networking. For instance: Facebook, Instagram, Twitter etc. There are several advantages of being involved in social media. For example, connecting with your friends and family worldwide in an instant. Another includes, creating a timeline of your entire life, allowing you to access your memories at any time.
- Connecting with other people, by making connections and communicating worldwide. The disadvantages are, however, that if you are communicating to strangers worldwide, you are exposing yourself to them with your personal details. This makes you vulnerable. But there are safety measures taken, this includes making your information private, so only friends and family can view it. However, you should still take precautions when giving out your personal details to protect yourself.

E-commerce

- **Positives** E-commerce is the activity of buying or selling products on online services or over the internet. There are benefits to this platform for example, purchasing food items online would fall in this category. This is a benefit because everything is available to you at your home, in 'one click'. So, you wouldn't have to travel to the local supermarket and waste time or money on transport.
- **Negatives:** you are not aware of who you are purchasing items from. For instance, Amazon or EBay. These services are trustworthy however, the company has developed a lot over the past 5 years and now there are various types of sellers. It is important to carefully read the terms and conditions of the seller, even though they are selling through the Amazon or EBay service because you may not be entitled to a refund depending on the product purchased.

Technology and Health

Beneficial Effects:

- Helps regulate circadian rhythm, the body's natural sleep and wake cycles
- Boost alertness
- Helps memory
- Improves your mood

Harmful Effects:

- Digital eyestrain syndrome: blurry vision, difficulty, dry and irritated eyes, headaches, neck and back pain
- Increased risk of depression
- may cause permanent eye damage (depending on age)
- greater risk of certain types of cancers

WHAT'S NEW...

WEEKEND HEALTH EVENT!

On Saturday, there was a health event held at **122 Cannon Street GP** in the Belgrave community. Dr Modi, a GP at the surgery, invited our Diabetes Self-Help Group to attend.

On arrival, you were welcomed and asked whether you wanted to participate in a free 'mini health check'. The members of the GP provided a quick quiz, with a prize at the end of the day whilst members of the public waited to get their free 'mini health check'. Part of the quiz also included questions which related to Diabetes.

There was also a pharmacist, from the CCG (clinical commission group), who provided advice on medication.

Why is it important to do health checks?

The risk level depends from person to person, but everyone is at risk of developing some sort of disease or condition.

If you are aged 40-74, you should have a health check every 5 years (according to the NHS).



Wednesdays at the Neighbourhood centre – fitness, health and learning experiences!



Jewellery-making! Pratibha Pankhania from Age UK came along and did a jewellery-making workshop at the neighbourhood centre.



What are the health benefits of Jewellery-making?

- High levels of satisfaction, feeling relaxed and working with the beads and strings allow to relieve stress.
- Help to challenge the brain and keeping it active
- Increases creativity and imagination
- It is a fun experience to share with other people (socially beneficial)
- Gives the carers a time-out, whilst the patient/member is occupied