

Date: 12th Nov., 2024

Tea & Chat தேநீர் & அரட்டை

PLEASE BRING THIS LETTER WITH YOU

To our Patients,

Thank you for taking the time to read this.

We would like to invite you for tea and a chat about the *new programme* we are creating and need your help and ideas.

Diabetes is a long-term condition that many patients have been diagnosed with and live in the UK. There are approx. 4 million in the UK with this condition. We also know that Diabetes is more present in people from ethnic backgrounds and we need to do more to help.

Evidence shows getting educated will improve your diabetes. **Right Start** is a successful group education programme created 15 years ago in Ealing that has been serving to educate people who have type 2 diabetes in the community, to provide them with the knowledge to improve their condition.

We attempting to increase access to Right Start service and would like to improve the programme to the Tamil-speaking communities.

You have been invited to help provide information on the best way to deliver this education programme. Participating in this programme will allow you to: Gain a better understanding of diabetes and how it affects your health, learn practical diet and lifestyle changes to manage diabetes in your daily life, connect with others who are also living with Type 2 Diabetes and receive support from qualified diabetes educators. We welcome your comments and ideas in supporting this programme, so come along have some tea and chat.

The invitation date: Friday 20th December

Time: 13:30pm - 15:00pm

Address: Featherstone Road clinic, Hartington Road Southall, Middlesex UB2 5BQ

Telephone for further details: 02038305810

Parking arrangements: Parking space available

Kind regards,

Diljit Sidhu
Diabetes Specialist Dietitian