

Diabetes Discourse

Volume 6, Issue 3

Special: 4th Annual Breakfast & Teachers' Workshop

May, 2016

Quarterly Newsletter of the Bovell Cancer Diabetes Foundation (BCDF)

This Free Newsletter is a Vital Resource for Diabetes Prevention and for anyone Living with Diabetes

Our Vision

- Enriching lives, one person at a time

Our Mission

- To enrich the lives of people living with or at risk for cancer and diabetes by providing financial resources, support, preventive and management education.

BCDF Activities Include:

- Modest grants to individuals/families affected by cancer or diabetes to enhance their quality of life
- Prevention and management education, and small-group workshops
- Advocacy and referrals to resources for individuals/families affected by cancer or diabetes
- Writing grant proposals and fundraising

BCDF relies on donations to carry out its mission. We are an incorporated, charitable Foundation in the Republic of Trinidad and Tobago. BCDF functions with volunteers only and no paid staff. To contact us with comments, questions or articles, phone 868) 667-2576 or e-mail: adelia@bovellcancerdiabetesfoundation.org; <http://www.bovellcancerdiabetesfoundation.org>

Disclaimer: *This newsletter is meant to educate and inform. It is not to be used as medical advice. Please consult your doctor for medical advice.*

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2016 Breakfast Fundraiser was PHENOMENAL!!!

Dear Attendees/Supporters/Volunteers
Many thanks for attending our 4th annual Breakfast and Diabetes Awareness Dialogue on 23rd April, 2016. The Board of Directors of the Bovell Cancer Diabetes Foundation (BCDF) thanks all those who attended, supported and assisted us for our flagship Breakfast Fundraiser. This event would not have been a success without your generous support. As in previous years, the event was great fun, with an excellent Emcee and healthy, tasty food. Over the three years, your support has helped us raise over \$20,000, which we have used to continue our projects, including: 'So in Love with my Feet Project'; 'Small Grants to Families'; 'Life of a Child' and 'Diabetes in the Limelight Jamboree'. As you already know, ALL your \$\$ go to our projects; and not to any administrative costs.

Go to pages 2 & 3

BREAKFAST 2016 PICTURE GALLERY



The start-up



Frying Tobago 'Bakes' - Hard to Keep Up



Getting the 'Chocolate Tea' ready



OF OUR BROTHER



Cornelius Henson Bovell "Corni" **1948-2014**

Our lives go on without you
But nothing is the same
We have to hide our heartache
When someone speaks your name
Sad are the hearts that love you
Silent are the tears that fall
Living without you is the hardest part of all
You did so many things for us
Your heart was so kind and true
And when we needed someone
We could always count on you
Especially when we have special family events
The special years will not return
When we are all together
But with the love in our hearts
You walk with us forever... *Author Unknown*

*From your sisters, brothers, nephews,
neices and your BCDF Family*

In Sympathy... Two of our treasured volunteers had deaths...

- ✚ Mrs. Keturah Marcelle-Fraser and family on the death of her spouse
- ✚ Mr. Darius Stanley and family on the death of his father

May God be with you and your families during this difficult time!!!!

Breakfast Picture Gallery... From page 2



Souse, Juice... etc.



Packing the box



The bakes!



The service

From page 1 - Breakfast Fundraiser

Fundraising and your support are key elements of our success in the process of stamping out diabetes. We depend on your support for events to help us raise the much needed funds to support BCDF's mission. Remember, we are 100% volunteers with no subventions. We sincerely hope that you will continue to support us. Our picture gallery begins on page 2. Please know that we truly appreciate your support and we hope to see you at next year's event!

Thanks again for your support.

Sincerely,

Bovell Cancer Diabetes Foundation 

Breakfast Picture Gallery... From page 2



Breakfast Picture Gallery... *From page 2*



Our diabetes awareness screen and personnel



Are you being served?



Cooking, coping, serving, catching your breath (below)



Breakfast Picture Gallery... *From page 2*



Our Emcee - the best of the best!!!



Crowd control while taking orders; glucose screening



Treasured
Volunteer
Nurse Lois

TEACHERS' WORKSHOP

The Bovell Cancer Diabetes Foundation hosted its first-of-a-kind workshop for teachers on 28th & 29th April, 2016 at the Works Conference Room, Shaw Park, Tobago. The topic: *“Diabetes Prevention, Recognition and Oversight at School: What Teachers Need to Know”* targeted Tobago's primary school teachers. The **ultimate aim** of this project is to improve both health and learning for students with, or at high risk for diabetes by providing diabetes training for school teachers and staff. **Rationale:** Diabetes is a major public health problem in Trinidad and Tobago. In Tobago, full time healthcare service is unavailable at most primary schools. BCDF believes that training workshops designed to address school teachers, principals and other staff may be one of the most practical ways to impact on early diabetes prevention, management and lifestyle intervention efforts among our young children and their parents.

The Situation

- ✚ There is a high prevalence of diabetes in Tobago, where almost every family has one or more members with a history of diabetes
- ✚ Between 2009 and 2015, Bovell Cancer Diabetes Foundation (BCDF) recorded high rates of obesity among elementary school children attending its annual Diabetes in the Limelight Jamboree
- ✚ Between 2009 to 2015, BCDF have been informally assessing the diabetes knowledge among primary school teachers. Our findings revealed that **primary school teachers in Tobago need to become more aware of the nature and elements of diabetes in order to better serve their student population.**
- ✚ Parents have given us many instances where their children's diabetes problems (such as hypo- and hyperglycemia) have been often labelled as *'laziness and tricks to get away from doing the class work'*.

The Outcomes

Twenty six of Tobago's 33 primary schools and one Early Childhood Centre participated in the workshop (Table 1). Most of the participating schools sent the two requested teachers, giving us a total of 39 teachers. The workshop was declared open by Dr. Verlyn Bobb-Lewis, filling in for Mr. Huey Cadette, Secretary, Division of Education, Youth Affairs and Sport. The Division of Health and Social Services (DHSS) was represented by Assemblyman Sheldon Cunningham, Assistant Secretary, DHSS, who gave a very relevant, encouraging, practical and well-received address to the teachers. The six major learning outcomes, articulated at the beginning of the workshop were accomplished. The workshop consisted Table 1. List of participating schools

School	School
Belle Garden A.C.	Black Rock Government
Bon Accord Government	Castara Government
Charlotteville Methodist	Charlotteville S.D.A.
Delaford A.C.	Delaford R.C.
Des Vignes Road Government	Goodwood Methodist
L'Anse Fourmi Methodist	Mason Hall Government
Montgomery Government	Moriah Government
Mt. St. George Methodist	Patience Hill Government
Pembroke A.C.	Plymouth A.C.
Roxborough A.C.	Roxborough Early Childhood Centre
Scarborough Methodist	Scarborough R.C.
Scarborough S.D.A.	Signal Hill Government
Speyside A.C.	Tablepiece Government
Whim A.C.	

of nine units. It began with an introduction to the Workshop; Unit 1: Diabetes Primer for School Teachers; Unit 2: Diabetes in Children and Adolescents; Unit 3: Nutrition, Physical Activity and Lifestyle Basics; Unit 4: Actions for school teachers, other staff, parents/guardian, students; Unit 5: Tools; Unit 6: School Health Responsibilities; Unit 7: Sustainable and Follow-up Actions and Evaluation; Unit 8: Resources and Glossary of Diabetes Terms; Unit 9: Faculty, staff, list of participants and follow-up actions. Faculty/Staff consisted of a Medical Doctor, Nutritionist, two Diabetes Educators, four volunteer Assistants and a Photographer.

Samples of the outcomes of Unit 2 and a picture gallery follow.

Practicum for Unit 2: Module 4 Diabetes in Children – “What Teachers Should Know.”

The session was facilitated by Rosetta Bovell, Diabetes Educator. Report for the practicum session (Group activity) - ‘Some creative ways to get our parents to share more, to be more open.’ Teachers were divided into groups of four/five based on seating. The groups were numbered and instructed to discuss and document (in point format), creative ways to include parents in diabetes prevention and management of their children. It was stated that many of the traditional methods have not been giving the desired results. Posters were distributed to record points for sharing with whole workshop in a small presentation at the end of the session. Each school was encouraged to try at least two methods from the recorded suggestions. The work groups brought back the following points/answers to the exercise:

A. Schools should aim to cultivate a collaborative approach:

- i. Establish confidentiality among staff with any data
- ii. Be aware of teacher’s tone and approach to parents. Be sensitive in communications
- iii. Help parents to feel a sense of ownership by involvement in class and school activities.
- iv. Encourage trust and cordiality in the Parent Teachers’ Association (PTA)
- v. Adopt a policy of equality\fairness for all students

B. Schools should build on parents and teachers’ relationships and strengthen communication:

- i. Be private and confidential with meetings, e.g. create an area where discussions\conferences can be held;
- ii. Reassure parents of extra support if necessary, like helping us to help you;
- iii. Develop open relationships with an open door\classroom policy;
- iv. Encourage a relationship with the home/family to home visits where

where possible;

- v. Teacher tries to make him/herself accessible;
- vi. Include parent story/drama time in the classroom. Some stories should have a diabetes focus.

C. Schools should raise awareness of diabetes through education:

- i. Teacher should seek knowledge and educate self on diabetes;
- ii. Sensitize the PTA through class meetings and one on one discussions;
- iii. Plan and host diabetes awareness activities, seeking and using professionals, for example:
 - school health fair, lifestyle management discussion, health open day - having different booths, designing diabetes - care charts for display, using parental questionnaire, distributing pamphlets, having a health promotion week

Picture Gallery



Partial group picture - Day 1



The literature to create awareness



Lecture & Interaction Time



Thank you Dr. Bobb-Lewis from Marc-Anthoni, BCDF



Registration



Thanks Dr. Bobb-Lewis & Mr. Cunningham



Assistant Secretary DHSS, Mr. Sheldon Cunningham



Lecture & Interaction





Teachers at Work in Groups



Teachers Presenting



Teachers Presenting



The Board of Directors of the Bovell Cancer Diabetes Foundation sincerely thanks the following people for making this workshop such a success: Secretary, Division of Education, Youth Affairs & Sport, Mr. Cadette, Assistant Secretary, DHSS, Mr. Cunningham, Dr. Verlene Bobb-Lewis, School Supervisor III, Principals, the teachers who participated, Mr. Thorne and all those who helped us at the Conference Hall.

Teachers Presenting



Partial Group Pic



... UPCOMING EVENTS

JUL
12



"So in Love with my Feet Project" (November 2015-July 2016)

Belle Garden, Tobago

NOV
11



8th Annual Diabetes in the Limelight Jamboree

Cyd Gray Sporting Complex,
Roxborough, Tobago
10:00 a.m.

NOV
15



Cancer Education Workshop

To be Determined
10:00 a.m.

NOV
16



Children and Teen Hangout

To be Determined
3:00 p.m.

Special thanks to our youngest and treasured volunteer Marc-Anthoni Bovell-Hector for his time and skills in taking the pictures. Thumbs up to our promising photographer!



Please support us by giving a donation regardless how small. We need to continue making a difference and making people more aware about diabetes, especially our children

BCDF 2016 RAINBOW CALENDAR OF EVENTS

November 2015 - June 2016	Complimentary Foot Care Training of Lay Foot Care Attendants <i>"So in Love with my Feet" Project</i>
January - December	Life for a Child Project Patterned after the International Diabetes Federation's program, this project meets the immediate needs (testing strips, assistance and support for doctors' visits, monitoring and education) of a child with diabetes.
18 th January	Application for First Quarter Funding Deadline - Completed Our mission is enriching lives of people living with cancer and diabetes by providing financial and educational resources
February	Diabetes Discourse (Late Issue; Completed) Distribution of the free Quarterly Newsletter of the Bovell Cancer Diabetes Foundation Diabetes Share-Line begins (Postponed)
March	Small Group Workshops (Begin April, 2016) Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. New round of "So in Love with my Feet" Project begins
11 th April	Application for Second Quarter Funding Deadline (Completed)
5 th – 6 th April 23 rd April	"So in Love with my Feet" Project (Completed) Breakfast and Diabetes Awareness Dialogue Morning – Market Square, Scarborough, Tobago (Completed)
May	Small Group Workshops (Completed) Hands-on workshops that will provide current information to help participants learn about cancer and diabetes prevention and education. "So in Love with my Feet" Project (Completed)
June	Diabetes Discourse (Late) Small Group Workshops Hands-on workshops that will provide current information to help participants learn about diabetes prevention and management "So in Love with my Feet" Project (Completed)
18 th July	Application for Third Quarter Funding Deadline "So in Love with my Feet" Project
August	Diabetes Discourse "So in Love with my Feet" Project
17 th October October/November	Application for Fourth Quarter Funding Deadline Primary School World Diabetes Day Poster Competition Poster design is an expression of creativity and technical aptitude. BCDF presents its sixth annual primary school poster competition for the occasion of World Diabetes Day 2016. Cancer Education Workshop; Children & Teen Hangout
November 11 th November	Diabetes Discourse Eighth Annual Diabetes in the Limelight Jamboree BCDF joins the World Diabetes Day campaign emphasising diabetes education and prevention New round of "So in Love with my Feet" Project begins