



## DSS Staff Retreat

It was a welcome respite from their daily routine. DSS staff enjoyed a 2D1N retreat to Batam on 22 August 2015 which also celebrated nurses' day. Amidst the fun activities and shopping, the nurses managed to squeeze in their bi-monthly meeting as well. All in all, they all had a fruitful and relaxed weekend.



Rodiah Hashim



## DSS Collaboration with NTU

Rodiah Hashim

DSS was approached by Nanyang Technological University to help in their research study which seeks to understand the behaviours of people with diabetes in Singapore and their caregivers. Focus Group Discussions were held at our DSS HQ and education centre in Bedok and participants were duly compensated.

DSS would like to thank the participants and their caregivers for coming forward to share their experiences. We hope with their participation and contribution, we can accomplish our mission to raise public awareness of diabetes and to enable people with diabetes to manage their condition and lead a healthy and productive life.

FOR THE  
LATEST ON  
DSS EVENTS,  
LOG ONTO  
[www.diabetes.org.sg](http://www.diabetes.org.sg)  
For enquiries,  
please contact  
6842 6019.

## Past Outreach Programs



13 Sep 2015  
Health Screening at Masjid Abdul Gafoor



26 Jul 2015  
Health Screening at Hindu Endowment Board Health Fair 2015 at Sri Perumal Temple



Rodiah Hashim

## Support Group Team Leaders Workshop Continuing Education for People with Diabetes

DSS organised a workshop over two days—19 July and 1 August 2015—for the DSS support group team leaders to help them provide better support to members. Conducted by Mdm Lai Yee Khim, a nursing consultant with DSS, with invited speakers Dr Ben Ng and Mr Henry Lew, participants learnt about the A to Z of diabetes management from its prevention and actions to take, to complications, nutrition, self-blood glucose monitoring, exercise, stress and sick-day management.

There was positive interaction among participants and the informative sessions left participants empowered and asking for additional workshop days. As diabetes management continues to develop, DSS will conduct these sessions on a regular basis to keep those leading the group updated.



### DSS Support Group Meet & Share

The DSS Support Group (DSG) members met up on 11 July 2015 to share what healthy dishes they have cooked. From sandwiches to salads to chicken curry, all agreed that meals for people with diabetes need not be bland and boring. Do look out for more of these meet and share sessions on our website, [www.diabetes.org.sg](http://www.diabetes.org.sg)

Care to join us for our next DSG meeting or outing? Ring Juliana at 9278 2084 for information or to register.

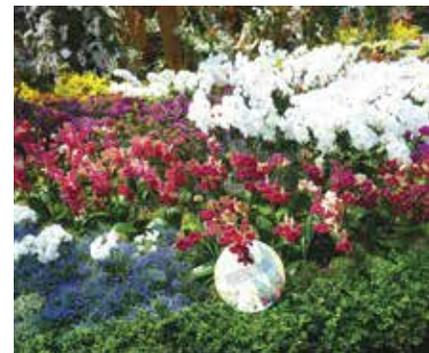
### DSG CALENDAR 2015

Saturday, Oct 31, 4pm  
Park Connector (PCN) Walk  
Central Route 9 (7 km)  
Buangkok MRT Passenger Service

Saturday, Nov 28, 4pm  
Park Connector (PCN) Walk  
Central Route 10 (7.1 km)  
Riviera LRT Passenger Service

\* Please bring along your own blood glucose metre for all DSG activities

\*Please wear a pair of good walking shoes and bring along an umbrella for all outdoor activities.



### SG50 Excursion to Gardens by the Bay Rodiah Hashim

In celebration of SG50, Gardens by the Bay opened up both their conservatories to registered VWOs and senior citizens. Normally priced at \$20, complimentary entry was offered till the end of August. Not to miss out on a good opportunity, DSS organised a weekday trip 28 August 2015 for both members and their support group members.

As early as 8.30am, a bus load of members waited at the Eunos MRT Exit A car-park for the bus to transport them to the Gardens. Upon arrival at 10.00 am, they were in time for a guided tour of the Flower Dome. It was surely a morning of lores and legends as 10 local folktales were brought to life through the creative use of orchids and other flowers in "From Tales to Legends" – a SG50-commemorative floral display in the Flower Dome.