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Supporting the Silver Star Appeal

Issue 10 August 2008

CITY SET FOR £6 MILLION NATIONAL DIABETES CENTRE

Leicester City is set to lead the way nationally on diabetes healthcare, with a purpose-built £6million centre of excellence. In a collaboration between Leicester City Primary Care Trust, Leicester University and Leicester's hospitals, health chiefs say the state-of-the-art facility could be in place within the next two to three years.

The new specialist centre is the brainchild of leading clinicians **Professor Melanie Davies**, **Professor Azhar Farooqi** and **Dr Robert Gregory**, who have developed and progressed this idea with support from colleagues from across both primary and secondary care.

The overall vision for the centre is for it to provide excellent care for people living with diabetes, pioneering clinical research, particularly in prevention, early



Ouch! What did the British Foreign Secretary David Miliband find such a surprise? Full story on page 3.

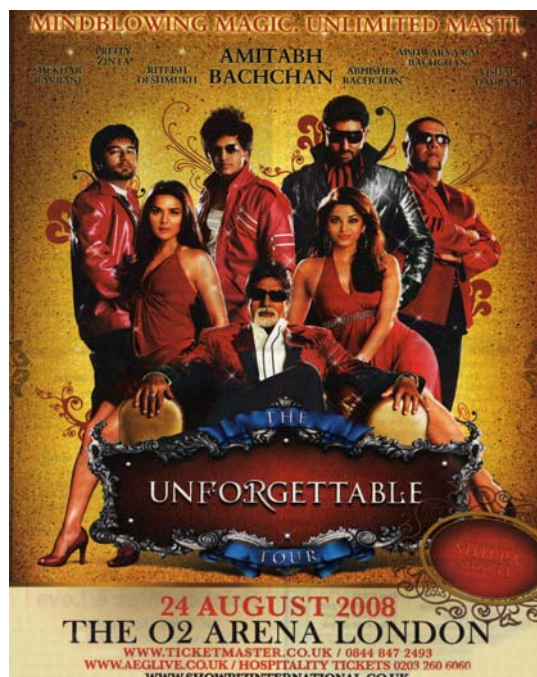


The brand new Charnwood Health Centre in Leicester will also be a centre for diabetes care.

detection and excellent training for professionals who care for people with diabetes.

These will all factor in contributing to improvements in health outcomes for the local population and beyond. **Tim Rideout**, Chief Executive at Leicester City PCT, said: "As part of an exercise to engage with diabetes patients, partners and the public, among others, we will be working together to identify the best location for the centre and will explore all possibilities."

Funding for the exciting project will be via the local health community.



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'TEA' HEALED ME & MY DOG FROM CANCER

Pioneering businesswoman & health campaigner Doune Alexander MBE talked about her miracle tea that saved herself and family pet from cancer.

After her vet confirmed that there was no hope of survival, Doune developed an extraordinary 'Herbal Tea' using 15 specific herbs

including the rare African Bush Willow, now being hailed by British & American scientists as the most powerful anti-cancer herb. Drinking the tea 3 times daily, Zara recovered within 3 weeks, lived for 5 years and passed away peacefully from old age at 15.

Thirteen years on, Zara's Herbal tea (named in her loving memory) has



Rudolph Walker & Doune Alexander exceeded expectations, not solely on cancer sufferers but also on a host of other conditions including heart disease,

strokes, seizures, diabetes, high cholesterol & blood pressure, food poisoning, skin disorders (acne, dark circles around the eyes) and lots more.

The results have been so astonishing that this year the NHS Primary Care Trust has finally considered carrying out hospital trials.

Doune says:- "The tea

has proven to be real 'Gift-of-Life' saving thousands to-date and remains my best selling product".



For more information about Zara's Herbal Tea visit www.grammasintl.com or call 0208 470 8751.



Round the World with Malcolm Richards

Thailand is only a short hop from the Sub Continent not surprisingly it is a popular destination for travellers from cities like Mumbai, Delhi and Calcutta.

Bangkok can be home from home for them: The district of Pahurat, known as little India, nestles alongside the China Town and is one of the cheapest places to shop as this is where the stallholders buy their wares. One of the main tourist attractions is the Chao Phrayer River Express



Boats. With a fixed price ticket you can jump on and off at any pier and explore the temples, museum, parks and shopping areas that line the river bank.

If you alight at the Tha (pier) Saphaan, Puhurat is a short walk. It houses one of the biggest Sikh

Temples outside India Bangkok's reputation is as one of the world's most



lurid flesh pots but it is hard to be offended by the intoxicating dynamism in colourful area like Silom where exuberant sex shows, lively restaurants, boisterous bars and endless street vendors

Bangkok



Major and entertainment shopping centres. A tube system opened recently also makes travelling simple and an escape from the horrendous traffic jams that bring the capital to a standstill at rush hours.

They are among the world's most hospitable people and this is very evident in the hotels where the service is second to none but are very cheap by international standards. The Land of Smiles will not disappoint and Bangkok is a good place to start. Sky Train can whisk you around the capital in comfort with stunning views and pleasant walkways to

major and entertainment shopping centres. A tube system opened recently also makes travelling simple and an escape from the horrendous traffic jams that bring the capital to a standstill at rush hours.

- Population : 7 Million
- Best time to visit: November to March
- Constitutional monarchy since 1932 King Bhumibol the world longest reigning monarch took the throne in 1946.
- Bangkok became capital of Siam in 1782 Thailand is the world's largest exporter of rice.
- Eva Air offers bargain enhanced economy seats from London.



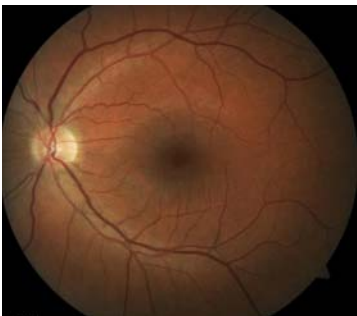
Looking After Your Health

Diabetes and Eye Care

As a person with diabetes, it is important that you ensure you have an eye check up annually. This is because after many years, diabetes can affect the back of the eye. If you have your eyes regularly checked by a professional, they will be able to identify any problems before they become too serious.

It has been proven that maintaining good control of your blood glucose levels, the chance of experiencing eye problems (retinopathy) is greatly reduced.

Retinopathy happens when some of the smallest blood vessels in the retina become blocked or start to



A picture of a retina showing blood vessels in your eye



leak or bleed. This is painless and doesn't initially affect your vision. This is why it is so important to have your eyes checked regularly. If it is left untreated it can lead to blindness!

You should have your eyes checked by a qualified optometrist or other health care professional at least once a year. Although they may carry out a traditional eye test of your vision (normally reading letters from a chart), they must also examine the back of your eyes. This should be done by dilated pupils. The test involves putting some drops in the eye. These may sting a little.

The optometrist will then shine light into your eye to examine the back of the eye.

This test can detect any problems at a very early stage when they can be treated to prevent damage to your vision.

After the test your eyes may be more sensitive to the light, so you might want to take dark glasses with you. You shouldn't drive until the drops have worn off, which can take several hours.

If you discover that you have problems with your eyes, you will be referred to an ophthalmologist for further review and treatment. The most common treatment for diabetic eye problems is



Optometrist testing a patient

laser therapy. This is normally painless and carried out as an outpatient. The treatment involves shining a very bright laser light onto the back of the eye to remove the damaged blood

vessels. Annual eye tests are FREE TO PEOPLE WITH DIABETES. Just tell your optometrist that you have diabetes before your eye examination.

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People

Silver Star of the month



Arpana Desai



Mrs J. Pavel, Indian Consul General, Birmingham

The new Indian Consul General for India is **Mrs Jordana Pavel**. Mrs Pavel has been acquiring several thousand British miles as she travels around the country meeting people who have an interest in India. In July she attended a community meeting in Leicester to discuss the new visa arrangements for these who want to travel to India. There have been a number of failing problems with new system.



Silver Star is pleased to present its monthly award to **Mrs Arpana Desai** a pharmacist assistant, from Harrow in North London. **Mrs Desai** acquired experience in Bombay, runs a children's nursery in Edgware she assisted MDU with on its outing to Wimbledon, South London.



Silver Star on The Move



Humberstone Gate, Leicester

Humberstone Gate, Leicester

On the 60th anniversary of the NHS a Happy Healthy Day was held in Leicester and the MDU was present. While local people enjoyed the sunshine the MDU welcomed a number of people who had a diabetes test. We don't know if it was the sunshine with people eating too much ice-cream but the readings were quite high. The highest was 12.6 taken from a 40 year old woman.

Kennington, London
The MDU was out in London in July at the invitation of the organisers of a Gala Dinner in support of the European Year of Intercultural Dialogue. A number of the guest were tested for diabetes including the British Foreign Secretary **David Miliband**. Also at the dinner was Bollywood superstar **Shilpa Shetty** who had a look inside the MDU. Shilpa is one of the Patrons of the Appeal.



Shilpa Shetty and David Miliband visit The MDU.

Roehampton, South London
At the invitation of the Tamil community the MDU attended their Fun day in Roehampton, London. A total of 25,000 people attended the event which despite the rain cheered up local children.



The British Tamils Forum Fun day in Roehampton, London.

Maz of Leicester
Maz of Leicester was the latest destination on the Belgrave Road. Maz a Kodak Gold Award winner has been on the famous golden mile for the last 30 years. All his staff and family were pleased to be tested on the visit. One gentleman had a score of 17.2 and was sent off to his GP!



Maz gets tested with his staff.



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59 SECONDS
with
Humayun Hussain

A highly experienced food and hospitality journalist of many years, Humayun is the Editor of the UK's leading Indian food and restaurant magazine Tandoori. He also contributes regularly to The Guardian, Caterer and Hotelkeeper, Square Meal and The London Paper. A passionate and knowledgeable foodie, Humayan has recently appears on Gordon Ramsay's Kitchen Nightmares and Market Kitchen, amongst other appearances.

ending world poverty and hunger, particularly when it comes to children, the media stop portraying Muslims in a negative, one-note fashion, which I'm sick to death of and finally, a homeland for the Palestinian people, which is long overdue.

4. What has been the greatest obstacle to your career so far?
Narrow minded newspaper and magazine commissioning editors and TV and radio producers who can't think beyond their limited scope. Despite paying lip service to equal opportunities, they still discriminate and pigeonhole me! Food culture has exploded in the past 10 to 15 years in Britain, yet it's very frustrating to know that we see very few non-white food practitioners on TV or hardly any non-European by-lines in food publications.

5. Where do you find your inspiration?
That's a difficult one to explain, but you find it within yourself. You have to have a passion for something and the drive and desire to succeed no matter what the odds. It's a certain buzz and energy, you either have it or you don't.

6. Which is your favourite South Asian restaurant?
There are just too many to mention. I get spoilt rotten by so many good chefs and restaurateurs, but if I had to name one restaurant which has taken South Asian cooking into a startling and

1. What lead you to pursue the career path you are on? I had always wanted to do creative writing, but decided why not combine my love of arts, food and entertainment and write about it in an authoritative way and become a journalist. That way at least I wouldn't starve as a struggling writer!

2. Who has been the biggest influence on your career so far?
Anyone who has worked hard, not taken "no" for an answer and made something of themselves. If you want to get somewhere in life you really have to chip away at it and eventually you get there.

3. What do you think has been the most important issue of last year?
I think there are certain ongoing issues of our time, which we should all be concerned about. I would include amongst those

fabulous new direction without ever losing sight of the chef's roots, it's Rasoi Vineet Bhatia. It may not be cheap, but Vineet's a damn good chef and it's an experience to eat there!

7. How do you think South Asian Cuisine can progress?
It's a balance of experimenting and using new ingredients and cooking methods, which haven't always been used in South Asian cooking, without ever forgetting one's traditional dishes and skills. If chefs and restaurateurs can continue to offer those without compromising on quality, South Asian cuisine will continue to progress no-end.

8. Why do you think South Asian Cuisine is so popular in Britain?
It has everything to with flavour and that comes from the spices and how one uses them. Traditionally, British food, even though it has improved immensely in the past decade, has always been very bland and limiting. In comparison, if you taste South Asian food, no matter whether it originates from India, Pakistan, Bangladesh or Sri Lanka, it has a deliciously, addictive and palate-tingling taste that's hard to beat.

9. Did you enjoy your role as a judge in the Tilda Tiffin Cup Final this year?
I thoroughly enjoyed being a judge in the Tilda Tiffin Cup, just as I did the first year. It's always great to see that Indian restaurants are constantly improving their presentation and the judging process, surrounded by such knowledgeable colleagues, is a fantastic way to discuss the merits of South Asian cooking. I'm already looking forward to next year!

10. If you were marooned on a desert Island what historical figure would you like to spend your time with?
There are just too many historical figures to want to spend time with any one. So I'd have a good book, all my favourite films, food to last me a lifetime and wished that all the people that I have loved so much, from my mother to close friends, could be with me forever.

Weddings of the Month

Photographed by the Lakhani Group
37 Melton Road, Leicester, LE4 6PN



Ami Tanna and Vikram Shridhar
at The Guoman Tower Hotel London



Jutin Dudheragia and Jessica Kotecha
at The Leicester Town Hall Square Registry Office



Seema Tangri and Shane Mulhal
at The Marriott Hotel Leicester



Sheena Chande and Rupen Kotecha
at The Sapphire Suite Birmingham

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Did you know?

The top 10 countries with the highest numbers of estimated cases of diabetes in 2000.

Rank	Country	Mills.
1	India	31.7
2	China	20.7
3	United States	17.7
4	Indonesia	8.4
5	Japan	6.8
6	Pakistan	5.2
7	Russian Federation	4.6
8	Brazil	4.6
9	Italy	4.3
10	Bangladesh	3.2

Source: Diabetes Care 27 1047-1053, 2004 'Global prevalence of diabetes'