



Hands-On Activity: Who Do You Know With Diabetes?

Because our fight against diabetes is personal, it's important to understand how diabetes affects our communities—including our fellow Lions Club members.

In this two-part group exercise, club members will reflect on their personal connection to diabetes, then brainstorm ideas for service activities to generate diabetes awareness, encourage prevention, and help people with diabetes get access to life-saving treatment.

Part One:

What You'll Need:

- Sheets of paper or card stock
- Markers
- Space for club members to sit in a circle

Facilitator Instructions:

1. Organize participants in a circle.
2. Give each participant a piece of paper/card stock and a marker.
3. Ask participants to reflect on their personal connections with diabetes. Ask questions like:
 - “How are you personally connected to diabetes?”
 - “Who do you know who is living with or has lived with diabetes?”
4. Ask participants to write down their connections and turn their paper/card stock face down on their laps when finished.
5. When all have finished writing, go around the circle and ask each person to hold up their card for all to see.
6. Summarize themes and lead a discussion about how diabetes affects many lives in different ways.



Worldwide Week of Service for Diabetes November 13–19, 2017

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Part Two:

Now that club members understand the impact of diabetes among their fellow Lions, it's time to start thinking about diabetes-related service activities that can make an impact in your community.

Facilitator Instructions:

1. Divide participants in small groups.
2. Give each participant a fresh piece of paper/card stock and a marker.
3. Ask each group to take about 15 minutes to discuss the types of activities that could help prevent and manage diabetes locally.
4. After the group discussion, gather all the participants in one large circle.
5. Have each participant write down an action item they could take, related to diabetes prevention and control.
6. One by one, ask each participant to hold up their papers and name their suggested action.
7. Discuss the different action items as a group.
8. Summarize all the great ideas that have been shared and narrow down a list of service activities your club could do.