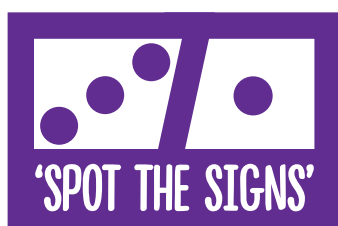




# RAISING AWARENESS OF PROSTATE CANCER AMONGST AFRICAN AND AFRICAN- CARIBBEAN MEN

Version 1.0 September 2019

## T H E T O O L K I T



## #PlayDominoTalkProstate

<http://centreforbmhealth.org.uk/resources/prostate-cancer>

## INTRODUCTION

Prostate cancer is the most common cancer in men in the UK. Although it affects all men, black men are 2-3 times more likely to develop this cancer than their white counterparts.

The death rate is twice as high. Furthermore, African and African-Caribbean men are more likely to develop prostate cancer at a younger age. It is essential that African and African Caribbean men, in particular, know about their increased risk of prostate cancer.

Why it is more common is unknown; there is much research worldwide to discover the reason. (NHS England, 2018)

It's important to understand the meaning of prostate cancer and the role of culture in Black (African and African-Caribbean) men's beliefs about the disease.

Perceptions regarding culture, faith, masculinity and heterosexuality affects Black men's interaction with prostate cancer screening and health related services.

Beliefs around prostate cancer amongst African and African-Caribbean men can be encompassed in ideas related to sexual practices, religion and responsibility. For example beliefs can centre on the idea that prostate cancer results from / or is associated with sex-related practices that are generally frowned upon in Caribbean and / or African countries.

“IN THE BLACK COMMUNITY, MEN DON'T WANT TO TALK ABOUT PROSTATE CANCER BECAUSE THEY THINK IT TAKES AWAY FROM THEIR MANHOOD. TO ME, IT'S BEST TO KNOW WHAT THE HECK IS GOING ON IN YOUR BODY AND TAKE SOME MEASURE TO TRY TO CORRECT IT

- MR M. GREENE, 2018

THIS TOOLKIT HAS BEEN DEVELOPED TO ASSIST COMMUNITY CHAMPIONS AND RAISE AWARENESS OF PROSTATE CANCER AMONG AFRICAN AND AFRICAN-CARIBBEAN MEN. THIS IS HOW THE LEICESTER TEAM DID IT



UNDERSTAND



IDENTIFY



MESSAGES



TALK



EVENT



EVALUATE



KEEP TALKING

ORGANISATIONS HELP  
CARIBBEAN MEN.

# STEP 1 – UNDERSTAND THE POPULATION



IN ADDITION TO RESEARCHING BASIC FACTS ABOUT PROSTATE CANCER AND ITS PARTICULAR PREVALENCE AMONGST AFRICAN AND AFRICAN CARIBBEAN MEN, YOU WILL NEED TO ENSURE THAT YOU KNOW AS MUCH AS YOU CAN ABOUT THE DEMOGRAPHICS OF YOUR LOCAL AREA WITH REGARD TO THESE COMMUNITIES.

# LISTEN TO THE COMMUNITY

However, that's not all. To make a real difference on the ground with your project, you need to be aware of 'cultural factors'. There can be many of these, so you may need to assess what are the most important. For example:

- DO YOU KNOW ABOUT COMMUNITY ATTITUDES TO HEALTH CARE AS WELL AS SPECIFIC ATTITUDES TOWARDS PROSTATE ISSUES?
- ARE MEN 'RELUCTANT' TO SEEK MEDICAL HELP OR ADVICE?
- ARE THERE PARTICULAR FEARS AMONGST BLACK MEN? FEARS THAT MAY PREVENT THEM NOT ONLY SEEKING HELP BUT TALKING ABOUT PROSTATE CANCER.
- WHAT ARE THE ROLES OF WOMEN RELATIVES?
- WHAT LOCAL VENUES ARE IMPORTANT (REMEMBERING THAT THESE MAY NOT BE HEALTH CENTRES)?
- WHEN IS THE BEST TIME TO ENGAGE WITH THE COMMUNITY?
- KNOWING ABOUT AFRICAN AND AFRICAN CARIBBEAN FOOD AND DIETARY HABITS IS ESSENTIAL.

UNDERSTANDING CULTURAL TRADITIONS SUCH AS PLAYING DOMINO AND BUILDING TRUST ARE VITAL IF YOUR WORK IS TO HAVE AN IMPACT.

## STEP 2 – IDENTIFY YOUR TEAM

EFFECTIVE CAMPAIGNS ARE SUPPORTED BY EVERYONE IN THE LOCAL AREA THAT HAS INFORMATION OR KNOWLEDGE ABOUT PROSTATE CANCER AND THE LOCAL POPULATION.

FIND OUT WHO TREATS PEOPLE WITH PROSTATE CANCER IN YOUR LOCAL HOSPITAL.

### WHO DOES THE LOCAL COMMUNITY TRUST?

IS IT A RESPECTED MEMBER OF THE COMMUNITY, SUCH AS A GP OR YOUTH WORKER. GET THEM ON BOARD.

FIND SOME SUPPORT FROM A SENIOR LEADER LOCALLY. THIS COULD BE THE COUNCIL (COUNCILLOR AND/OR OFFICER), HEALTH CARE PROVIDERS, FAITH GROUPS OR SPORTS CLUBS, FOR EXAMPLE.

ALSO REMEMBER, WHO WILL THE COMMUNITY LISTEN TO?

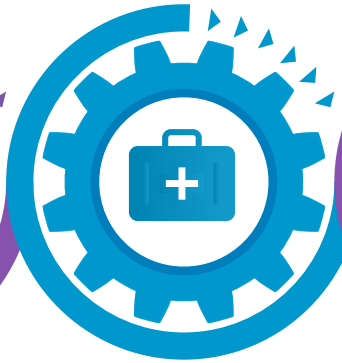
# ROLES

## COMMUNITY CHAMPION



Who does the community you are trying to reach trust and listen to? It may not be you. Don't be put off by this. You will earn community trust by delivering this campaign, but to do this you must have someone working with you from the community. Contact local people who may not be part of an organisation in addition to organisations and explain what you would like to do and show them this toolkit. There will be someone who is waiting for you to make contact.

## CLINICAL



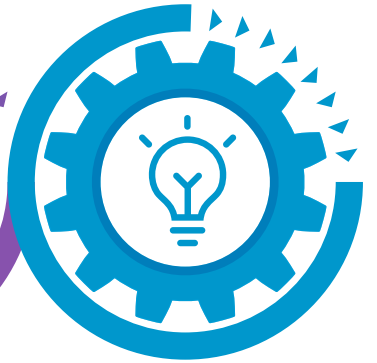
Whatever health condition we are talking about (in this case prostate cancer), people will always ask clinical questions. The idea behind the campaign is to encourage people to talk more openly and dispel myths and beliefs around this sensitive subject. It's therefore really important that these questions can be answered factually and accurately and the correct advice given. People will listen to the expert.

## CHARITY



Don't underestimate the power of local and / or national charities. They can support you in organising events, helping with literature and other materials and providing links to other organisations, ambassadors, clinical leads etc. The possibilities are endless.

## LEAD



Campaigns need someone to lead them. Once more people are recruited to be involved, tasks can then be shared, but someone needs to maintain oversight and co-ordinate the tasks to ensure that the campaign is effective.

**NEVER PROMISE WHAT YOU CANNOT DELIVER**



## STEP 3 – KEY CAMPAIGN MESSAGES AND RESOURCES

- Use a picture of a group of men to demonstrate how many – statistically – will be diagnosed with prostate cancer'
- Keep referring back to the information you gathered in Step 1 of the toolkit on your local population.

Also refer to the national statistics contained in this toolkit and available from the prostate cancer charities.

 [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

 [www.prostaid.co.uk](http://www.prostaid.co.uk)



## DEVELOP A SET OF KEY MESSAGES YOU WANT TO USE

THESE ARE THE MESSAGES WE FOUND PEOPLE RESPONDED TO IN OUR CAMPAIGN:

- 1 IN 4 AFRICAN AND AFRICAN CARIBBEAN MEN WILL BE DIAGNOSED WITH PROSTATE CANCER COMPARED TO 1 IN 8 WHITE MEN
- MOST MEN WITH EARLY PROSTATE CANCER DO NOT HAVE ANY SYMPTOMS
- DON'T WAIT FOR SYMPTOMS TO DEVELOP
- IF YOU ARE AFRICAN AND AFRICAN CARIBBEAN AND AGED OVER 45 SPEAK TO YOUR DOCTOR OR NURSE ABOUT YOUR RISK OF PROSTATE CANCER
- PROSTATE CANCER CAN RUN IN FAMILIES
- THE DEATH RATE IS TWICE AS HIGH





We have developed a wide range of resources (material information and videos) to support you in delivering a similar campaign.

All resources for this toolkit are free to download from the following website: <http://centreforbmehealth.org.uk/resources/prostate-cancer>

# WANT TO DELIVER

**1 IN 4 BLACK MEN WILL BE DIAGNOSED WITH PROSTATE CANCER**  
 DON'T WAIT FOR SYMPTOMS

IF YOU'RE A BLACK MAN AGED 45 OR OVER, SPEAK TO YOUR GP OR NURSE, OR YOU CAN TALK TO A SPECIALIST NURSE  
 0800 074 8383 ABOUT YOUR RISK OF PROSTATE CANCER.

I WOULD LIKE:  
 PSA TEST  
 SPEAK TO GP OR NURSE

[www.centreforbmehealth.org.uk](http://www.centreforbmehealth.org.uk)



**'SPOT THE SIGNS'**

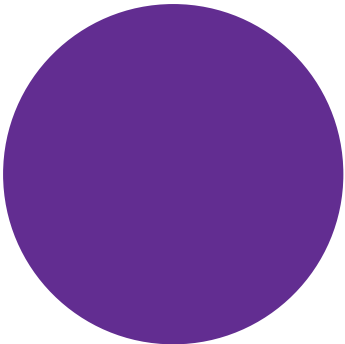
Centre for BME Health  
 reducing health inequalities

- IN THE UK, 1 IN 4 BLACK MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME
- MOST MEN WITH EARLY PROSTATE CANCER DON'T HAVE ANY SYMPTOMS

IF YOU'RE A BLACK MAN AGED 45 OR OVER, SPEAK TO YOUR GP OR NURSE, OR YOU CAN TALK TO A SPECIALIST NURSE  
 0800 074 8383 ABOUT YOUR RISK OF PROSTATE CANCER.

[www.centreforbmehealth.org.uk](http://www.centreforbmehealth.org.uk)

PROSTATE CANCER UK  
 PROSTATE aid  
 University Hospitals of Leicester NHS





## STEP 4 – TALK ABOUT IT



IT IS IMPORTANT TO START TO DEVELOP TRUST IN THE COMMUNITY TO GET THE BALL ROLLING AND GET PEOPLE TALKING ABOUT PROSTATE CANCER. YOU'VE IDENTIFIED YOUR COMMUNITY CHAMPION, CLINICAL LEAD AND CHARITIES. ASK THEM TO HELP TO START THE CONVERSATION. IDENTIFY EVENTS THAT PEOPLE WILL ALREADY BE ATTENDING.



Is there a football match, charity event, food festival, religious celebration or church event that you could attend to do a short talk? Keep it simple and leave handouts.

Ensure the information you use is reflective of the audience. Use the links provided in this booklet. This is an important step before moving on to the launch event to introduce the topic into conversation.

-  **USE SOCIAL MEDIA SUCH AS TWITTER, INSTAGRAM OR FACEBOOK (EXAMPLE IN APPENDIX)**
-  **PRESS RELEASE (EXAMPLE IN APPENDIX)**
-  **VIDEOS (SEE LINKS IN THE APPENDIX)**
-  **TALKS AT COMMUNITY EVENTS**



## ENGAGE THE COMMUNITY



## STEP 5 – ARRANGE YOUR EVENT

You should have now done all the ground work in the previous steps and you are ready to organise a Play Domino; Talk Prostate event!

01

Set the date, day and time: ask the community what works best for them. Could it coincide with local or national campaigns? Does it clash with any other events that the target population would be attending?

02

Arrange the venue: make sure it is accessible and familiar to the target population.  
Take the advice of your community champion

03

Provide refreshments and ensure that the food is culturally appropriate.

04

Advertise your event:

- Local community
- Local charities/support groups
- Local health providers
- Flyers/Leaflets
- Community radio

05

Media Campaign – get the word out!

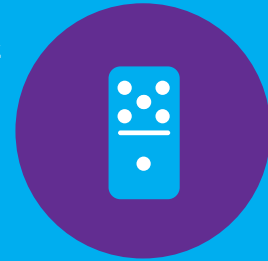
- Press Release
- Shout about it on local radio, local media, newsletters
- Use social media
- Tag us in to any activity! Use #PlayDominoTalkProstate
- Empower people to use 'word of mouth'



# 06

Invite:

- Members of the community – male & female, children, family, friends
- Clinical lead
- Local charities/groups
- Local councillors and MPs
- Local celebrities/sports stars
- Relevant department at local health organisations/authorities
- GPs



## #PLAYDOMINOTALKPROSTATE

“I WAS AT THE LAUNCH AND I HAVE NEVER SEEN US SIT SO STILL AND LISTEN TO HEALTH ISSUES IN THIS WAY”.

# 07

Materials:

- Print leaflets / flyers / giveaways / dominoes
- Use of 'hashtag' / logo / images

# 08

On the day

- Shout about it on social media
- Tag us into any activity! #PlayDominoTalkProstate
- Take photos, videos
- Play prostate video insert link
- Ask for feedback
  - What do people want?
  - What would they like?
  - What worked well? What could still be done?



## STEP 6 – EVALUATE THE IMPACT

It is crucial to evaluate the impact of your campaign and event to show what's worked well, what didn't work and what you could do better next time. You can also use the evaluation to shout about your success. Share your findings, keep tweeting, and tell everyone how it went.

### HERE ARE SOME QUESTIONS YOU MIGHT WANT TO INCLUDE IN YOUR E

- Was it easy to find a community champion?
- Was there a clinical lead?
- Who was representing the local healthcare providers / policy makers etc?
- Did the media pick up on the campaign? If so, how?  
Was there press /radio coverage?
- Did any local celebrities hear about it/attend the event(s)?
- How many people attended the domino event? Who were they  
(by ethnicity, gender, age etc)?
- Was there an impact on social media? Was the hashtag used?  
Were there re-tweets? How many shared on other platforms?
- Do you receive any verbal feedback?
- Did you use evaluation forms?
- Have people asked for more events?
- Have you collected testimonials from men and / or their families?

“PLAY DOMINO TALK PROSTATE SESSIONS HAVE HELPED ME TO GET MY LIFE BACK. BEFORE THIS, I WAS FEELING SO LOW AND ALONE, NOW I AM INVOLVED AND PLAY DOMINO 3 DAYS EVERY WEEK WITH THE SIX LOVE PLAY DOMINO TALK PROSTATE FAMILY. MY FAMILY ARE HAPPY THAT I WAS GIVEN THE OPPORTUNITY TO SHARE MY STORY IN THE VIDEO. WE HAVE TO KEEP UP THIS MOMENTUM.”

## VALUATION:

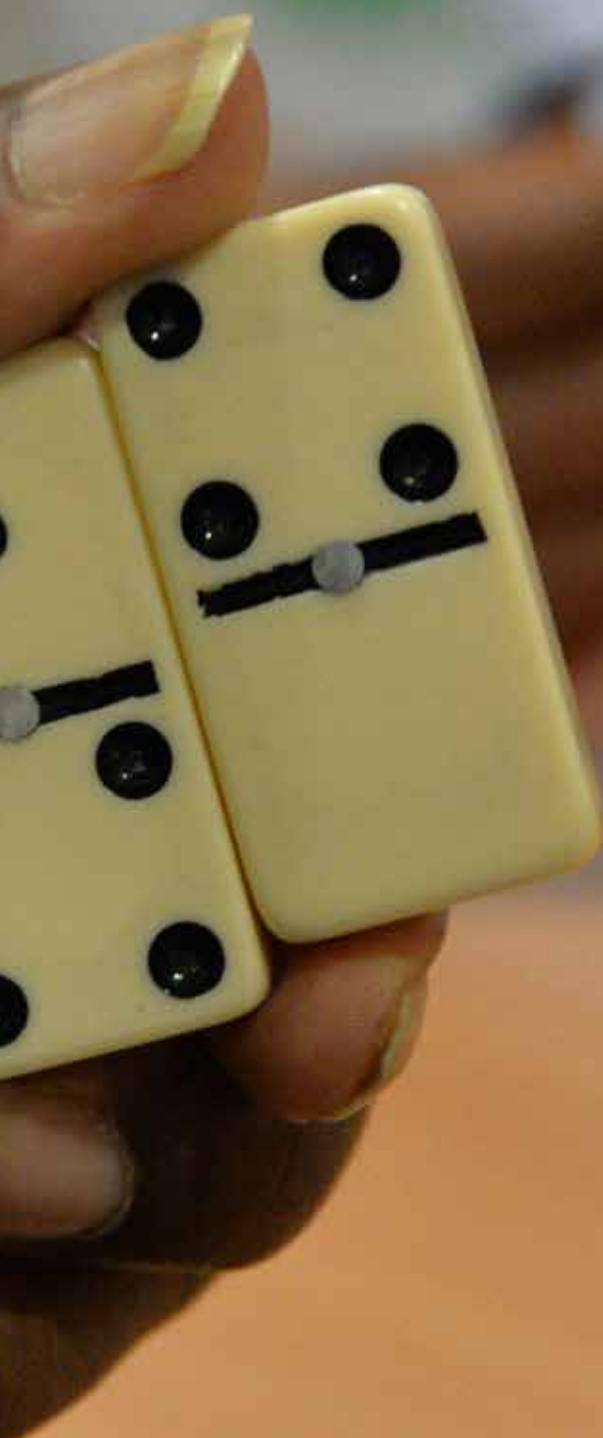
- ✓ Did people want these to be regular events?
- ✓ Did your event / programme etc reach the African and African-Caribbean participants that you intended to engage and are the participants representative of this ethnic group?
- ✓ How effective is the programme in meeting the intended aim and/or did it meet the intended outcome e.g. did the uptake to prostate cancer screening amongst African and African-Caribbean men improve?
- ✓ How has the programme / event been adopted by those delivering it? Consider completing focus groups with staff and community members / ambassadors to examine the acceptance of the programme / event etc.
- ✓ How has the event / programme been implemented? Again talk to participants to examine their perception on the quality of the activity / event, and its consistency.
- ✓ Can this programme / event etc be maintained and or sustained in the future? Talk to the staff and participants involved to ascertain the barriers and facilitators for sustainability. Consider cost, community assets, resources and clinical lead support etc.



## STEP 7 – KEEP TALKING PROSTATE

- ✓ BUILD ON YOUR SUCCESS
- ✓ BE LED BY THE COMMUNITY
- ✓ USE YOUR SUCCESS TO APPLY FOR FUNDING TO CONTINUE THE CAMPAIGN
- ✓ CONTINUE TO COLLECT TESTIMONIALS
- ✓ LISTEN TO THE IMPACT, COLLECT STORIES AND PEOPLE'S VIEWS AND OPINIONS
- ✓ DECIDE WHAT IS NEXT





**'SPOT THE SIGNS'**

“

I HAVE HAD MY PROSTATE CHECKED,  
I HAVE BEEN AVOIDING IT FOR  
A LONG TIME – NOW I WILL BE  
KEEPING MY EYES ON THE BALL

”

**#PLAYDOMINOTALKPROSTATE**

## LEICESTER CASE STUDY

“Play Domino Talk Prostate” Spot the Signs was launched on the 10th March 2018 at an event, which attracted over 80 people. An added bonus was the presence of TV cameras from Central News which hit the 6pm news bulletin which meant that the “Play Domino Talk Prostate” awareness was reached by a multitude of people across the East Midlands and beyond. (Footage available).

The event was led by community champion, Pamela Campbell-Morris, and was an effective collaboration between the Centre for BME Health, Prostate Cancer UK and ProstAID. It gave individuals the opportunity to play Dominoes with friends and families in a very informal setting whilst receiving verbal messages from our speakers on the day. Specifically designed leaflets, key rings and bottle openers which highlighted the statistics specifically to African and African-Caribbean men were handed out to every attendee. A number of questions were raised which generated discussions amongst members of the community.

As a result of the “Play Domino Talk Prostate” campaign, weekly group sessions have been established with 20-30 men attending weekly.

“Before we formed the African and African-Caribbean Play Domino Talk prostate cancer, campaign Local African and African-Caribbean men were largely unaware of their increased risk of this cancer and its impact on their health and lives.”

There was a ProstAid support group in Leicester but attendance from the African and African Caribbean community was nil. This campaign has demonstrated that one size does not fit all.

But thanks to a dynamic campaign and the making of a video which included local African and African Caribbean men talking (a video that has indeed gone global), the attitude of these men has changed dramatically. They are now actively aware of prostate cancer.

Following the Domino events we formed a local support group with the community champion, ProstAID and Prostate cancer UK working together.

This group of 30 men meet weekly in Leicester to play domino and talk and help each other with prostate cancer, its treatment, diagnosis and how it has affected them.

**Rob Banner, ProstAid. Feb 19**



**SUPPORT AND EMPOWER COMMUNITIES TO TAKE OWNERSHIP OF THE CAMPAIGN**

## QUOTES

“

“AT A PERSONAL LEVEL I CAN HONESTLY SAY THAT I HAVE TOOK FOR GRANTED AND IGNORED THE IMPORTANCE OF MY OWN PHYSICAL AND MENTAL WELLBEING. IT IS ONLY WITHIN THE PAST COUPLE OF YEARS THROUGH THE WORK THAT YOU AND OTHERS HAVE BEEN DOING HAVE GIVEN ME THE WILL AND THE CONFIDENCE TO CHECK MYSELF AND ENCOURAGE OTHERS TO DO THE SAME.”

”

“

“I WAS IN THE CARIBBEAN ON HOLIDAY AND WHILE I WAS THERE I WAS BROWSING THE INTERNET WHEN I CAME ACROSS A VIDEO ON PROSTATE CANCER. MUCH TO MY SURPRISE THE INDIVIDUALS SPEAKING IN THE VIDEO WERE MANY OF MY CONTEMPORARIES THAT I KNOW IN LEICESTER. INDIVIDUALS THAT I WOULD NEVER EXPECT TO SEE SPEAKING SO OPENLY ABOUT THEIR HEALTH ISSUES AND CERTAINLY NOT PROSTATE CANCER. YOUR WORK IS CLEARLY HAVING AN IMPACT IN THE COMMUNITY. IT IS A VERY GOOD VIDEO WITH WORLDWIDE REACH. KEEP UP THE GOOD WORK BECAUSE IT IS CLEARLY MUCH NEEDED AND ULTIMATELY WILL AND IS SAVING LIVES.”

”

““PLAY DOMINO TALK PROSTATE SESSIONS HAS HELPED ME TO GET MY LIFE BACK, BEFORE THIS, I WAS FEELING SO LOW AND ALONE, NOW I AM INVOLVED AND PLAY DOMINO 3 DAYS EVERY WEEK WITH THE SIX LOVE PLAY DOMINO TALK PROSTATE FAMILY, MY FAMILY ARE HAPPY THAT I WAS GIVEN THE OPPORTUNITY TO SHARE MY STORY IN THE VIDEO. WE HAVE TO KEEP UP THIS MOMENTUM.””

““I HAVE HAD MY PROSTATE CHECKED, I HAVE BEEN AVOIDING IT FOR A LONG TIME – NOW I WILL BE KEEPING MY EYES ON THE BALLS””

““I HAVE BECOME MORE AWARE OF THE HIGH RISK THAT I AND MY FELLOW AFRICAN CARIBBEAN MEN IS FACING AS A RESULT OF THE CAMPAIGN, THIS HAVE GOT ME NOW TALKING TO OTHERS ABOUT IT, AS A RESULT, I HAVE BEEN TESTED AND HAVE ALSO HAD MY BOWEL CANCER TEST.””

““THIS CAMPAIGN IS ONE OF THE MOST MEANINGFUL AND EFFECTIVE THAT I HAVE SEEN, I HAVE SEEN PROSTATE STUFF BEFORE BUT ALWAYS THINK THAT IT IS NOT FOR ME AS AN AFRICAN CARIBBEAN MAN SO I SWITCH OFF AND DON'T LISTEN, I NOW FEEL THAT PLAY DOMINO TALK PROSTATE HAVE STRUCK A CHORD IN ME AND MY FELLOW BLACK MEN””

# YOUR RESOURCES

All resources for this toolkit are free to download from the following website:  
<http://centreforbmehealth.org.uk/resources/prostate-cancer>

## A5 FLYER

**African/African Caribbean Men's Club**

Come and join us  
 Free refreshments

Date:  
 Time:  
 Venue:



**PLAY DOMINO  
 TALK PROSTATE**  
 'SPOT THE SIGNS OF PROSTATE CANCER'

[www.centreforbmehealth.org.uk](http://www.centreforbmehealth.org.uk)



**DID YOU KNOW THAT:**

- 1 IN THE UK, 1 IN 4 BLACK MEN WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME. THIS IS DOUBLE THE RISK FACED BY ALL MEN (1 IN 8)
- MOST MEN WITH EARLY PROSTATE CANCER HAVE NO SYMPTOMS AT ALL. THAT'S WHY IT'S IMPORTANT TO KNOW YOUR RISK AND TAKE ACTION EARLY.
- MOST BLACK MEN AREN'T AWARE THEY HAVE AN INCREASED RISK OF PROSTATE CANCER.
- BLACK MEN ARE MORE LIKELY TO GET PROSTATE CANCER IF THEY'RE AGED 45 OR OVER, AND THEIR FATHER OR BROTHER HAS HAD IT.
- IF YOU'RE A BLACK MAN AGED 45 OR OVER, SPEAK TO YOUR GP ABOUT YOUR RISK OF PROSTATE CANCER. DON'T WAIT FOR SYMPTOMS.

Centre for BME Health  
 University Hospitals of Leicester NHS Trust

**PROSTATE aid**  
**PROSTATE CANCER UK**

[www.centreforbmehealth.org.uk](http://www.centreforbmehealth.org.uk)

## FOLDING BUSINESS CARD

**1 IN 4 BLACK MEN WILL BE DIAGNOSED WITH PROSTATE CANCER**

**DON'T WAIT FOR SYMPTOMS**

IF YOU'RE A BLACK MAN AGED 45 OR OVER, SPEAK TO YOUR GP OR NURSE, OR YOU CAN TALK TO A SPECIALIST NURSE 0800 074 8383 ABOUT YOUR RISK OF PROSTATE CANCER.

I WOULD LIKE:

- PSA TEST
- SPEAK TO GP OR NURSE



[www.centreforbmehealth.org.uk](http://www.centreforbmehealth.org.uk)

**Centre for BME Health**  
 reducing health inequalities

MOST MEN WITH EARLY PROSTATE CANCER HAVE NO SYMPTOMS AT ALL. BUT IF YOU DO, YOU MIGHT FIND IT HELPFUL TO TICK ANY PROBLEMS YOU HAVE AND TAKE THIS LEAFLET WITH YOU TO YOUR GP OR NURSE:

- NEEDING TO URINATE MORE OFTEN THAN USUAL, ESPECIALLY AT NIGHT
- DIFFICULTY STARTING TO URINATE
- STRAINING OR TAKING A LONG TIME TO FINISH URINATING
- A WEAK FLOW WHEN YOU URINATE
- A FEELING THAT YOUR BLADDER HASN'T EMPTIED PROPERLY
- HISTORY OF BREAST OR PROSTATE CANCER IN FAMILY
- A SUDDEN NEED TO URINATE – SOMETIMES LEAKING URINE BEFORE YOU GET TO A TOILET
- DRIBBLING URINE AFTER YOU FINISH URINATING

LESS COMMON CHANGES INCLUDE:

- PAIN WHEN URINATING
- PAIN WHEN EJACULATING

**'SPOT THE SIGNS'**

[www.centreforbmehealth.org.uk](http://www.centreforbmehealth.org.uk)

## YOU TUBE VIDEO LINKS

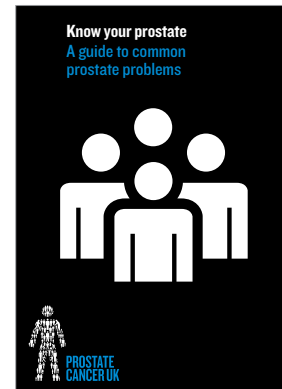
- Julian Marley supports our Play Domino, Talk Prostate campaign <https://youtu.be/diR1blC7jmQ>
- Play Domino Talk Prostate (Cancer) - PROSTaid informational video. <https://youtu.be/PvbimPBlkdg>
- Play Domino Talk Prostate event on ITV Central News <https://youtu.be/EFnJp61r86M>
- Playing dominoes with Jon Ashworth MP <https://youtu.be/Y-8-UeeqzKE>
- Prostate Cancer Check Yourself Song <https://www.youtube.com/watch?v=sR0hl-Ak0w4>



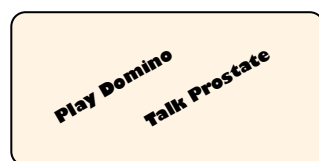
## TRI FOLD FLYER



## INFORMATION LEAFLETS



## DOMINOS



## KEY CHAINS





<http://centreforbmehealth.org.uk/resources/prostate-cancer>



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and Care East Midlands



UNIVERSITY OF  
**LEICESTER**



Leicester Diabetes Centre