



10 The Sugar Group
years
1999 - 2009

KathLocke
Centre



“ I never thought this group would have lasted quite as long or become so popular... ”

“I lived across the road from the new Kath Locke Centre and I came in to see what was going on there for the people in the local community. I knew that because the Kath Locke was at the centre of our community, it needed to have things in it for the community. When I asked what there was, the manager, Dawn, said to me “What could there be? What would you like to see?”

Well, I had been watching a programme about diabetes and as a diabetic myself I thought, what about a group for people who have that? The idea was seized upon because there were so many people in the area who had diabetes. Then we realised we had to give the group a name so I suggested we call it the “Sugar Group”. Vicky McKenzie, who has now passed away, was also quite inspirational in championing the Sugar Group. She was quite mouthy and a live wire.

Groups like this are needed, they bring people together and give people who might otherwise feel lonely, something to look forward to. There are no bosses in this group. The ladies (and the odd gentleman) come along to the group and it's their group, they need it and they run it. It has lasted because of this, the people using the group want it to survive so they look after it.

Back then, it never entered my head that it would still be going ten years later and that so many people would be coming along to the group. I do know, that if the Sugar Group had been anywhere else other than the Kath Locke Centre, at the heart of this community, it probably wouldn't have survived.”

Mrs Dorothy Holness

The woman who first came in and helped set up the Sugar Group 10 years ago.



“ I’ve been coming to the Sugar Group for about six years now and I enjoy everything about it. I enjoy the unity and I enjoy the exercises.

“The group has really helped me, physically, with my knee. I used to have trouble getting in and out of a car. My son saw me one day, trying to get into the car, and he said, “Mum, are you sure that leg is yours?” But since coming to the group and thanks to the exercises, my knee has got a lot better. It’s not a nice thing, having diabetes, but sharing helps.”

Mrs Adaline Ackun





Regular walking sessions with the Sugar Group

“ I come along to the group for the exercise and the crowd. It’s very pleasant, not miserable. The group helps me with my diabetes. I come to the exercise sessions, because the doctors say you have to do exercise. It’s also a day out. Not many men come to the group, I’m one of the only regular men to go. But as long as I’m enjoying the group, I’m not bothered. ”

Mr Ata Khan





“It’s been a great pleasure to teach so many community residents who have come to the Sugar Group over the years. Many have health concerns such as diabetes, high blood pressure, cholesterol and weight issues, but all problems are put aside when we meet together each week and we usually have a fun filled hour with a few aches and pains thrown in. I have seen mobility increase in several members since they have been coming along to the group, which is really positive and I’m sure with regular funding this group will remain” sweet!

Daxa Robson

Sugar Group health instructor





The Sugar Group's oldest member, Mrs Tait, at the 10 Year Event.

On September 5th 2009, the Sugar Group celebrated ten years supporting local older people who have diabetes. The management team, through fundraising and grants raised a total of £5,355 which was used to host a Black, Gold and Cream themed dinner dance at the Manchester City Stadium, where 130 members and their guests attended.

Many thanks to the members, colleagues and friends who supported this event.





“ The number of members that we have speaks for itself, that the group is much needed in this community, not just for help and advice in living with such a complex condition, but also bringing people together socially.”

Sandra Stapleton
The Kath Locke Centre





Many thanks to...

>> Mrs Dorothy Holness for bringing the idea of the group into the Kath Locke Centre and highlighting the need for a service of this kind for African Caribbean people in this area.

>> All our volunteers who have supported the group over the years. Marlene Webbe, Beverley McKie, Gloria Grant, Rebecca Asgill and Mrs Muriel Palmer, who is our current volunteer.

>> The professional health workers who have shared valuable advice over the years, such as dieticians Hazel Andrews, Sarah Vince-Cain and Nandy Cousins.

>> The Diabetes Centre who have given us vital information on when and what to eat, which is so important if you live with diabetes.

>> Daxa Robson, exercise instructor for the group.

>> Janet Bainbridge from the Scarman Trust who has given us great advice on setting up as a group and providing us with funding information.

Thanks also to the Community Foundation, Mosscafe, Manchester City Council's Valuing Older People, Help the Aged and Age Concern and Job Centre Plus. And to Micah Richards (Manchester City Footballer) and Simon Webbe (a member of the band Blue) for their donations.

We would also like to thank The Big Life group for supporting us throughout the years.

If you would like anymore information about the Sugar Group, please contact Sandra Stapleton, Group Facilitator at the Kath Locke Centre, 123 Moss Lane East, Hulme, M15 5DD or telephone 0161 4550211.

In memory of...

Margaret Neuville

Celestine Bell

Victoria McKenzie

James Archibald

Ruth Ann Gregory

Mabel Mcleggan

Wilhelmina Wint

Alice Richards

Blanche Moore

Roslyn Sangster

Genevie Clarke

Ruby Innis