

## **BACKGROUND**

The world is turning to be the opposite of what or how people were viewing it to be, and the battle for this year is the fight against diabetes, diabetes has become more serious than how people were perceiving it. Diabetes before attack elders and result to more of type two (2) but now take a hedge step away from that and move its tail to children.

Type 1 diabetes is now a major problem in the world and Gambia in particular as it takes a greater percentage from the diabetes family attacking poor children and youths in general.

## **PROPOSAL DISCRIPTION**

It is a well-known phenomenon that type 1 diabetes occur when the pancreas is no more able to produce insulin for the body, therefore as a result one has to inject insulin every day to supplement the lost insulin, this came as a result that many type 1 diabetic are children and youth under 35yrs of age. Thus, is so-case that high number of the type 1 diabetes are school going children and families living below the poverty line as a result could not be able to buy the insulin, test strip and other medication needed for the treatment or managing the silent killer disease.

Moreover, children face it difficult to use the insulin by injecting themselves at least twice a day and measuring their blood sugar levels, thus, this will give them complication like high blood value, high hba1c and future complication like kidney failure, foot, and eye and heart complication and as a result, the future of these person is doom.

In this light, as youth are the half of today and the whole of tomorrow we want to have a five days (5) training on diabetes and its complication by inviting professionals on diabetes to build the capacity of the people with or without diabetes on how to control and monitor our diet as the word managing is a key term to fight diabetes, as for that we need weapons and our only weapon is to build our capacity and give us the right chemistry to control our diet.

Injecting insulin is the only way for our survival but the problem many face is when and where they should take the insulin, also how to measure and how much to take after eating a heavy food and a light food which also helps or increase their know how in using insulin weather meal time or not.

Furthermore, this will go a long way in bring the youth with diabetes together from all angles in the country to give them the right teachings and practical on how to handle the disease at any time, secondly, the knowledge will be transform in to the society and people will be sensitized on the dangers of diabetes as many people are with the concept that it only affect elders or rich people. This will also include disseminating the information that with diabetes you are either affected or infected, therefore it should be a concern for all.

## **TARGET**

In this we are targeting children, youth and elders with or without diabetes. Especially does with ICT, concentrating more on type 1 diabetes.

## **AIM**

Our aim is to build the capacity of people with or without diabetes and to give them the right chemistry to tackle, monitor and manage their disease. Also to have a master mind of what diabetes is and how it can be tackle.

## **GOAL**

In this training, our goal is to create awareness and a buoyant environment for people with diabetes and also to reduce diabetes risk and stop it from multiplying.

## **VISSION**

Our vision is to make sure that all diabetic in the Gambia are given the right or adequate knowledge on how to handle diabetes and also to feel comfortable with the disease.

## **OUTCOME**

The outcome will be very positive as people with or without diabetes will be able to take full charge or controlling themselves.

Secondly, people will fully be aware of the consequences of diabetes and they will take good care of themselves and people around them.

Finally, it will go a long way in eradicating the concept or notion people build in them about diabetes to be a rich people's disease and for elders but can attack any one.

Diabetes will get an inside of what ICT is and how it help to bring down our values to normal and develop on having a good hba1c in the future and to avoid high values.

It will also help diabetic to know the benefit of measurement, injection and to avoid late complication in the future.

## **SPONSORS BENEFITS**

The name and logo of the organization or institution will be on the banner and on the t-shirts which will go a long way in advocating and advertising the institution and organization. Secondly every radio talks show the sponsors' will be mention and a representative from the organization and institution.

## **METHODOLOGY OF THE TRAINING**

The diabetes summer camp will bring all type1 diabetics under one forum to brainstorm on some of the issues that are affecting them in their life's and the society in general. The summer camp is expected to last for five day where specialist will be call from different walks of life to come and present on various topic of importance on the fight against diabetes. Each day will be colored with activities like, the importance of measurement, injection, hba1c which is vital in the struggle against diabetes and many other issues relevant to the subject matter. This will give the right chemistry to people with or without diabetes to act on diabetes now as the slogan goes:

***Act on diabetes. Now.***

### **PROGRAM GUIDE FOR THE SUMMER CAMP**

Topic: before we start with our breakfast, lunch or dinner, we measure our blood sugar value and discuss together, what is the right amount of insulin for each individual meal.

<b>ACTIVITIES</b>	<b>FACILITATOR</b>	<b>TIME</b>
<b>ARRIVAL OF PARTICIPANTS AND GUESS</b>	<b>YGDA</b>	<b>16:30-17:30</b>
<b>REGISTRATION AND ACCOMMODATION</b>	<b>YGDA</b>	<b>17:30-18:30</b>
<b>ORIENTATION AND DINNER</b>	<b>YGDA</b>	<b>18:30-20:30</b>
<b>BED TIME</b>	<b>COMMITTEE</b>	<b>21:00</b>
<b>DAY 2</b>		
<b>BREAKFAST</b>	<b>ALL PARTICIPANTS</b>	<b>9:00-10:00</b>
<b>SESSION ON DIABETES: DIABETES AND HOW IT COMPLICATION.</b>	<b>DR GAYE</b>	<b>10:00-11:00</b>
<b>SESSION II: THE IMPORTANCE of MEASUREMENT</b>	<b>ROLAND AND GROUP</b>	<b>11:00-12:00</b>
<b>ICE BREAK</b>	<b>COMMITTEE</b>	<b>12:00-12:30</b>
<b>OVERVIEW OF LESSON</b>	<b>ROLAND AND DR GAYE</b>	<b>12:30-13:00</b>
<b>LUNCH</b>	<b>COMMITTEE</b>	<b>13:00-14:00</b>

PRAYERS, REST	ALL PARTICIPANTS	14:00;16:30
SPORT	ALL PARTICIPANTS	16:30-18:30
TAKING OF SHOWER	ALL PARTICIPANTS	18:30-19:30
WHAT IS YOUR PROBLEM	PARTICIPANTS	19:30-20:30
DINNER	PARTICIPANTS	20:30-21:30
BED TIME		21:30

#### DAY 3

BREAKFAST	ALL PARTICIPANTS	9:00-10:00
SESSION ON ICT AND HOW IT WORKS IN THE BODY	ROLAND	10:00-11:00
WHERE AND HOW TO INJECT ICT	ROLAND AND GROUP	11:00-12:00
HOW DOES ICT HELP IN BRING DOWN OUR HBAIC	ROLAND	12:00-13:00
ICE BREAK AND OVERVIEW OF THE SESSIONS	FACILITATORS AND THE PARTICIPANTS	13:00-14:00
LUNCH	ALL PARTICIPANTS	14:00-15:00
REST	ALL PARTICIPANTS	15:00-16:30
SPORT	ALL PARTICIPANTS	16:30-18:30
TAKING OF SHOWER	ALL PARTICIPANTS	18:30-19:30
REPORT OF ALL MEASUREMENTS FOR THE THREE DAYS AND SOLUTIONS FOR EACH.	ROLAND, DR GAYE AND PARTICIPANTS	19:30-20:30
DINNER	ALL PARTICIPANTS	20:30-21:30
BED TIME	ALL PARTICIPANTS	21:30

#### DAY FOUR

BREAKFAST	ALL PARTICIPANTS	9:00-10:00
ANALYSIS OF MEASUREMENTS AND INJECTION	YGDA	10:00-11:00
HOW CAN WE MOVE AWAY FROM LATE COMPLICATION	DR GAYE	11:00-12:00
WHAT IS THE RIGHT	NANA	12:00-13:00

<b>FOOD FOR DIABETES</b>		
<b>BREAK AND OVERVIEW OF THE SESSION</b>	<b>ALL PARTICIPANTS</b>	<b>13:00-14:00</b>
<b>LUNCH</b>	<b>ALL PARTICIPANTS</b>	<b>14:00-15:00</b>
<b>REST</b>	<b>ALL PARTICIPANTS</b>	<b>15:00-16:30</b>
<b>WHY IS SPORT IMPORTANT TO BRING DOWN OUR VALUES</b>	<b>DR. GAYE</b>	<b>16:30-17:30</b>
<b>SPORT</b>	<b>ALL PARTICIPANTS</b>	<b>17:30-18:30</b>
<b>SHOWER</b>	<b>ALL PARTICIPANTS</b>	<b>18:30-19:30</b>
<b>INSPIRATIONAL SPEECHES</b>	<b>DIABETIC</b>	<b>19:30-20:30</b>
<b>DINNER</b>	<b>ALL PARTICIPANTS</b>	<b>20:30-21:30</b>
<b>BED</b>	<b>ALL PARTICIPANTS</b>	<b>21:30</b>
<b>DAY FIVE</b>		
<b>BREAKFAST</b>	<b>COMMITTEE</b>	<b>9:00-10:00</b>
<b>REPORT AND EVALUATION OF THE SUMMER CAMP</b>	<b>PARTICIPANTS AND COMMITTEE</b>	<b>10:00-11:00</b>
<b>REVIEW OF MEASUREMENT AND HBA1C</b>	<b>ROLAND AND THE GROUP</b>	<b>11:00-12:00</b>
<b>WAY FORWARD FOR YGDA AND THE GGDA</b>	<b>YGDA, Dr. GAYE, ROLAND AND GROUP</b>	<b>12:00-13:00</b>
<b>LUNCH AND FAREWELL</b>	<b>PARTICIPANTS</b>	<b>13:00-15:00</b>
<b>DEPARTURE</b>	<b>ALL PARTICIPANTS</b>	<b>15:00</b>