

# LET'S TALK SUGAR!

**Exhibition**  
**SPACE Gallery, Hackney**  
**29th November 2017**  
**from 4pm - 9pm**

*Let's Talk Sugar!* is an innovative new project to raise awareness of type 2 diabetes. It is a collaboration between King's College London, graphic artist Annie Nicholson and children at Hackney New School.

The exhibition is an evening to celebrate the achievements of the young artists and to learn more about how to live well to avoid and manage type 2 diabetes.



# ABOUT



*Let's Talk Sugar!* Is an innovative new project to raise awareness of type 2 diabetes in our African & Caribbean communities. It is a collaboration between the King's College London Diabetes Research Group, graphic artist Annie Nicholson and children at Hackney New School. The project is funded by King's College London's Cultural Institute's Early Career Researcher's programme.

There will be an exhibition for participants and their families in SPACE gallery on 29th November and the best work will also be exhibited in Somerset House in February 2018.

# WORKSHOPS



The Healthy Living & Active Lifestyles (HEAL\_D) Team at King's are working to support London African & Caribbean communities with lifestyle advice for diabetes. The health scientists from King's will be working with amazing young artists from Hackney New School to explore the subject of type 2 diabetes and raise awareness in the community.

The project includes 3 workshops led by Annie Nicholson, graphic artist and Head of Art at Hackney New School & Amanda Moore from KCL. The artists will learn about diabetes and how to live well with the condition as well as exploring the subject creatively through print media, video, rhyme & song.

# EXHIBITION



The Let's Talk Sugar! exhibition evening will be a chance to celebrate the work of the young artists as well as to learn more about living well with type 2 diabetes.

There will be a further exhibition of the best work at Somerset House in February.

It's a drop in event so you can join us for all or just part of the event. The provisional plan for the evening so far is:

**4-9pm: Exhibition open for viewing**

**4-6pm: Diabetes screening & 1 to 1 information**

**6-6.30pm: Dr Louise Goff, Diabetes Research Group : Let's Talk Sugar! Diabetes in African & Caribbean communities**

**6.30 - 6.45pm: Amanda Moore - the HEAL-D study and helpful tips for the African & Caribbean Diet**

**6.45-7.15pm: Q & A - a chance to ask questions about type 2 diabetes**

**7.30pm: Award presentation**

**7.40pm - 9pm: Drinks food & exhibition viewing.**

# TICKETS



[www.heal-d.co.uk](http://www.heal-d.co.uk) or **Eventbrite** <https://goo.gl/QD76C3>