



















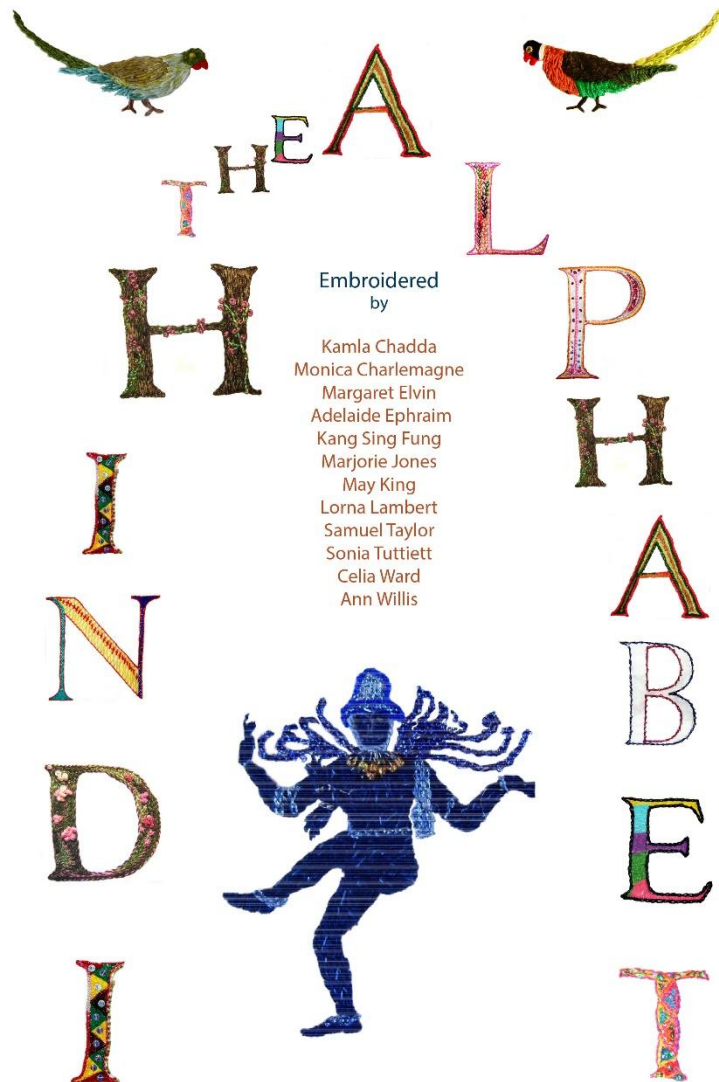
Birds











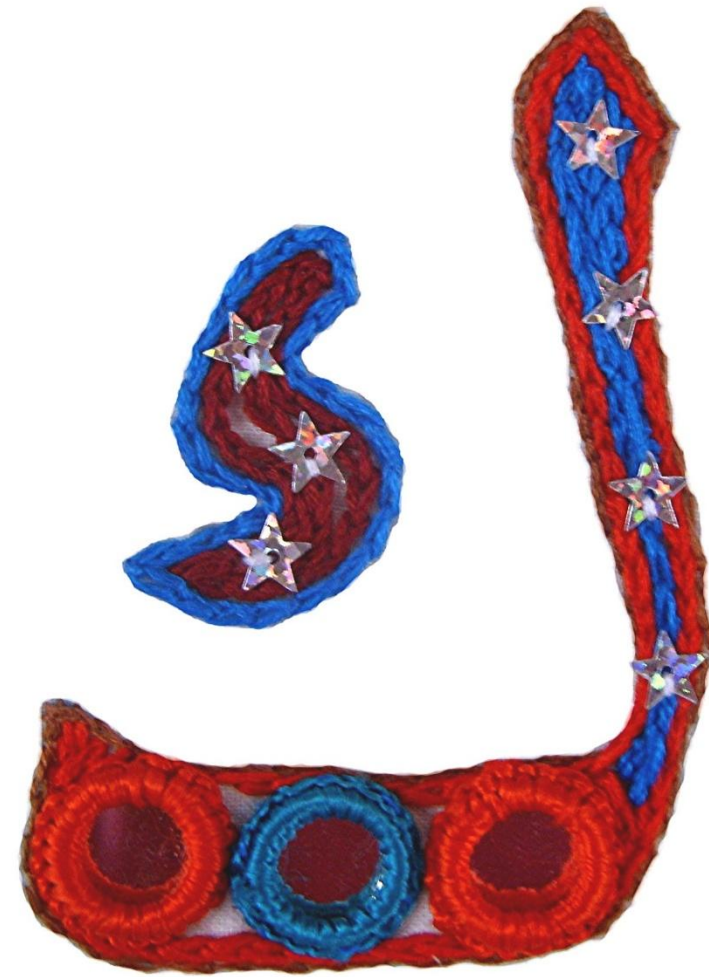
We gratefully acknowledge funding from Awards for All,  
Transform Newham, London Borough of Newham and the  
Skills Funding Agency

# THE HINDI ALPHABET



EAST LONDON TEXTILE ARTS













Arabic was a major vehicle of culture to medieval Europe, especially in science, mathematics and philosophy. As a result many European languages borrowed words from it. English words such as *sugar*, *alkali*, and *cotton* are Arabic in origin. Its influence is particularly seen in Mediterranean languages such as Spanish, Portuguese and Sicilian Italian, due to the geographical proximity of European and Arab civilizations and the 700 years of Arab rule in the Iberian peninsula.



In earlier centuries Arabic itself had borrowed from many languages, including Hebrew, Syriac and Persian. Later, words from European languages were imported. Recently with the introduction of Western-invented technologies words such as *telephone* and *film* have been introduced. Also, because most of these new technologies lack Arabic scripts something called “Arabic Alphabet chat” has developed. This is Arabic transliterated into Latin script with appropriate characters to represent those letters that cannot be accurately presented in standard Latin script.





Craftwork in the booklet is by members of

Little Ilford Embroidery & Patchwork Group  
with learning disability groups:  
The McGrath Makers  
Satash Community Care  
Trinity Centre Arts and Crafts Group

and was carried out in partnership with  
Kent Community NHS Trust.

It is part of an on-going programme  
run by East London Textile Arts.

*Future Projects*

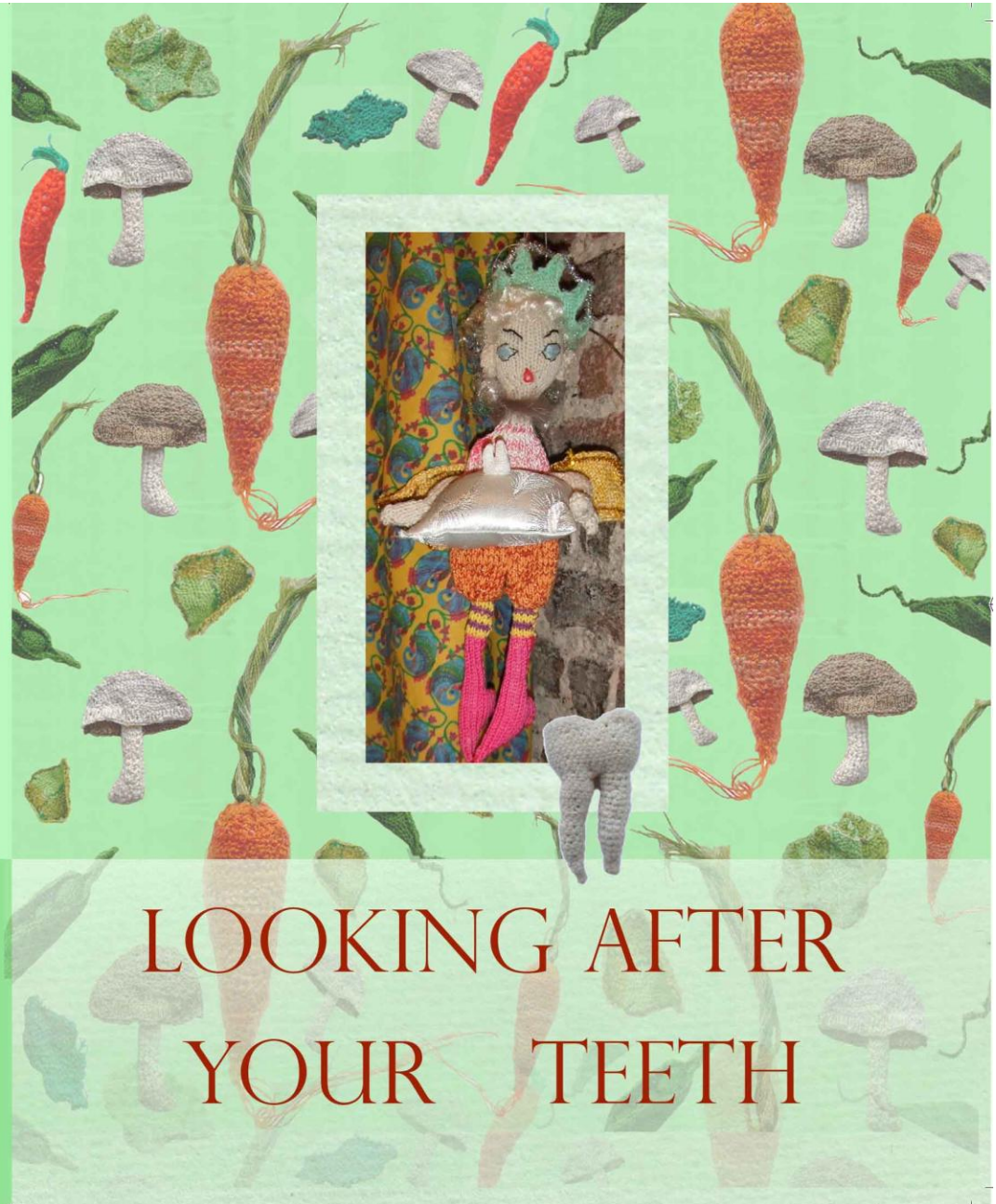
Crafting Diabetes  
Our Street Dress  
St Barnabas Heritage Project



LOTTERY FUNDED



EAST LONDON TEXTILE ARTS



LOOKING AFTER  
YOUR TEETH





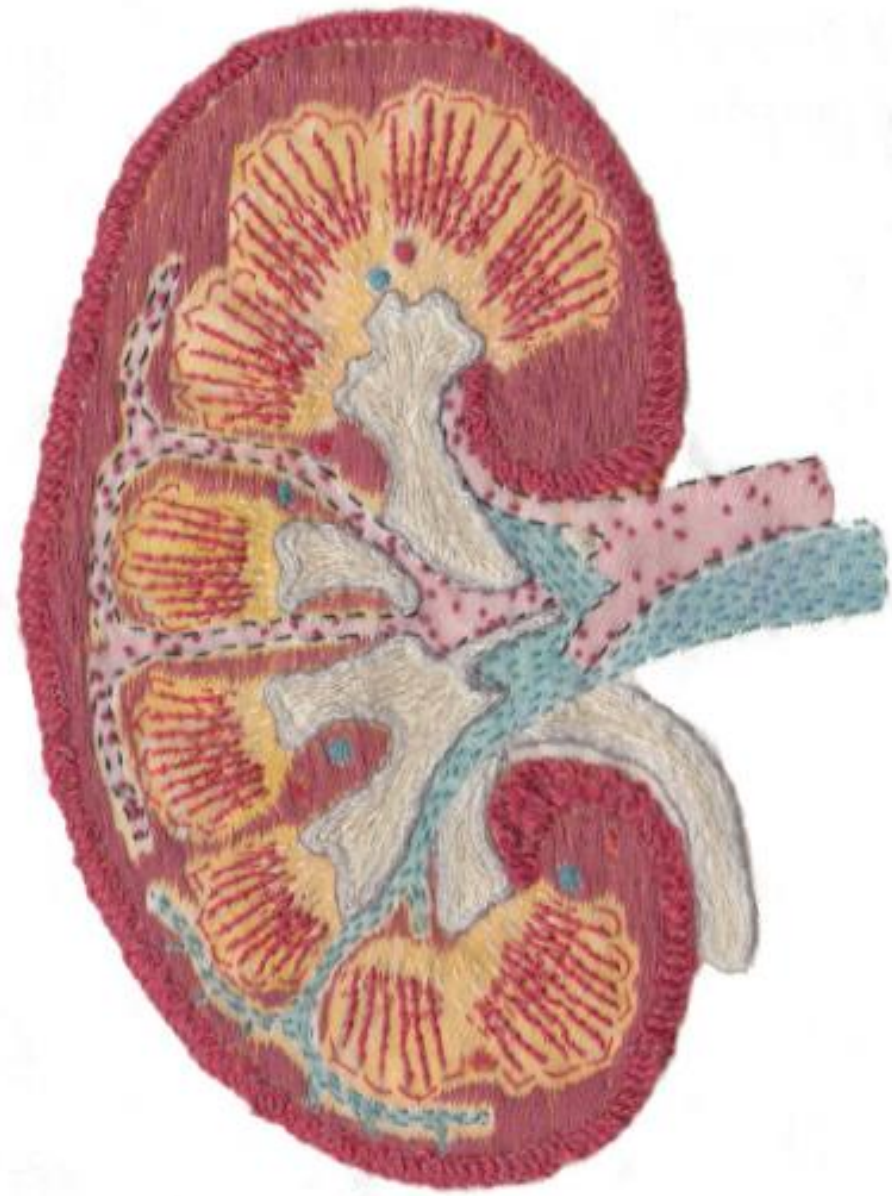
Bad foods have lots of sugar and make your teeth rotten. Sweets, chocolate, cake, biscuits and fizzy drinks are dangerous for your teeth.

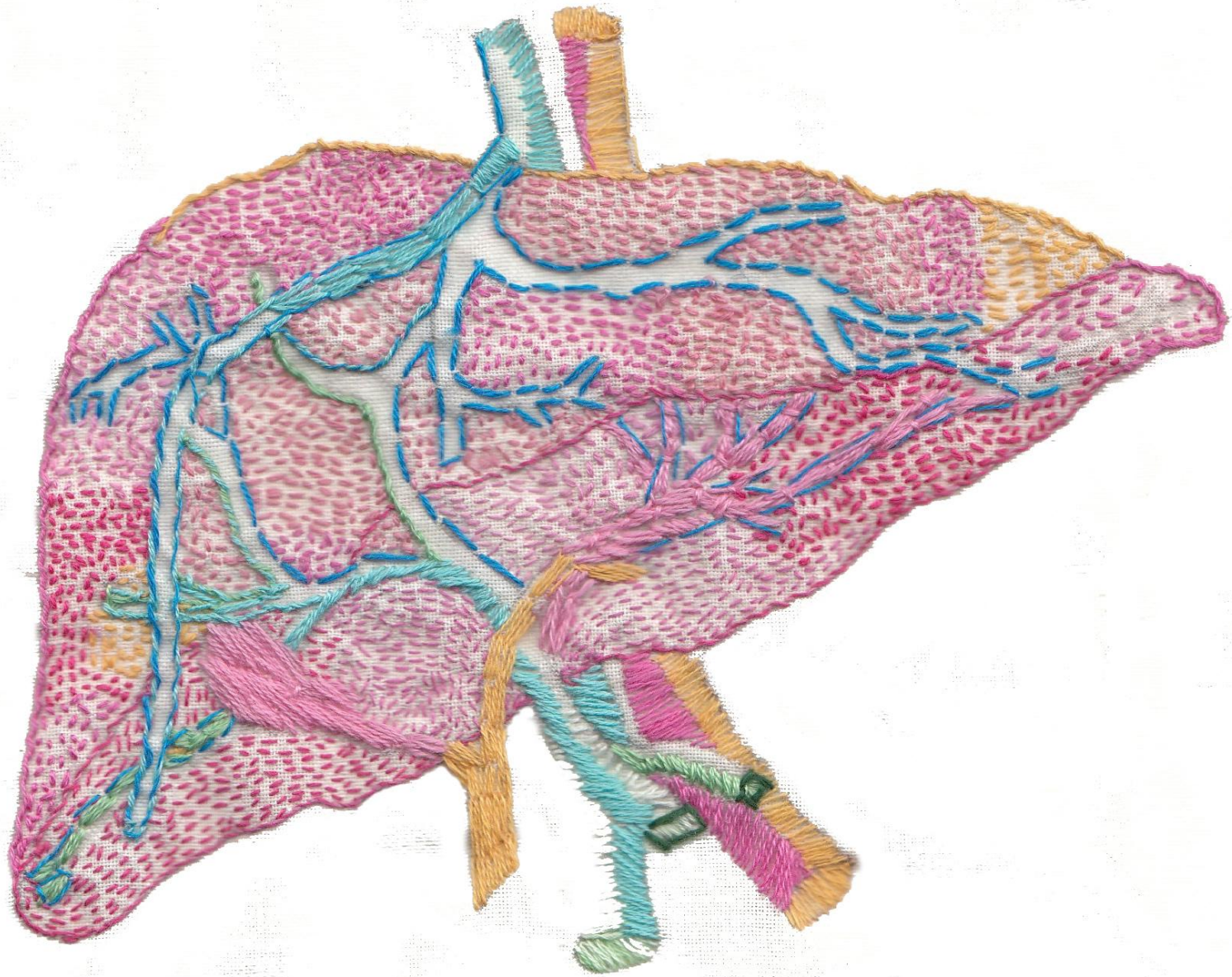
They can give you toothache, which is very painful. They can also make your gums bleed and make you ill. The tooth monsters like you eating bad food!







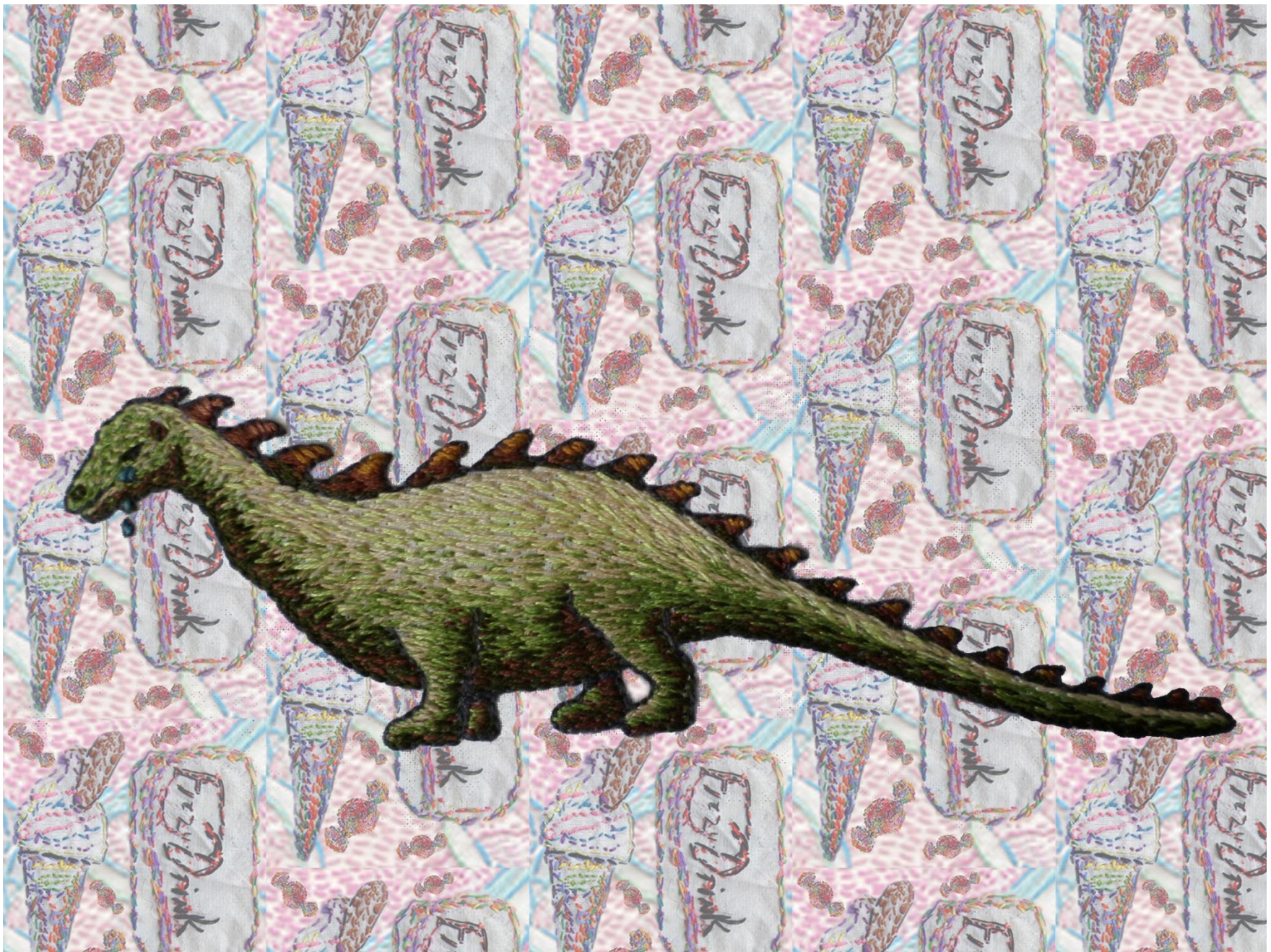




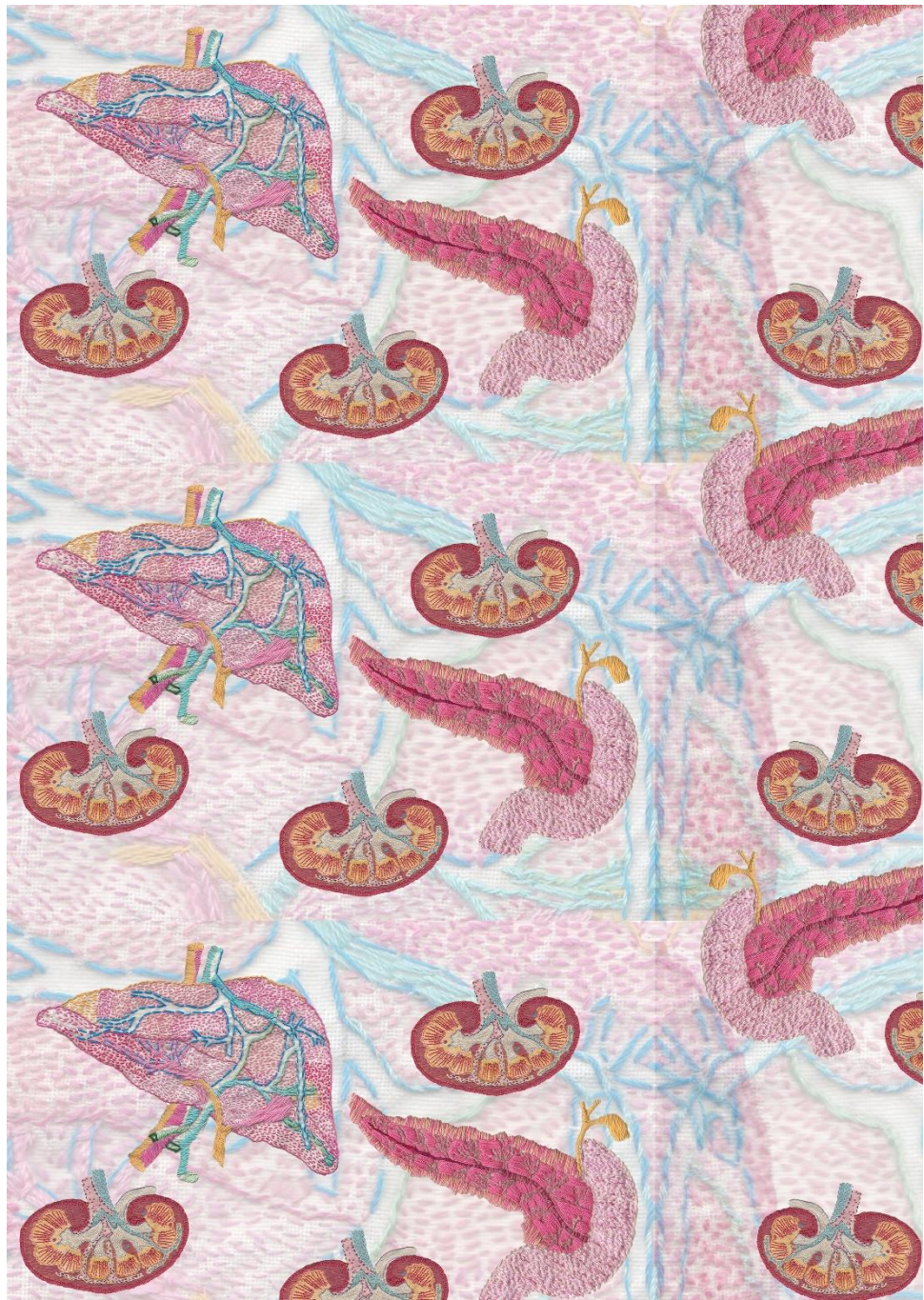




























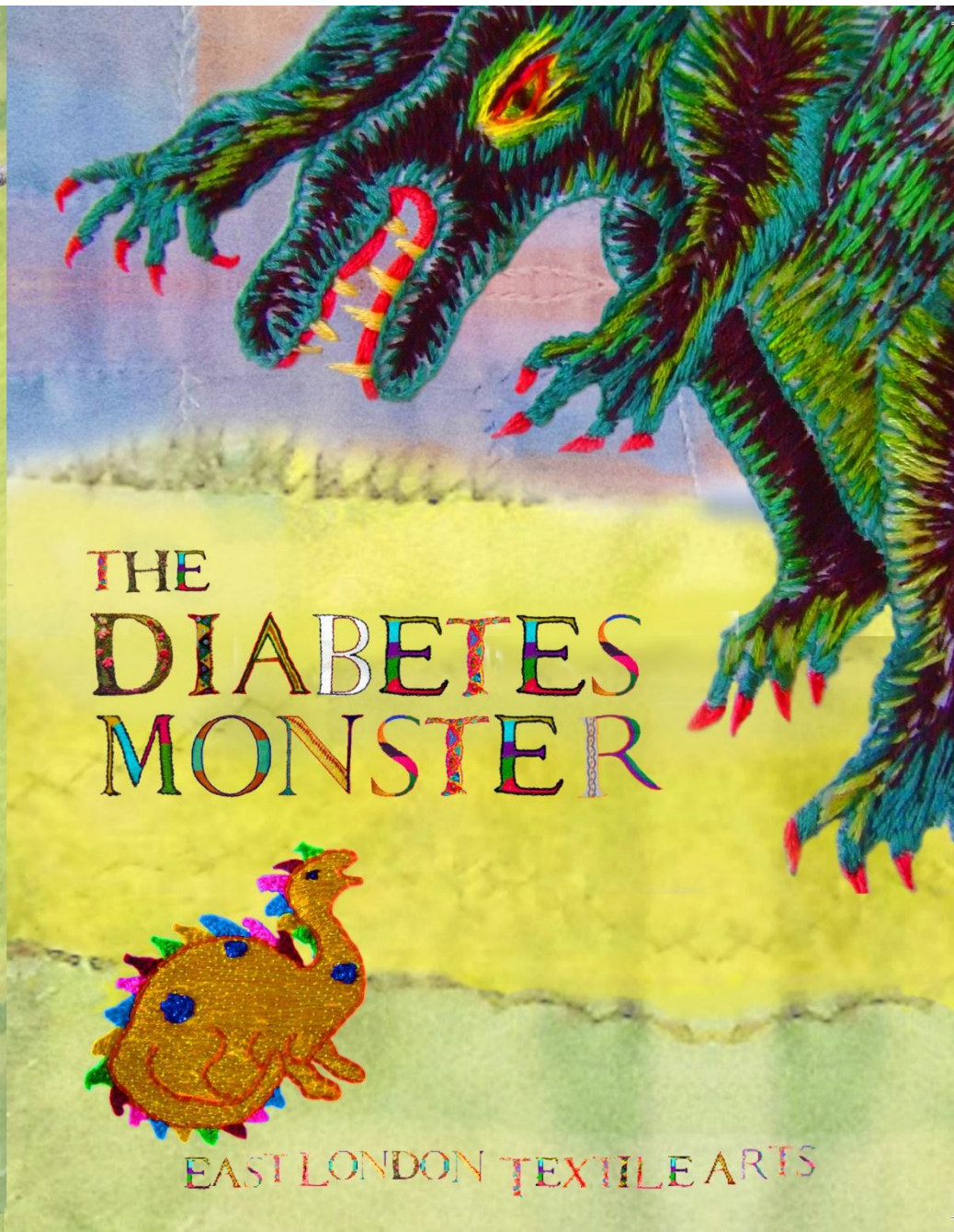














This booklet was produced by  
**EAST LONDON TEXTILE ARTS**

as part of their project in 2016

**Dissecting Diabetes**

This involved skilled textile workers  
working with groups of adults with learning disabilities  
to produce an exhibition at the

**Art Workers Guild**

The exhibition included printed textiles,  
cards, dolls, textile sculptures,  
hangings, prints and jewellery.

Accompanying this publication is a video  
“Dissecting Diabetes” which can be found on Youtube,  
and a more factual booklet, “Understanding Diabetes”.

This booklet is part of a series.

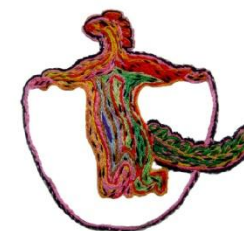
**Looking After Your Teeth**

was printed in 2015

A second oral health booklet is currently being planned  
in partnership with King's College, London, Dental School.

More information can be found on our website

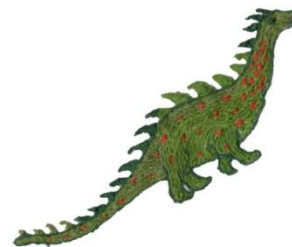
[www.eastlondontextilearts.com](http://www.eastlondontextilearts.com)



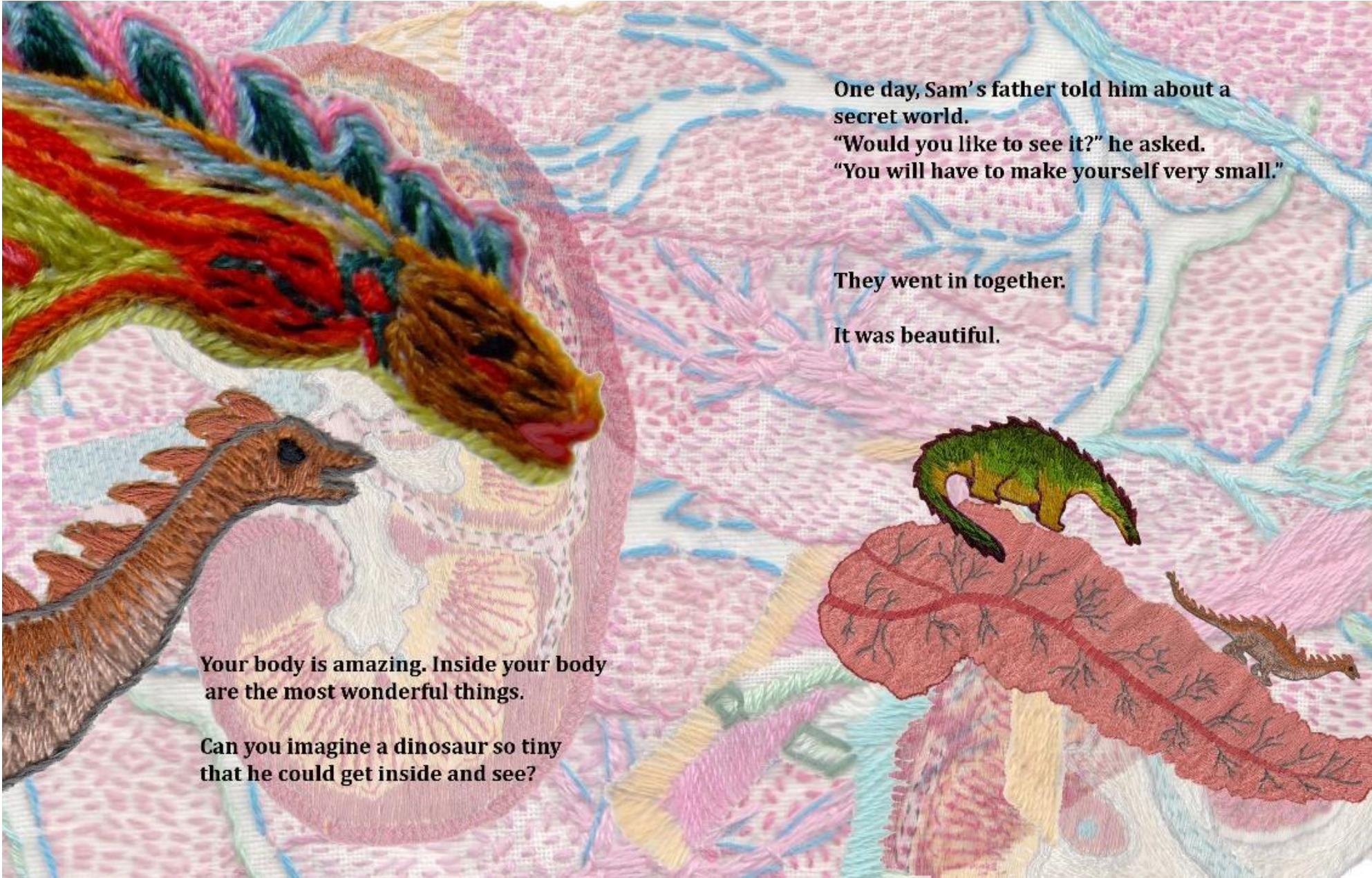
# The Diabetes Monster and How to Get Rid of Him

by

**EAST LONDON TEXTILE ARTS**







One day, Sam's father told him about a  
secret world.  
"Would you like to see it?" he asked.  
"You will have to make yourself very small."

They went in together.

It was beautiful.

Your body is amazing. Inside your body  
are the most wonderful things.

Can you imagine a dinosaur so tiny  
that he could get inside and see?





"This is what your body is like inside,"  
explained Sam's father.  
"Here is your heart. And those are kidneys."  
"What do they all do?" asked Sam.



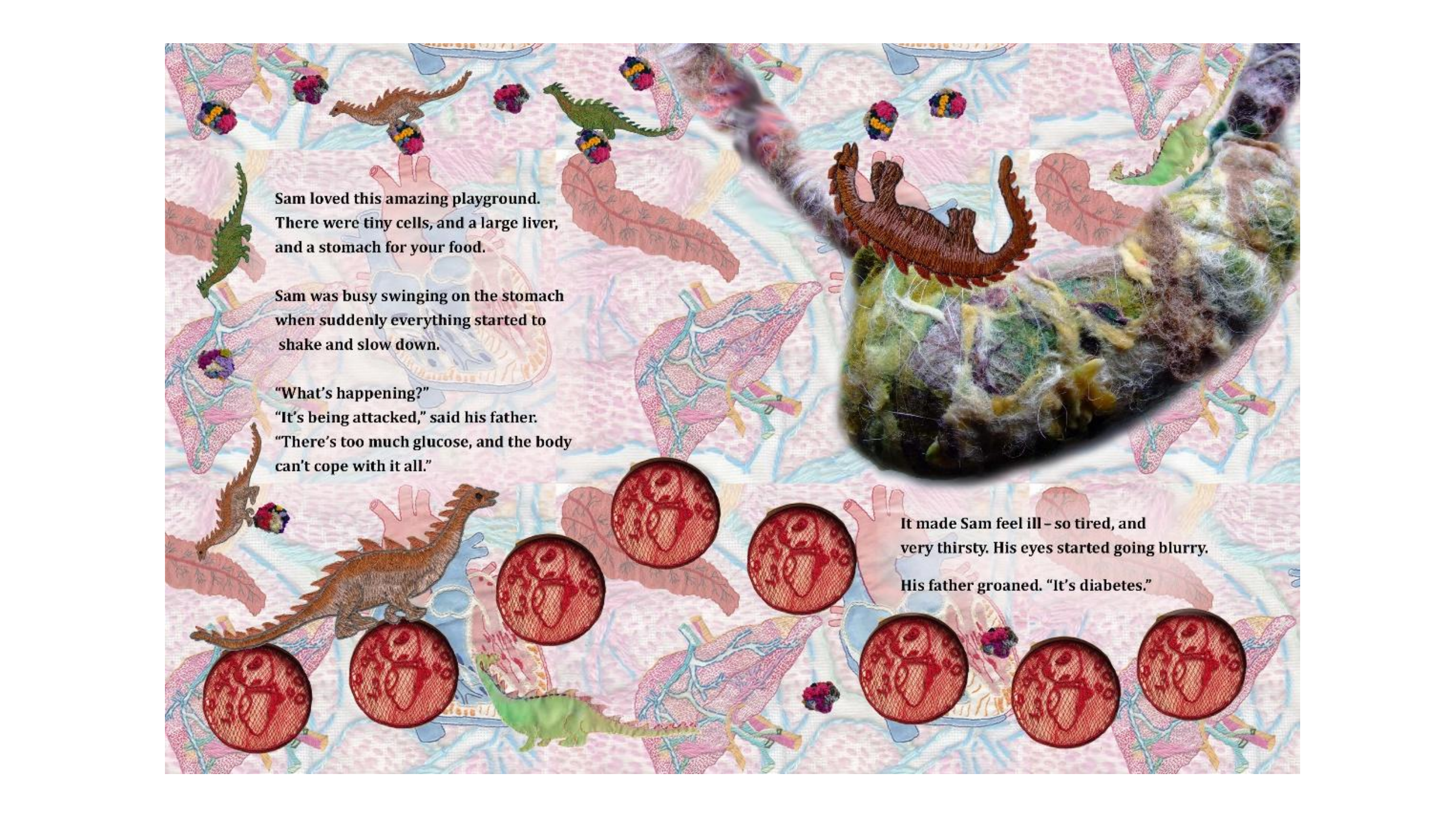
"They keep working all the time,  
whenever you breathe, or walk,  
or sleep."

"There's the pancreas.  
Every time you eat, it releases just  
the right amount of insulin  
to let your body cope."

"It's like magic," said Sam.  
"It's better than magic," his father smiled.  
"It's real life."







Sam loved this amazing playground.  
There were tiny cells, and a large liver,  
and a stomach for your food.

Sam was busy swinging on the stomach  
when suddenly everything started to  
shake and slow down.

"What's happening?"


"It's being attacked," said his father.

"There's too much glucose, and the body  
can't cope with it all."

It made Sam feel ill – so tired, and  
very thirsty. His eyes started going blurry.

His father groaned. "It's diabetes."





Suddenly a terrifying figure  
appeared in front of them.

The diabetes monster!

He was destroying all the  
beautiful bits of the body.

Sam wanted to run but his legs  
didn't work anymore.

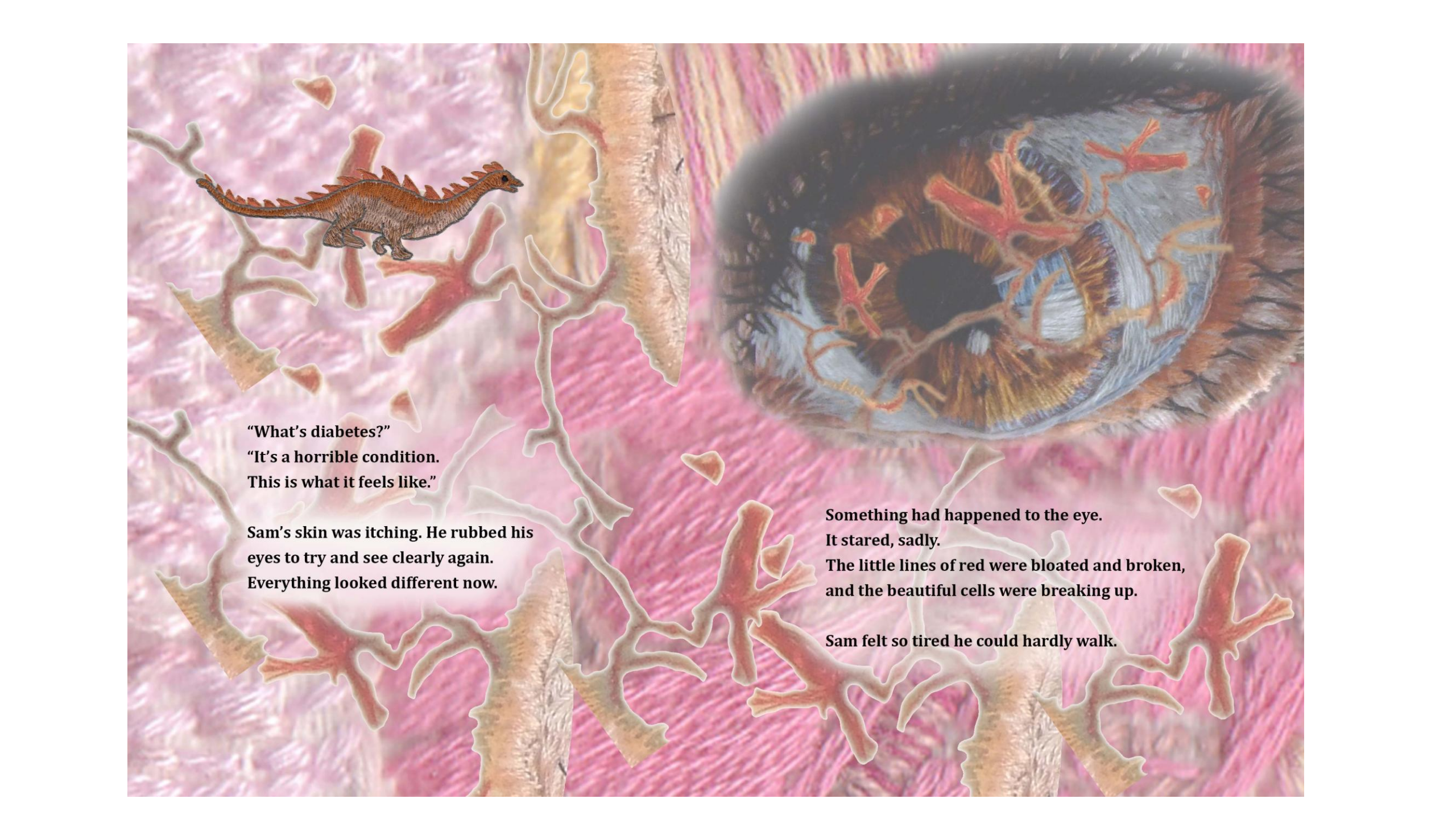
He was shaking with fear.

"What can we do?" Sam  
shouted. "How do you fight this?"

The monster roared.

"Sam" his father cried  
"Be careful.  
You must not let it  
take over your body."





**"What's diabetes?"**

**"It's a horrible condition.  
This is what it feels like."**

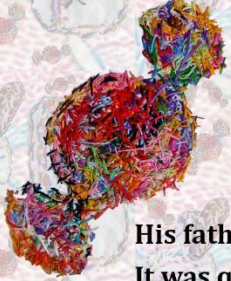
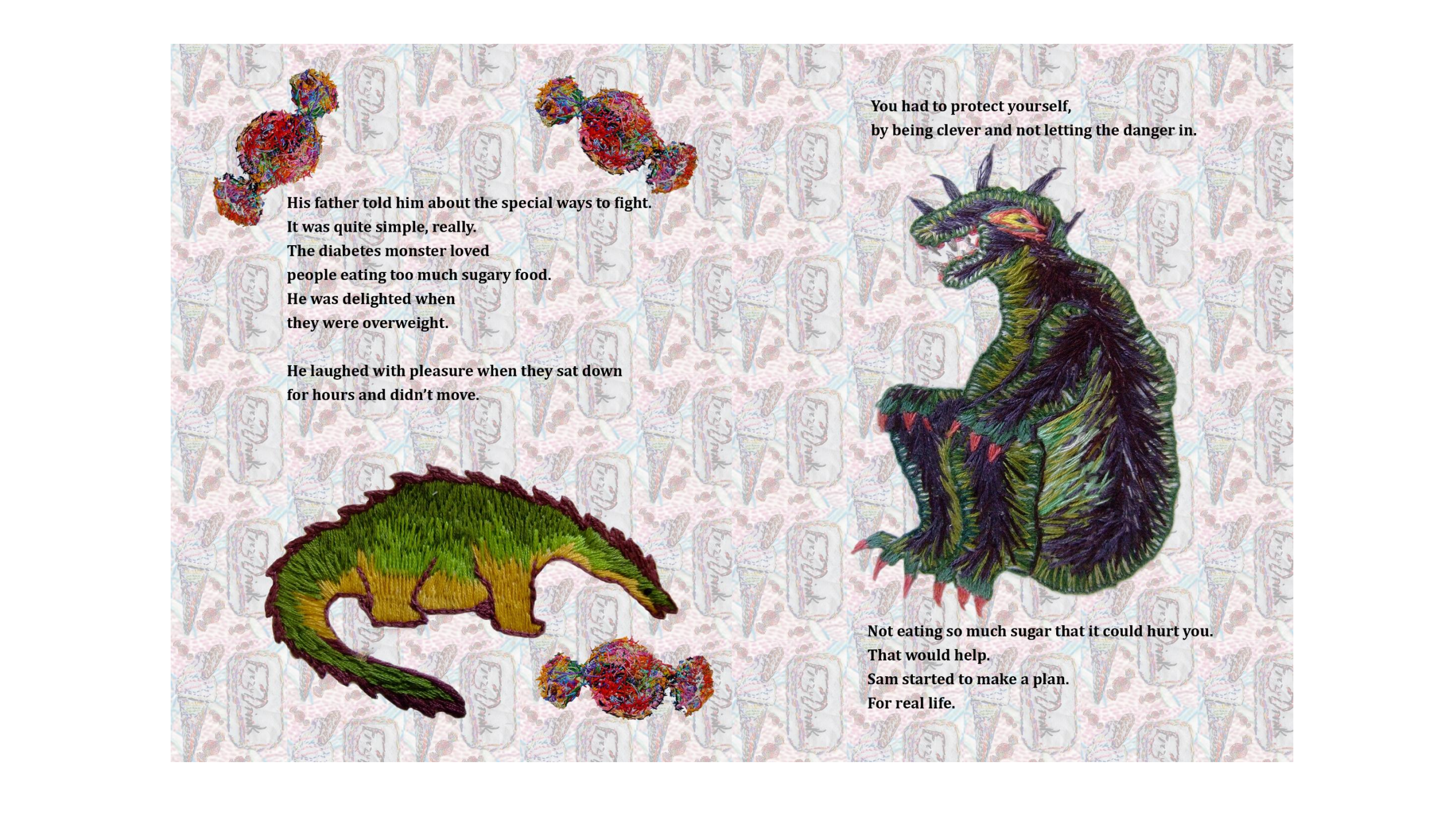
**Sam's skin was itching. He rubbed his  
eyes to try and see clearly again.  
Everything looked different now.**

**Something had happened to the eye.  
It stared, sadly.**

**The little lines of red were bloated and broken,  
and the beautiful cells were breaking up.**

**Sam felt so tired he could hardly walk.**





His father told him about the special ways to fight.  
It was quite simple, really.  
The diabetes monster loved  
people eating too much sugary food.  
He was delighted when  
they were overweight.

He laughed with pleasure when they sat down  
for hours and didn't move.



You had to protect yourself,  
by being clever and not letting the danger in.



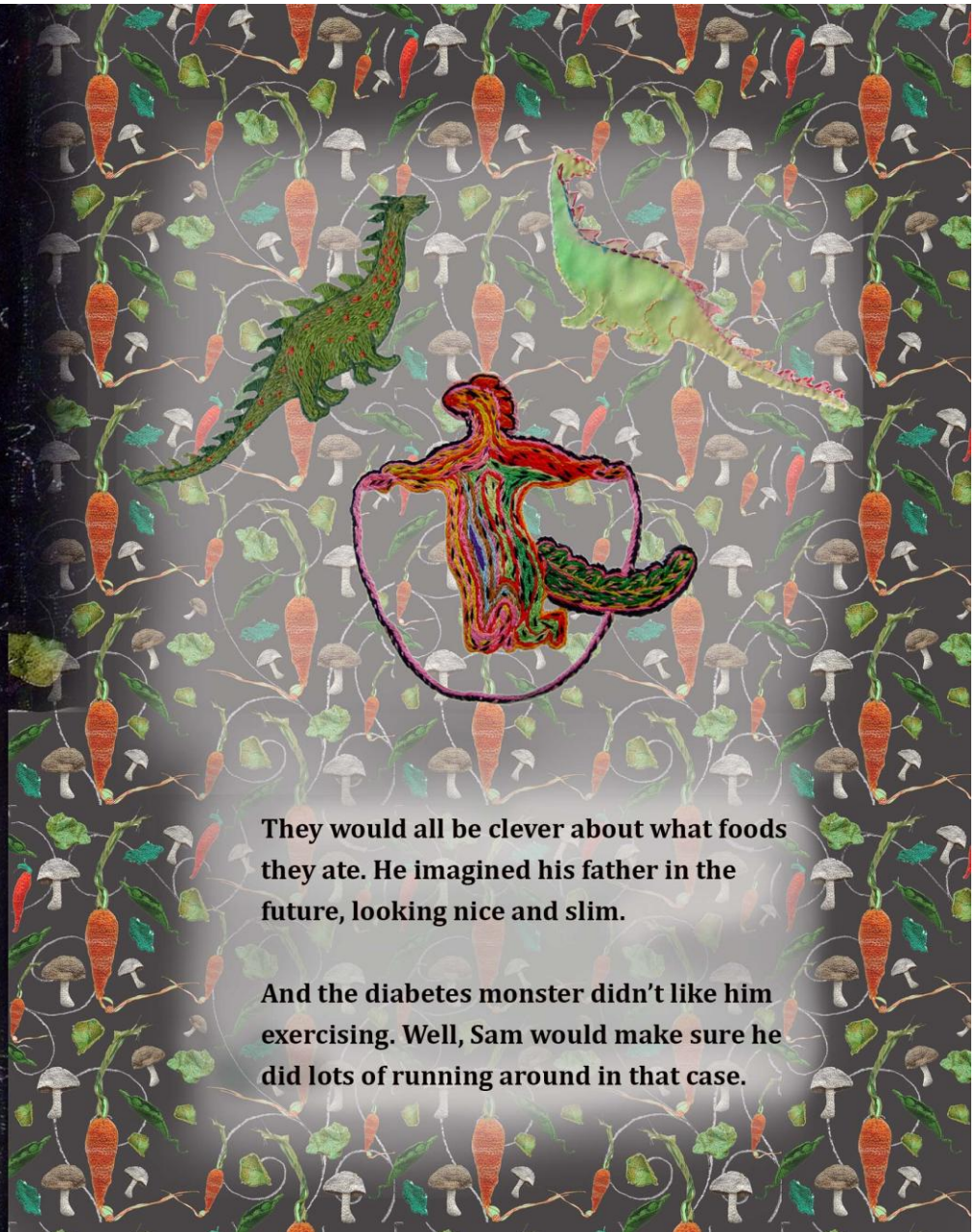
Not eating so much sugar that it could hurt you.  
That would help.  
Sam started to make a plan.  
For real life.





What would he eat? That was easy – lots of fruit and vegetables, to start with.

Sam decided he would have less fatty food and fewer sugary drinks. He imagined beautiful fruit for his family to enjoy.



They would all be clever about what foods they ate. He imagined his father in the future, looking nice and slim.

And the diabetes monster didn't like him exercising. Well, Sam would make sure he did lots of running around in that case.



**"It's okay, Sam," they smiled.  
"We're here to help you, and  
the grown-ups as well."**

Sam knew that the monster  
didn't frighten him anymore.

**"How do you do that?" Sam wanted to know.**

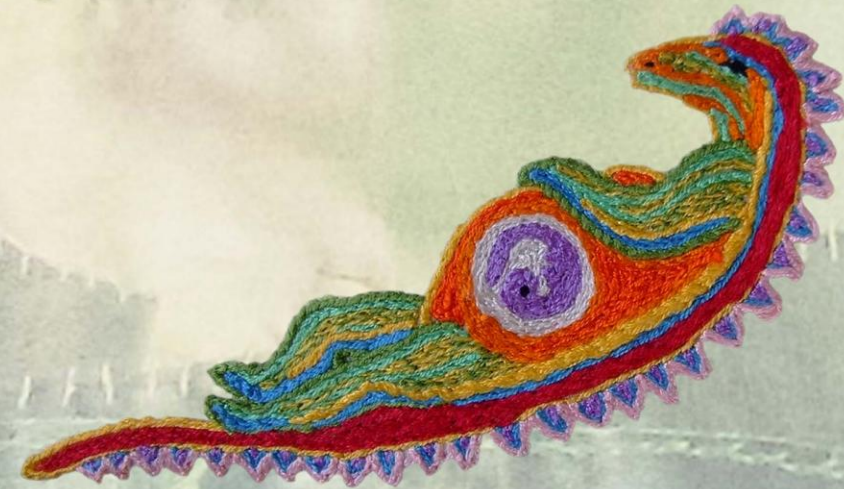


**“Well, the monster really likes it when grown-ups drink too much alcohol – that’s a great way for him to get in. We can help with that.”**



**“Not smoking is one of the best things people can do,” added the doctor. “Smoking damages the insides of your body and makes it easier to get diabetes.”**

**“I don’t like the smell anyway,” said Sam. “I hate breathing it in.”**



**The nurse nodded. “And when mothers are pregnant they need to let us know if they have any signs of diabetes. That way we can help to keep them and their babies safe and healthy.”**

**His father smiled at that, Sam noticed.**

**A happy secret smile.**



**"It's a lot to think about," said Sam.**

**"But you've started to think about it,  
and that's the important thing."**



**"Okay!" Sam grinned at them all.**

**"I think... that I'm going to go and play now."  
And he did.**

*This booklet was created by*

**Halim Begum  
Monica Charlemagne  
Felicia Danquah  
Donald Dunn  
Kang Sing Fung  
Sicily George  
Daphne Hinds  
Joyce Lynch  
Lorna Lambert  
Radha Rajan  
Josie Tuttielt  
Ann Willis**

*Lead Textile Artist*

**Sonia Tuttielt**

*Project Workers*

**Sandra Christopher  
Carys Orphan  
Sophie Ramsay  
Farheen Riaz**

*Visiting Artists*

**Rachael Matthews  
Fleur Oakes**

*Diabetes Research Assistant*

**Georgina White**

*Designer*

**Celia Ward**

*Author*

**Marilyn Watts**

**Text copyright © Marilyn Watts 2017  
Design copyright © East London Textile Arts 2017**







For more information about

East London Textile Arts

or to order

## The Diabetes Monster

please contact us at [celiaward99@gmail.com](mailto:celiaward99@gmail.com)