

NEWS FROM NEEDS

SPRING 2018

DIABETES AND YOU

Lifestyle and wellbeing event

Saturday, 12th May 2018 10am-3.30pm

Weston Homes Community Stadium, CO4 5UP

Free lunch included

Diabetes and You – sign up for free lifestyle and wellbeing event

Diabetes patients in North East Essex are invited to a special lifestyle and wellbeing event featuring inspirational talks and first-hand advice on how to best manage your condition.

North East Essex Diabetes Service is holding the free event at Colchester United's Weston Homes Community Stadium on Saturday, 12th May.

Among the speakers is Fixing Dad – the story of two brothers' fight to beat their father's type 2 diabetes which has featured on the BBC.

There will also be a chance to hear from Consultant Dietitian and motivational speaker Lindsey Oliver, who will be sharing her innovative approach for better self-management of diabetes.

There will also be a variety of educational workshops focused on nutrition, weight management, foot health, dental health, exercise and the importance of annual health reviews.

Local support groups and healthcare providers will also offer advice on various aspects of diabetes, including: structured education, dental health, pregnancy, weight management and general wellbeing.

To register for your free space at the event, please call **0845 241 3313** (Option 2) or email info@diabetesneeds.org.uk

We need your wee!

A urine test is one of eight essential diabetes health checks and helps to identify signs of kidney problems, which are more common in people with diabetes.

We would ask all patients to make sure they provide a urine sample as part of their annual check.



**FIXING
DAD**

Delivering 'outstanding' diabetes care

NHS England recently rated the care provided by North East Essex Diabetes Service as 'outstanding'.

Some 72% (14,208) of patients are now receiving all eight recommended health checks from their GP, compared to 40.1% in 2014 when NEEDS first started. The annual checks include blood glucose levels, Body Mass Index (BMI) and foot health.

The service has also been shortlisted for a *Health Service Journal* Value Award for making significant improvements to diabetes care in the region.

NEEDS Chief Nurse Sheila Smyth was also invited to explain more about the service at the Diabetes UK Professional Conference.



Sheila Smyth, NEEDS Chief Nurse, presenting at the annual Diabetes UK Professional Conference.

How to feel empowered and self-manage your diabetes

DAFNE is a type 1 diabetes education course designed to empower participants and give you the skills and knowledge you need to count carbohydrates, self-adjust insulin dosages and improve diabetes control.

The course is run at various venues across North East Essex. It can be taken across one entire week or split across five weeks – with one session a week – for those with busy lifestyles.

Patient Julie Trueman, who attended a DAFNE course in Colchester, said: "The DAFNE course has helped me develop a more proactive approach to managing my diabetes. Instead

of reacting to spikes in my blood glucose levels I am planning my meals in advance and self-adjusting insulin dosages, putting me in a better phase of my control."

To book your course today, call 0845 241 3313, email education@diabetesneeds.org.uk or visit www.diabetesneeds.co.uk for a full list of structured education courses.



Patient Julie Trueman (left) taking part in a DAFNE course.

Improving diabetes inpatient care

Emma Birbeck, Lead Inpatient Diabetes Specialist with NEEDS, has been accepted to take part in the National Diabetes Audit Quality Improvement collaborative programme which is being delivered by NHS Digital and Diabetes UK.

The aim is to improve inpatient diabetes care. The audit will focus on admission wards with the aim of reducing the amount of medication/insulin errors.

We will be working with other trusts and sharing our practice, data and improvement ideas to enhance inpatient diabetes care.

The improvements and lessons learnt will also be celebrated and shared.



Contact Us

If you have any questions about NEEDS or any of the topics covered in this newsletter please contact us.

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Do you use social media?

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