

NEWS FROM NEEDS

DIABETES AND YOU

AUTUMN 2018

Lifestyle and wellbeing event: highlights

A successful motivational education and wellbeing day was hosted by NEEDS to help people share practical advice on how to better manage their diabetes.



The event, held at Colchester United's football ground, was attended by over 100 people living with diabetes across Tendring and Colchester and included practical workshops on yearly health checks, nutrition, foot health, dental health and exercise.

There were also several information stalls from local health services which included representatives from Livewell Essex, Health in Mind, Age Concern and Provide.

The event was attended by motivational speakers Geoff, Anthony and Ian Whittington (also known as 'Fixing Dad') who shared their inspirational story of how family support has helped overcome a battle with Type 2 diabetes.

Dietitian Lindsey Oliver, Director of the Year of Care partnership, and part of the trailblazer group that introduced the DAFNE programme, also spoke about how patients can use the Year of Care plan, along with structured education courses, to better manage diabetes.

Sheila Smyth, Director of Community Care Services at Suffolk GP Federation, which runs NEEDS, said: "We would like to thank everyone who attended – we hope they learnt some useful tips and techniques to help them self-manage and feel more in control of their diabetes".

NEEDS run regular information sessions for people living with diabetes. Find out more on the education section of our website or by calling the service on 0345 2413313.

How can I tell if diabetes is affecting my kidneys?

Kidney disease is a complication that can occur in people with diabetes which can progress to kidney failure.

Diabetes is the number one cause of kidney failure in the UK. In this condition the filters of the kidneys, the glomeruli, become damaged and can lead to the kidneys 'leaking' abnormal amounts of protein from the blood into the urine.

If detected early, any progression of the kidney damage can be delayed, this is why **it is important to take a urine sample to your diabetes yearly review.**

A **simple urine test** can pick up raised protein in urine which is the first sign that the kidneys have been damaged by diabetes allowing GPs to treat early to prevent or delay the progression of the disease.

We would like to encourage all people with diabetes to make sure that they bring a urine sample to the appointment for their annual review.



Supporting each other: Type 2 Together groups



Type 2 Together are patient run support groups that offer a friendly environment for people with diabetes to discuss any aspects of Type 2 diabetes and support each other in making healthy lifestyle changes.

Michael Loveridge has run the Walton and Harwich and Dovercourt support groups for the past three years and last year was recognised for his volunteer work with Diabetes UK at the East of England Inspire Awards.

Michael said: *"I've learnt that people living with diabetes really benefit from talking to each other about their condition, which is important because not everybody has a wide network of friends and family that can support them with making lifestyle changes and managing their diabetes."*

Type 2 Together groups

North Colchester	Mill Road Surgery	Last Thursday of the month	2.30pm
South Colchester	Cherry Tree Public House	Last Friday of the month	10am
Walton	Walton Community Project	Last Tuesday of the month	2pm
Brightlingsea	Parish Council Offices	Third Tuesday of the month	2pm
Clacton	Tesco, Brook Retail Park	Third Thursday of the month	2pm
Wivenhoe	The Flag Public House	First Tuesday of the month	10am
Dovercourt and Harwich	Dovercourt Central Methodist Church	First Wednesday of the month	10am

Visit the [events calendar on our website](#) or email Senior Diabetes Specialist Nurse Janette Streeting at j.streeting@nhs.net for more.

Delivering quality diabetes care

NEEDS has been shortlisted in three categories of the UK 'Quality In Care' awards for delivering outstanding diabetes care.

The service is nominated for 'Best Practice Dissemination and Sustainability' which relates to our model of care and ongoing improvements.

Another nominated project features pharmacy 'champions' who are trained in the hospital and work closely with the diabetes

team to improve medication and patient experience.

The NEEDS 'virtual ward' project is also shortlisted for changing the way that district nurses work with diabetes teams and manage patients' medication.

The entries highlight the progress of NEEDS over the last four years.

The awards ceremony will be held on the 18th October in London, so watch this space!

Learning to live well with diabetes

Lorna Sainsbury, from Mersea Island near Colchester, was diagnosed with Type 1 diabetes 20 years ago. She completed the DAFNE (Dose Adjustment for Normal Eating) course delivered by NEEDS in 2017, equipping her with the skills to count carbohydrates and the confidence to improve her diet.

Lorna said: *"It's amazing that even after 20 years there is still so much to learn. The DAFNE course has taught me a lot about carb-counting and it was great to do the course alongside others who face the same challenges as me."*



To find out how to book free Type 1 and Type 2 education courses, visit

www.mydiabetes.org.uk.



Contact Us

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

Telephone:

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Email: info@diabetesneeds.org.uk

Web: www.diabetesneeds.org.uk

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