

## NEWSLETTER

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*Janet Williams*

## From the Chair

We have a two-for-one offer for you this month!

Thanks to our friends at Surrey Heartlands, Caroline Bedford (Planned Care Manager) and Tracey Fossaluzza (Diabetes Programme Manager), we have an article to help you to manage your diabetes and as an attachment, a further article explaining “virtual” appointments to enable patients to access healthcare and advice during Covid-19. I am sure you will find these both very useful.

One objective I set myself when stepping into the Chair was to try and widen our audience. I am pleased to say that Caroline will arrange for the wide distribution of this newsletter to local Guildford and Waverley GPs and other clinicians on a regular basis – thank you Caroline!

Plus we have made a video about the Group! Janet Williams, one of the Group Committee members, has made a video about the Group, what we do and who does what. It's on Youtube now and on our website and we're very proud of it.

It's at <https://www.youtube.com/watch?v=5XQz0wcZqRQ>

A big thank you to Janet!

Stay safe. Brian

## Ideas on how to manage your diabetes

Alongside general guidance to reduce the risk of Covid-19, people with diabetes have been advised to aim for tighter glucose control where appropriate and feasible.

Routine care of diabetes has been affected and stress levels and disruptions to diet and physical activity may also contribute to worsening control.

People with diabetes both newly diagnosed or those who have been living with diabetes may find that education in how to manage the condition is beneficial. There are courses available for people with diabetes in Surrey Heartlands with information on the course and how to register <https://www.surreyheartlandscq.nhs.uk/your-health/long-term-conditions/diabetes>



We are now also on Facebook at Diabetes UK Guildford and SW Surrey Group

And on Twitter at @diabetes\_sw

Meetings are normally held on the first Monday of February, April, June, October and December.

**Our venue for meetings is CEDAR, the Centre for Endocrinology, Diabetes and Research, at the Royal Surrey County Hospital.**

Meetings start at 7.30pm but tea and coffee are available a bit earlier.

There are a number of parking places for blue badge holders right at the back of CEDAR. But we also have agreement to park in the staff car park between 7.30pm and 10pm. Or you can park in the pay and display visitors car park.

**Do you have email?**  
Send me an email and you can have this Newsletter that way.  
See below

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### Type 1

Face to face courses have been temporarily suspended. However CEDRIC, the course for people with Type One Diabetes will recommence with fewer participants to allow for social distancing from the end of September 2020. You will need to ask your healthcare professional at the hospital for a referral.

People living with Type 1 diabetes can also access the following technology:

- **Digibete:** Children and young people with Type 1 diabetes and their families will be able to use the DigiBete App and website for a wide range of awareness, education, training and support resources. <https://www.digibete.org/digibete-app/>
- **MyType1Diabetes:** Adults with Type 1 diabetes can access the service directly by visiting [myType1diabetes.nhs.uk](http://myType1diabetes.nhs.uk), it includes videos and eLearning courses, to help people understand more about their Type 1 diabetes and increase their confidence in how to manage it

### Type 2

People with Type 2 diabetes can register to attend a DESMOND course and will be offered the online version 'MyDESMOND' or can choose to join a waiting list until face to face courses recommence. You will need to ask your GP to refer you.

**People at risk of developing Type 2 diabetes** can now self-refer onto the Healthier You: The NHS Diabetes Prevention Programme and either complete an online course or join a waiting list for a face to face course, the referral form can be found here: <https://preventing-diabetes.co.uk/self-referral/>

The **Diabetes UK Learning Zone** provides free videos, quizzes and interactive tools tailored for you based on a few questions about your diabetes and can be found here [https://learningzone.diabetes.org.uk/?\\_ga=2.39125287.502191488.1599740070-1704903816.1589808657](https://learningzone.diabetes.org.uk/?_ga=2.39125287.502191488.1599740070-1704903816.1589808657).

## Stop Press

We have decided that we are unlikely to be able to hold any more meetings this year. The 5th October one has been postponed until next year. We had thought that the Christmas social might be possible and we haven't completely ruled that out yet but we'll let you know in the next newsletter in October.

