

Newsletter

Parent support group

August 2005

Dear All,

Here we are at the end of the summer already!

We all enjoyed our tasting evening when we got together in June. I think we all tried everything and had very full tummies by the time we had finished. We have listed below two of the recipes that we tried but if you would like to see all the recipes that we sampled you will have to see them on our website (www.diabetesuffolk.com/).

Mediterranean Melters

50g(2oz) Mozzarella (chopped)

Knob Of Butter

1 Clove Of Garlic

25g(1oz) Sunblush Tomatoes

1 tbsp Fresh Basil

2 Part Baked Rolls

Oven Temperature: 200°C/400°F/Gas Mark 6

- 1) Blend together mozzarella, butter, garlic and basil.**
- 2) Make an incision in each roll and fill with mixture.**
- 3) Wrap in foil and bake for 15 minutes.**

Nutrition: per ½ roll

Calories:	187	Carbohydrate:	21.85g
Fat:	8.9g	Of Which Sugar:	2.1g

Raspberry Delight

1 Large Tin Of Evaporated Milk

Juice Of 1 Lemon

1 Sugar Free Raspberry Jelly

8oz Frozen raspberries

- 1) Whisk evaporated milk and lemon juice together until thick.**
- 2) Slightly cook frozen raspberries.**
- 3) Melt jelly.**
- 4) Mix all together and place in fridge for half an hour.**

Nutrition: per serving

Calories:	210.08	Carbohydrate:	22.86g
Fat:	9.23g	Sugars:	11.28g

**NEXT MEETING
WEDNESDAY 14 SEPTEMBER 2005**

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**THE DIABETES CENTRE, WEST SUFFOLK HOSPITAL FROM
19.00 – 21.00HRS.**

TOPIC FOR THE MEETING

Information Update

Have you read any interesting articles, books, newspapers etc. and would like to share them or have more information about them. Please do come along to listen or indeed talk about your findings. Our meetings are very informal and friendly and we serve tea and coffee. We would love to see you at the next meeting.

RSVP by 09 September 2005

Phone 01284 713241 or write to

Diabetes Nurses

Diabetes Centre

West Suffolk Hospital

Hardwick Lane

Bury St Edmunds

Suffolk

IP33 2QZ or E-MAIL linda.whipp@wsh.nhs.uk

Dieticians Corner

Many thanks to Sara and Ruth who rose to the challenge on the cooking front and provided sugar and gluten free foods (tasted delicious).

REMINDER

Diabetes UK website has updated their information to teenagers and is well worth a look.

Visit Teenzone at www.diabetes.org.uk/teenzone/

Some parents have very kindly offered their phone numbers to be circulated for other parents.

Gillian & Simon Millyard 01359 242475

Elaine Sirrell 01284 767612

Helen Taylor Brown 01638 712603

Joanne Blackman 01638 717806

If you would like more information, or discuss anything in particular, then please do talk to your diabetes team.

If you would like something included in the next newsletter please send it to the above address.

Many thanks

Diabetes Nurses