

Newsletter

Parent support group

January 2006

Dear All,

It was lovely to see more new faces at our last meeting. We all enjoyed the cheese and wine along with the demonstration of the UltraSmart Meter.

**OUR NEXT MEETING WILL TAKE PLACE ON
WEDNESDAY 08 MARCH 2006**

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

Topic: Life with an insulin pump.

Speaker: Daniella (a young adult) will give an informal chat on living with a pump.

RSVP by 20 February 2006, using any of the methods shown:

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

If there is a topic you would like to discuss at future meeting then please let us know.

DIETICIANS CORNER

Ruth and Izzy are currently looking into information on carbohydrate counting and hope to offer group sessions for those children and teenagers on multiple injections (initially).

WATCH THIS SPACE

HOLIDAYS

Diabetes UK Family Support Weekends 2006

Bournemouth, Dorset
5-7 May

Market Bosworth, West Midlands
6-8 October

Cardiff, Wales
6-8 October

Carlisle, Cumbria
3-5 November

Children's Support Holidays 2006

Abernethy, Invernees-shire, Scotland (7-10 & 11-15 years)	15-22 July 2006
Calshot, Southampton (7-10 years)	05-12 August 2006
Osmington Bay, Weymouth, Dorset (11-15 years)	05-12 August 2006
Frontier Centre, Northampton (11-15 years)	12-19 August 2006
Giggleswick, Settle, North Yorkshire (7-10 & 11-15 years)	19-26 August 2006
Oasis, Whinfell, Cumbria (16-18 years)	29 July – 4 August 2006

The children's diabetes fund is able to help with costs for children and families to attend the family support weekends or children's support holidays, where there is a need.

If you would like more information you can contact Diabetes UK on:

Tel: 0207424 1000 or their website address is www.diabetes.org.uk (click on How We Help and then click on Holidays).

Or alternatively you can discuss with your diabetes team.

CHILDRENS SERVICE

All children attending Dr Thompson, Dr Buck and Dr Rycroft's clinics are welcome to use the on call emergency service. Please remember that this service is a voluntary one for urgent diabetes emergencies. It may take a short while for the Doctor to get back to you, but if your child is unwell and their diabetes management is concerning you, the 'on call' Consultant will be happy to give advice to try to avoid hospital admission. Please remember to phone in to Jacky and Julia for help and advice during the week. We like to talk to you at least once between clinic visits, to try and help keep on track.

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

Gillian & Simon Millyard	01359 242475 (Teenage son and 11 year old daughter)
Elaine Sirrell	01284 767612 (Teenage son)
Helen Taylor Brown	01638 712603 (Teenage daughter)
Joanne Blackman	01638 717806 (12 year old and 3 year old)

Many thanks
Diabetes Nurses

PS. Our website is reviewed and updated on a regular basis – here is our address if you would like to browse.
www.diabetesuffolk.com