



**DIABETES
GROUP**

ISLE OF WIGHT

**Pick up your
free copy
today**

Sponsored by the
Island Diabetic Fund



Inside this issue..

Good food, health tips, meet the Group, how
can we help you?

Would you like to tell your story?

Contact: info@diabetesiow.org.uk



Welcome to the new Diabetes Group IOW Magazine.

Editor's Letter

Hello,

Welcome to the first edition of the new Diabetes Group IOW magazine. We started the year getting out to meet the public, and it's been a fun time at different events, talking to fellow diabetics and partners and carers of people with diabetes. A big thank you to all who signed up to our email list.

Tasked with producing a new magazine for the group, the team sat around the table and looked blankly at each other!!! What do we want the magazine to look like and what do we want the content to be? Informative, factual, real-life stories? What we don't want is to bore you to tears. With this, in mind, we have put together the first edition and we hope you like it. Please feel free to give us your feedback because this group and magazine is about you and how we can help you. If you have any stories that you would like to share with others please send them to info@diabetesiow.org.uk If you would like to join the team and help put the magazine or other events together, we would be happy to welcome you, we are looking for new team members, so don't be shy.

Warm regards,
Heather & Sam

Meet the team

Why not pop along to one of our events and say hello.

In this issue.

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Enjoy.

The management team comprises of:

Chair Sam Brooks

Treasurer Michael Beavis

Secretary Sarah Innis

Information officer

Steve Chard

Group coordinator

Heather Mac

Dougall

One of the goal's of the Diabetes Group IOW is to encourage people living with diabetes to enhance their enjoyment of life.

Keeping you up to date,
Our last group email.

[Hello from Diabetes
Group](#) IOW

What's been
happening?

Our first outing to raise awareness of the new group was at Hullabaloo in Sandown. We talked with lots of parents, partners and fellow diabetics who were interested in signing up to join the new group, and a big thank you to all who did, (15 new members).

This Hullabaloo outing was then followed by an evening information event at the Riverside Centre on 22nd May, where we introduced ourselves to new members, Liz Whitingstall (Head diabetes specialist nurse) gave a talk on the latest diabetes updates and answered questions from around the room. There was a lot of interest and discussion about the new Libre flash glucose monitoring system, now offered on the NHS to those meeting the criteria. This lead to thinking that we could have a Libre focus group, for all to share their experiences. Let us know what you think? Thank you to all who attended.

The JDRF information morning was held on the 30th of June. This event was open to everyone with diabetes and was very informative with the latest news on groundbreaking research to cure, treat and prevent diabetes. Have you heard about Smart insulin? I hadn't, and personally I found this event eye-opening. If you would like to know more, have a look at their website, be interested in the latest technology and don't miss out on the best care you can get.



Thank you to everyone who spent time with us, it was lovely to meet you all,(14 new members).

Personally, I love meeting and talking to others with diabetes.It's always good to share and pick up tips, for living and managing diabetes

Our recent outing was at the County Show grounds on 8th July and despite the very hot weather, Sam, Sarah and myself, (Heather), were busy all day. It was lovely to share stories with fellow diabetics and to be reminded that you're not alone.

The Diabetes Centre has offered to answer questions about managing your diabetes. We will have a section in the next magazine to show Q & As, so send any questions to info@diabetesiow.org.uk and we will do our best to get the answer for you. All Q & As, will be posted anonymously. We now have group membership at 80 people.

If you would like to get involved with the group in any small or large way, please let us know. We are looking for a couple of committee members and also people to help with small events, running focus groups and working on the group magazine.

Last but not least, have a lovely Summer and we look forward to seeing you all at the Riverside centre on Tuesday ,4th of September 7.15 for our next group information event, which is a foodie evening and will be attended by Sarah Eastman who is the head of Dietetics at St Mary's. If you need any information about future events have a look at our website: diabetesiow.org.uk

Warm regards, Heather

Diabetes Group IOW co-coordinator. Info@diabetesiow.org.uk
Tel 07949421184
diabetesgroupiow.org.uk



Lets get active

We all know that being active is good for both our physical and emotional health. But getting active and staying active can help you manage your Type 1 diabetes or help you reduce your risk of Type 2 diabetes.

UK Chief Medical Officers' guidelines state that physical activity can reduce your chance of Type 2 diabetes by up to 40%, as well as reduce risk of cardiovascular

disease, cancer, joint and back pain, depression and dementia.

Everyone should move more, and we want to help you do just that. But we're not doing it

Take a look at the Walking for Health information on the next page and come and join in with one of the organized walks.

Being active will:

Help you lose weight or maintain a healthy weight; increase the amount of glucose used by the muscles for energy, so it may sometimes lower blood glucose (sugar) levels.

Help the body to use insulin more efficiently – regular activity can help reduce the amount of insulin you have to take.

Improve your diabetes management (particularly Type 2 diabetes).

Strengthen your bones, reduce stress levels and symptoms of depression and anxiety and, improve your sleep.

walking for health

Our group walks are led by friendly, trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind.

FREE!



If you have not walked much before, are looking to be more active, or are returning from injury or illness. Up to 40 minutes on flat ground or gentle slopes with mainly firm surfaces and no steps or stiles.



If you are looking to increase your activity levels. Between 30 to 60 minutes. May include some moderate slopes, steps, uneven surfaces and possibly stiles.



If you want more challenging walks and to increase your level of physical activity. Generally 45 to 90 minutes. May include steeper slopes, steps, uneven surfaces and stiles.

All walks are free and there is no need to book (unless stated). Please wear weather appropriate clothes and shoes which will be comfortable to walk in.

Health walk	Day	Time	Meeting place	Postcode	Level
Cowes	Monday (except last Monday in month)	10.30am	Northwood House Small car park off Ward Avenue	P031 8AZ	1
Cowes	Last Monday in month	10.30am	At the entrance to the cycle track on Arctic Road	P031 7PJ	1
West Wight	Monday	1pm	Moa Place Café, West Wight Sports and Community Centre	P040 9XH	3
Brighstone	First and third Tuesday in month	1.30pm	Brighstone Library	P030 4AX	1
Ryde	Tuesday	10.30am	Ryde Esplanade outside Superbowl	P033 2EL	1
St Helens	Wednesday	10am	The Sports Pavilion, Upper Green Road, St Helen's	P033 1UJ	3
Lake	Thursday	10.30am	By the bench, Lake Common. Arrive from 10.15am	P036 9HP	3
Shanklin seafront stroll	Thursday (March to October)	10.30am	Car park, Hope Road	P037 6BG	1
Wootton	Thursday	1.30pm	Car park, Brannon Way	P033 4NU	1
Newport	Friday	10.30am	Bus stop, Barton Primary School	P030 2AX	1
Ryde Library (short)	Four-weekly on a Friday	10.30am	Ryde Library, George Street Please book 01983 823825	P033 2JE	1
Ryde Library (long)	Four-weekly on a Friday	10.30am	Ryde Library, George Street Please book 01983 823825	P033 2JE	3

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Register for your first walk online at www.walkingforhealth.org.uk or complete a form when you arrive.

To find out more about Walking for Health visit walkingforhealth.org.uk or contact Sam Brooks by email at samantha.brooks@low.gov.uk or phone 07976 347642



How much activity do we need to do?

The good news is, all physical activity helps – whether you are a busy parent, teenager, sat at a desk all day ,or in retirement,. Doing any amount of activity can be beneficial. As well as activity in your daily routine, such as getting to work, gardening or doing the housework. If you're able, try to do some exercise. You can start with something gentle, like walking, and gradually work your way up to 30 minutes a day of moderate-intensity exercise, five times a week.

You don't have to do 30 minutes in one go either – try starting with a 10 minute brisk walk and build up from there.

Whatever your age, the less time you are sedentary the better, except for time spent sleeping. Department of Health guidelines recommended:



Early Years or for children not yet walking	physical activity should be encouraged from birth, through floor-based play and water-based activities.
Pre-School (Under-5s, capable of walking)	180 minutes (3 hours) per day spread throughout the day. Most UK pre-school children get 120-150 minutes each day so see about adding another 30 minutes to each day.
Children & Young People (5-18 years)	At least 60 minutes moderate to vigorous-intensity exercise each day, ideally more. Three days a week should include vigorous-intensity activities that strengthen muscle and bone.

Adults (19-64)	150 minutes (2.5 hours) each week of moderate- to vigorous-intensity physical activity. Muscle-strengthening activity should also be included twice a week. Activity can be spread out through the day into bite-size chunks, eg 30 minutes, 5 days a week..
Older Adults (65+)	As above for adults but post-65, additional health benefits include maintaining cognitive functions and reducing risk of falls.

Activity can be spread out through the day into bite-size chunks.

What is moderate physical activity?

Moderate-intensity activity will raise your heart rate, make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity is, if you can still talk, but you can't sing the words to a song, you should be slightly out of breath.

What is vigorous intensity Physical activity?

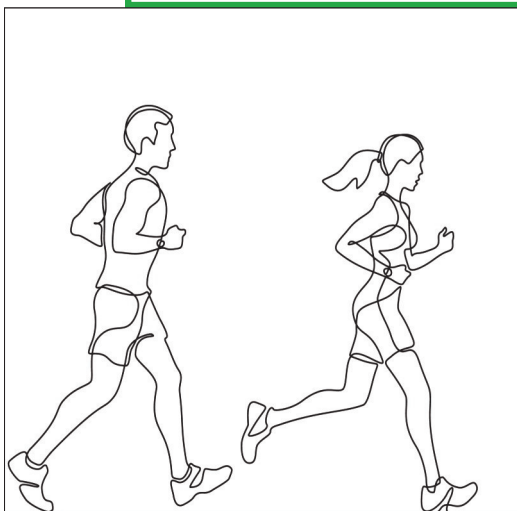
Vigorous-intensity activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Exercise and blood sugar levels

Activity may affect your blood sugar levels both during and after exercise. If you have been issued with a glucose monitor, Regular checking will help you to understand how activity affects your blood sugar levels. Test your levels more often before, during and after, any physical activity.

Avoiding Hypos

If your blood sugar levels are below 7mmol/l before you exercise, have some extra carbohydrate. Always have your hypo treatment with you as well as your medical ID. If you are with friends, make sure they know how to recognise and treat a hypo. If you are exercising alone, check blood sugar regularly, take hypo treatment with you, let someone know when you're going and when expected back.





Getting active: top tips

Being more physically active often conjures up images of gym memberships, long-distance runs and intensive aerobics. But the great-news is that you can become more active by making small changes to your lifestyle – you can fit it around your daily life, and your budget. Follow our top tips and help make your life more active.

1. Enjoy it!

If you enjoy it, you are more likely to keep it up. Better still, try activity you can enjoy with family or friends. Don't be afraid of trying new things, or was there a sport you did years ago you'd like to start again?

2. Start slow

Doing just a little bit more than you did before will still make a difference. So build up gradually, and give your body time to adapt as your muscles strengthen. If you have any medical conditions, do speak to your health-care team before starting any new activity.

3. Make small changes

Walking is free, and a simple way to improve your fitness. Beat the traffic and leave the car at home for small trips, or get off the bus or train one or two stops earlier and walk the rest of the way. Why not use your lunch break to go for a walk or take the stairs instead of the escalator? 10 minutes of brisk walking every day can make a big difference to your health. Get some tips from the NHS and find out about the Active 10.

4. Set yourself goals

You're more likely to stick to your more active life if you set goals. Set realistic short-term and long-term targets, keep an exercise diary and tick off your achievements – you'll be amazed at the improvement and progress you'll see. When you reach a goal, treat yourself for your hard work.

5. Variety is the spice of life

Once you are fitter and exercising regularly, shake it up a bit and vary your routine. Try swapping cycling on an exercise bike for cycling out-

doors, or try a new class at the gym. If you are starting a new activity check with your healthcare team to see how this will affect your diabetes.

6. Make it social

Instead of meeting friends for a coffee or in the pub, why not suggest doing something active? You could start a walking club, get gardening, play tennis, golf.... or hit the dance floor.

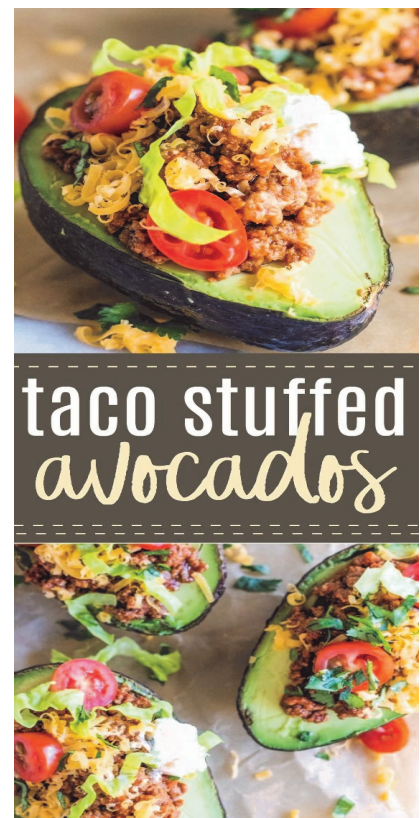
7. Don't give up

Although your body benefits as soon as you become more active, you may not see all the benefits straight away as it can take time for your body to adapt to the activity. So stick with it, and you'll soon see the positive results..

After all that healthy exercise we now need some comforting food. So lets talk food.

**Low carbs, low fat, low sugar?
Which one is best.?**

Moderation, portion control and balance is the key to healthy weight loss and Maintenance. Any diet should be under supervision or advice from a health professional , who can advise you on insulin/ medication adjustments.





CAN YOU Help!

The number of people living with diabetes on the Island has increased from:

3.5 thousand to 9.5 thousand in the last few years.

Type 1 numbers have remained the same.

Type 2 numbers have increased dramatically.

Diabetes Group IOW are here to campaign

FOR YOU

**To help get the care and services that you need
and to offer support for everyone living with
diabetes on the island .**

**BUT WE CAN'T DO THIS WITHOUT YOU.
TO HELP, SIGN UP AND JOIN THE GROUP.**

Email , txt or call

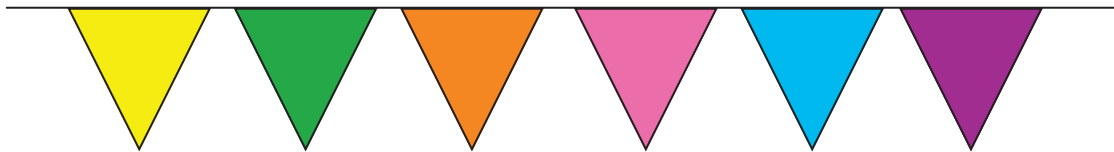
Email info@diabetesiow.org.uk and ask to be added to the members list.

Text your email address to 07949 421184 and say add to members list.

Diabetes Research Charity Shop

18 High Street Street Ventnor

Isle of Wight, PO38 1RZ



You know the old Saying, “if you haven’t worn something in the last year, then the possibility of ever wearing it again is less than 5%.

Why not give it to us?

We can Collect and if you give, you will be helping our Research Programme here on the IOW.

Telephone 01983 856857



Diabetes Research needs your help

Do you have Type 2 Diabetes?

The Isle of Wight is undertaking an academic study in partnership with Portsmouth University.

This study will not involve taking any Trial drug nor will it require you to attend clinics.

Who can take part?

If a new drug or an injectable form for the treatment of Type 2 diabetes has been recently given to you or is planned, we will be delighted to hear from you.

This is a quality of life questionnaire-based study, requiring just two events in six months.

Consultations will be over the telephone at a time to suit you.

Please contact Dr Arun Bakshi, Vectasearch Clinic, St Mary's Hospital, Newport on 534455 (please leave your name and contact number if calling out of hours) or e-mail him on arun.bakshi@iow.nhs.uk

The Isle of Wight Paediatric Diabetes Team are very grateful for all the hard work our families and friends have undertaken fundraising for CHILD - Children on the Island Living with Diabetes, over the past year.

There have been many donations, including those from:-

The Bishop family

The family of the late Mr Campbell (himself a diabetes patient)

The Oyster Girls

The Old Fort Inn, Seaview

The money received has been put to good use providing various activities for our patients and their families to get together and enjoy meeting others who live with Type 1 Diabetes and face the same daily dilemmas that this chronic disease brings.

We have taken some of our older children to Center Parcs - Longleat for a long weekend recently. We regularly hold Pizza Parties on Saturday mornings in which we invite our children, their siblings and parents/carers to come along and join in the fun of making pizzas. They learn about how pizzas are made and their dietary content and, most importantly, enjoy eating them together with their families and new Type 1 Friends! We take our younger patients, siblings and parent/carers for a romp around JR Zone in Newport. This enables our little ones to run around and have fun with their peers, whilst their parents chat over coffee discussing topical diabetes related issues.

All our patients and their families are invited to our annual Christmas Party, which takes place at the Riverside Centre in Newport. This is very well attended and Father Christmas makes a surprise visit, much to the delight of all who attend! Some of the money raised via CHILD goes towards funding this event and Christmas presents are given to all (even if they are unable to attend on the night).

Our next organised event will be a fun day out at Tapnell Farm for our patients and their families. We have had a large number of newly diagnosed children with Type 1 Diabetes recently, by inviting them along to join us and other Type 1 Children and their families we hope they will meet others in the same situations and benefit from the support of our CHILD community.

On behalf of the Paediatric Diabetes Team may I take this opportunity to say your help and support is much appreciated, as we could not offer these events without your kind donations. We cannot thank everyone enough for all the fundraising we have received over the past year, which has enabled us to provide these events and activities for our patients and their families.

Sam Aldred

Paediatric Diabetes Advanced Nurse Specialist



Christmas Party 2017

The Oyster Girls present a cheque

DENA'S STORY

My name is Dena Stott; I have been working for the past 12 years as a health trainer and now wellbeing advisor within the NHS and now the Isle of Wight council; supporting and motivating people to make healthier lifestyle choices. This involves providing information about eating healthily, keeping active and stopping smoking. I have a good knowledge of the signs and symptoms of diabetes and even attended an Expert Patient Programme with one client which offered me a good physiological insight into the condition as well as supporting my work with

many clients who are either Diabetic or pre-diabetic.



I had a good working relationship with my practice nurse who persuaded me to have some routine blood tests, as I had avoided having them done because I had no worries about my health. A week or so later I received an evening phone call from my GP who informed me that my blood sugars were 13 and that I would now have to go on medication to bring them down. Well to say I was shocked is an understatement; I eat healthily, exercise regularly and have never smoked but I have always struggled with my weight. There was some age-onset diabetes in my family: an aunty and my mother who was diagnosed aged 77years, but I had had three pregnancies without any complications so why would I think I would be diabetic. I also had no recognisable symptoms.

I cried. I was so emotional and thought what can I change when I already consider my diet to be healthy? I became quite obsessed about carbohydrates and my diet to the extent that I lost about 10 kilograms. It was very unprofessional but when speaking with one of my clients I told her how I was feeling and she said that she had felt the same. It was a relief to talk to someone who understood and confirmed that what I was feeling was a normal reaction. I went to a local diabetes support group and met lots of other people who were there to learn about their condition.

“You can’t physically see diabetes which is why we have to look after ourselves to keep our bodies functioning as best they can.”

The things I have learnt from this experience are not to take your health for granted and go for the check-ups even if you feel well. (I still blame Tracey, but at the same time thank her because who knows how ill I may have become). Once I had got used to the idea that I had to adapt my diet all has gone well. I am now four years into diagnosis; I take medication but am managing my blood sugars well. I also attend the regular podiatry and eye check appointments because in a previous life I worked with podiatrists and know how things left unchecked can end up being life-changing.

“Life does goes on...!”

Life does go on and I now tell all my groups that I am diabetic and try to encourage them to look after themselves and to embrace any support that is offered. You can't physically see diabetes which is why we have to look after ourselves to keep our bodies functioning as best they can. We have to help ourselves but having the support of

a group such as the Diabetes Group IOW gives us confidence to ask silly questions and get sensible answers.

Get involved.



Be Informed

Get the Care you need

Look after Your Health

Talk to other's With diabetes

Well Being

Live a Full and happy life





Helping balance diabetes with daily life

Learn to manage the day-to-day issues associated with living with diabetes

What is the X-PERT Course?

The X-PERT course is a FREE 6 week course aimed at anyone diagnosed with diabetes. The course has been shown to improve long-term control of your diabetes, and give you the tools to feel in control of the condition. Topics covered in the course include:

- | | |
|--|---|
| + What is diabetes? | + Are you an X-PERT? game |
| + The eatwell plate and energy balance | + Supermarket tour and understanding food labels |
| + Carbohydrate awareness and glycaemic index | + Possible complications of diabetes and their prevention |
| + The benefits of physical activity | + Care Planning: the lifestyle experiment |

self management uk, Registered Charity: 1146727, 1A Trident Business Park, Warrington Road, Risley, WA3 6AX

Contact Helen or Natalie on 01983 534248

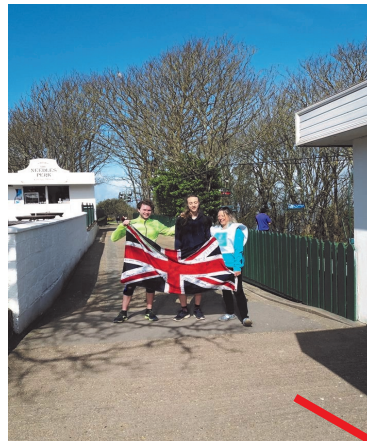
DiAthlete Gavin Griffith

I do not see diabetes as my enemy in life, I view it more as my ultimate competitor; to be a true champion you have to first learn to respect your competitors, in order to get the better of them.

One Man Marathon
Route 4: Isle of Wight.
16th April 2018
Start Point: The Needles
09.15

Checkpoint 1:

(Torch Carry) Alum Bay



Checkpoint 2:

Yarmouth

Checkpoint 3:

Porchfield



Paula is about to join Gavin running the next 5k. Paul is Gavin's nutritionist for the 25 marathons.

Checkpoint 4:

West Cowes 13.40

Break until 14.30

Checkpoint 5:

Osbourne House 15.00

Checkpoint 6:

Ryde Esplanade 16.00 /
16.30

This challenge is 25 marathons in 30 days. A total of 100 endurance events in 10yrs. Marathon 4 of the challenge: The Isle of Wight. Running from The Needles (10am) to Ryde via Cowes today. There's a bit of history between this Island and myself - in 2009 it was my second fundraising challenge, to run around it's (very hilly) 66.7 mile perimeter. During" transition"

Currently I am preparing for the next 'adventure' of my rather adventurous appearing life. I never intended to live in such a random way – just the same as I never really intended to actually live with type 1 diabetes – but hey, I'm the ponderous type who looks up and considers the altering positions of which we view the sun each day and thinks "hmm... the world seems to be spinning in a coincidentally perfect way, so maybe sometimes things do happen for a reason." Growing up as a kid with type 1 diabetes



I felt very 'different' to everybody else; however, now I look at life with type 1 diabetes and strangely enough feel kind of proud to be a bit more 'different' in my own way – or as I'd prefer to label it: unique.



Gavin Griffith the Diathlete, completed his 4th Marathon across the Island, from the Needles to Ryde esplanade . Gavin arrived at Ryde looking amazing and to the delight of all the adults and children who attended took time to talk to everyone . Sharing his story and tips for running marathons. What an amazing

period in diabetes where I had just gone into adult-care & come off mixed insulin for the first time, onto basal-bolus, I found myself crashing into one of the worst, seizure-esque hypos I have ever endured after mile 50 - with x2 torn ankle ligaments too! In 2010, unhappy about the "failure" of the year before, I returned to take the island on again - and this time succeeded. It gave me the confidence in myself going through that difficult diabetes stage (where professional health support lacked) to learn and make key decisions from carbohydrate consumption to

Optio Voluntary Car Service

communityactionisleofwight.org.

Optio Voluntary Car Service is a membership scheme for the elderly and frail which operates with volunteer drivers using their own vehicles to take passengers to pre-booked destinations. These are often for medical appointments, but can also be for other reasons.

Optio Membership

Membership of Optio is for elderly or frail people who have transport difficulties accessing medical and social appointments. Hundreds of people across the Island rely on volunteer drivers to help them get out and about and do everyday things that most of us take for granted. A simple trip to the doctor's surgery or an important appointment at the hospital can be complicated, if not impossible, for some people without the support of a volunteer driver.

Optio aims to provide a reliable and affordable voluntary car service. We ask that requests for trips be made two days in advance as we are neither an emergency service nor a taxi service. Annual memberships are valid from September until the following September.

Prices for 2018/19 are £35 for single membership and £50 for a couple. If you would like to know more about joining Optio please contact us.

01983 522 226

Volunteer Drivers

If you are a car owner, have a few hours to spare each week and like to help and meet new people, you could make a valuable contribution to your community. Most trips are done during working hours on week-days occasionally we may ask if a driver is available on a weekend. Our volunteer drivers tell us when they are available and the scheme co-ordinator matches up the travel requests from members to the drivers available. Drivers collect passengers from their home, taking them to their appointment and returning them back home.

Driver's expenses are reimbursed at an agreed rate, this is calculated on mileage. If you feel that you are able to offer your services and would like further information, please get in touch with us.

Driver Information Leaflet

optiomail@actioniw.org.uk 01983 522 226

15 Healthcare Essentials

Getting the care you need

When you have diabetes, you're entitled to certain checks, tests and services **every year**. We call these the **15 Healthcare Essentials** – these will **help you manage your diabetes** and **they're all free**.

Take this list to your GP and start ticking the things off you've already got an appointment for. You won't have all of these on the same day. Talk to your GP about the things you still need help arranging.

- | | |
|--|---|
| 1 Blood glucose test (HbA1c test) <input type="checkbox"/> | 9 Group education course <input type="checkbox"/> |
| 2 Blood pressure check <input type="checkbox"/> | 10 Care from diabetes specialists <input type="checkbox"/> |
| 3 Cholesterol check (for blood fats) <input type="checkbox"/> | 11 Free flu jab <input type="checkbox"/> |
| 4 Eye screening <input type="checkbox"/> | 12 Good care if you're in hospital <input type="checkbox"/> |
| 5 Foot and leg check <input type="checkbox"/> | 13 Support with any sexual problems <input type="checkbox"/> |
| 6 Kidney tests <input type="checkbox"/> | 14 Help to stop smoking <input type="checkbox"/> |
| 7 Advice on diet <input type="checkbox"/> | 15 Specialist care if you're planning to have a baby <input type="checkbox"/> |
| 8 Emotional and psychological support <input type="checkbox"/> | |

My action plan

- I'll ask my GP to help me get the things I haven't ticked ☐
- I know how to help manage things myself too, in between yearly checks ☐
- I'll get more info from www.diabetes.org.uk/15-healthcare-essentials ☐

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136).
© Diabetes UK 2018 1463.

You're entitled to all these checks and services. And you shouldn't be charged for any of them – they're all free.

If you're not getting these checks, have to wait too long between appointments or aren't happy with your care, see your doctor. Take your 15 Healthcare Essentials checklist with you and work through the tick boxes.

In most cases, this will do it. But if you're not happy with what your doctors says, ask the GP practice, hospital or clinic for a copy of their complaints procedure. It'll tell you who to complain to and if there's any kind of time limit. Ask a family member or friend to help.

JDRF Mini Discovery Day



Sue Perrin and Nicki Gerrard from JDRF visited us for the Island's first Mini Discovery Day. Discovery Days are held across the country to provide updates about JDRF's research projects and to bring together people living with diabetes. A circus workshop was also provided by Ryde Extreme Performers.



People's Panel

We had an amazing panel of people whose lives are affected by Type 1 diabetes, who bravely volunteered to take questions from our audience.

Heather MacDougall (Group Coordinator for Diabetes Group IOW) shared her experience of living with diabetes for over fifty years. She answered really interesting questions about what it was like growing up with diabetes before glucometers and also about the experience of managing diabetes in pregnancy.

Tina Noble shared her experience of being mum to Lily who has Down's Syndrome and has had Type 1 diabetes for five years.

Leah volunteered on the day. She had only been diagnosed a few weeks before the event and was visiting with her family from the mainland. Leah answered a lot of questions about how she felt going back to school, and how she managed things like telling her friends about her diabetes. She was really keen to find out as much as she could about her condition and to make sure that she could look after herself well, but still do the things she did before diagnosis.

The entire audience contributed to answer a question from a couple who are grandparents of a newly diagnosed child. They wanted to know how they could most effectively support their children and grandchildren with managing diabetes; the consensus seemed to be to learn as much as they can about their grandchild's care, and to continue to offer to babysit.

A huge thank you to Summerfield Primary, Newport for letting us use their school hall and playground.



Apricot porridge with toasted seeds.



Serves 2 prep time 15mins

DUK Recipe

Ingredients.

50g ready- to- eat apricots
150ml orange or apple juice
50g porridge oats

Each 389g serving contains (excluding serving suggestions) approx
Kcal 219, Carbs 34.6g .

Method

1. Place the apricots in a small pan and cover with the juice. Bring to the boil and simmer for 5 minutes.
2. Set aside for 10mins, then place in a food processor or blender and blend to form a puree.
3. Place the oats in a small pan, cover with 600mls of water, then place over a low heat and cook for 3-4 minutes.
4. Stir through half the apricot puree, divided between 2 bowls, then top with toasted seeds and a swirl of remaining puree. Enjoy :)

Beef Goulash

A hearty dish that's perfect for a cold winters night..Can also be adapted to vegetarian version.



Serves 2 prep 15mins cook 2hrs

DUK Recipe

Each 570g serving contains (excluding serving suggestions)
approx Kcal 370, Carbs 39.6 .

Ingredients

250g lean braising steak, cubed
250g new potatoes
2tsp seasoned flour
1tsp oil
1 onion chopped
Half a red pepper
1 clove garlic crushed
2tsp paprika
1 x 200g can chopped tomatoes
1tsp tomato puree 150mls beef stock

Method

1. Preheat the oven to 180C/gas 4
2. Toss the steak in the flour. Heat the oil in a flameproof casserole dish, add the steak then fry for 2-3 minutes until browned all over.
3. Add the remaining ingredients bring to the boil, then cover And place in the oven.

Cook for 1.5– 2hrs, until the meat is tender. Serve with plenty of vegetables. Enjoy :)

Banana bread



Ingredients

2 large bananas
 2 free range eggs
 4 tablespoons
 rape seed oil
 1 tea spoon of va-
 nilla essence
 100g soft light
 brown sugar
 150g wholemeal
 flour
 2 tsp baking pow-
 der
 1 heaped tea-
 spoon mixed spice
 50g walnuts
 roughly chopped

Method

DUK Recipe

1. Preheat the oven to 170°C/ gas mark 3. Mash the bananas, then add the eggs and beat together.
2. Add the oil, vanilla extract and sugar and mix well.
3. Stir in the flour, baking powder and mixed spice, then fold in the chopped walnuts.
4. Spoon into a 2lb loaf tin (approx 22 x 11cm), place the whole walnuts on the top, and bake for around 50–55 minutes, until a skewer inserted into the middle comes out clean.

Chef tips

You could add other spices to this mix such as ground ginger or cinnamon, or use almonds or sunflower seeds instead of walnuts.

Each cake batch divided by 12 (63g serving) will give you approx 170kcal and 20.6g of carbs.

JDRF Firewalk, Isle of Wight | Summerfield Primary School | Saturday, 10. November 2018



This is not playing with fire! You will be walking bare foot over red-hot embers measuring around 800 degrees. No special effects, it's just you and the intense heat of the fire.

You'll need to be at least 16 years old to take part but there is no maximum age – this is an event which suits young and old alike so ask your family, friends and colleagues to join you for a fearless firewalk and a **blazing** success!

The cost

Registration: £45 - registration closes 2 November Minimum sponsorship target: £60 Get in touch

Speak to Nicki or Sue at JDRF for more information and a fundraising pack. Email south@ or call 023 8061 6622.



Diabetesiow.org.uk

info@diabetesiow.org.uk

Face book Diabetes Group IOW

Call or txt 07949421184

If you would like to be part of our group, please get in touch. We are looking for new members who can help organize mini events , contribute to the production of our newsletter/magazine and help with focus groups Type 1 And type 2

.

Together we can make a difference so don't be shy .