

News in brief

September 2020

Diabetes UK urges everyone with diabetes to get flu jab this winter

The vaccine is FREE for EVERYONE

who has diabetes, because the flu can wreak havoc with our blood sugars and make us extra poorly, which seriously, is no fun. Avoid becoming a statistic; get your vaccine ASAP through your GP.



Dan Howarth, Head of Care at Diabetes UK, says: **“It’s essential anyone with diabetes has the flu jab this winter. People with diabetes are at a greater risk from the flu and it can lead to more severe illnesses, such as pneumonia”.**

Diabetes UK has put together a [Stay Well This Winter Campaign guide](#) to help all of us with diabetes avoid the flu. There’s also [Public Health England’s campaign](#).

The flu vaccine is one of [15 healthcare essentials](#) that every person with diabetes is entitled to through the NHS every year.

GPs should be getting in touch now about the flu vaccine – but you can contact them or ask at your pharmacy.

For more information about diabetes and flu, please go to the [flu jab page on the Diabetes UK website](#).

Caring for kidneys - an event for everyone with nurse & teacher Andrea Fox



What do kidneys do all day?
Do they truly keep us clean?
Is it true that pee is pure?
Is Andrea completely keen?

Get clued up & treat ‘em kind!

– do join us on Thursday 17th for a passionate and kind talk & discussion; anything you’d like to k’now – just ask Andrea Fox

September 17th 2020, 7pm
via Zoom

Join us by internet or by phoning in!

Book at [Eventbrite](#):

<https://www.eventbrite.com/e/kidneys-learn-more-with-clinical-nurse-educator-andrea-fox-tickets-119641927225>

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- **Consultations by phone**
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- **Feelgood Raffle**
- **Moving More with George**

All committee posts are up for re-election in January; if you’d like to find out more about the work of the committee, let us know! We’ll definitely need a new Chair, and would welcome a social media enthusiast to help with publicity!

Contact us:

c/o DiabetesUK.Sheffield@gmail.com

or on Sheffield 275 5692

1 Diabetes & Wellbeing!

Many thanks to those who joined us in August when we met with Ally Hadley from Sheffield IAPT.

Ally is one of the leaders of IAPT's Living Well with Diabetes 5 week groups, and despite not having diabetes, Ally has a really good insight and understanding of what can be a 24/7 marathon. The meeting was informative and very helpful, and the IAPT course was recommended by some of us who've been on it – it's a good place to talk about what it's really like to live with diabetes, how it affects us, and learn tried & tested helpful approaches.

<https://iaptsheffield.shsc.nhs.uk/living-well-with-diabetes/>

2 Feelgood Raffle!

Functional cool T-shirts, tasty recipes book, any level Dru yoga, good looking kit case, cheerful children's bag, shopping vouchers

[This raffle](#) has some truly #feelgood prizes, and by entering you'll be helping to support our group and contribute to local and national research into diabetes, its effects and effective treatments.

[Click here](#)



3 Feedback to Dr Stephenson

Many thanks again to everyone who sent us experiences of diabetes' services across the city – wanting to share good examples and address people's poor experiences.

We have sent them (anonymised) to Dr Jenny Stephenson who leads on Diabetes for the Sheffield Health Commissioning Group (CCG) and who has already begun to use the valuable patients' experiences to lead on making all services as good as the best.

Jenny has also asked for 2 representatives from our group to join the CCG Diabetes Training Group – looking at the education courses offered to equip us for our diabetes lives.

4 Telephone appointments – how was it for you?

Diabetes UK is helping NHS staff across the country to look at how consultations can be improved during this time and is asking that we share our experiences, good or bad.

Katie Whitehead is a local Practice Nurse who is also a member of Diabetes UK's Council of Healthcare Professionals. She's involved in developing guidance for health care staff and has asked for our experiences of diabetes' appointments held by telephone in Sheffield during and since the Coronavirus Lockdown. She wants to know:

- Did you have a choice of how you'd be contacted – e.g. phone, Zoom etc
- Was your review with a practice nurse or someone else?
- Did you get any bloods checked (forms sent through the post etc)?
- Were you happy with the consultation?
- Did you feel you were listened to and were any concerns about your diabetes addressed?
- And any other comments you'd like to add.

Please feel free to email your comments to DiabetesUK.Sheffield@gmail.com in **confidence** and all information will be anonymised.



5 Raffle or donations

Our meetings are always free, and we generally offer the chance to join in a raffle to help raise funds. Please will you consider joining in the online raffle or **making a donation** when you get your ticket for Thursday; Eventbrite can be annoying, but it does have an excellent safety record!

6 Easyfundraising

Please consider signing up to support Sheffield Diabetes UK on #easyfundraising. Basically, it means that when you shop online, the trader

donates to Sheffield Diabetes UK; it's an easy, safe and free payment to thank you for your business. These donations really help our efforts to support local & national diabetes projects! Sign up & more information: www.easyfundraising.org.uk/causes/sduk/?invite=UVSB96&referral-campaign=c2s

7 Moving More! Full online discussion

between George West from Sheffield and Neil Gibson, Diabetes UK Physical Activity Insight Advisor

Featuring a Q&A plus:

- Myth-busting, top tips, and practical ideas and suggestions
- Advice for people of all fitness levels, whether a beginner or regular
- A personal perspective on living with diabetes and the barriers to exercise

Tuesday 29th September 8-9:15pm.

[To book; click here](#)

www.eventbrite.co.uk/e/diabetes-and-moving-more-registration-117263413025

8 Whispering insulin vials!!

Our Treasurer, David Moore, works with the glass industry and is in contact with an artist Hannah Gibson who uses only recycled glass in her work. David asked her if she'd be interested in using insulin vials... she said yes!

Hannah studied Geology at university and became fascinated by mineralogy and the reactions between different elements, metals & compounds. This led her to a passion for the alchemy of glass. She uses 'waste' including old Marmite jars, old TV screens & tubes, car windscreens, and with your help, insulin vials! David says that "pharmaceutical glass is usually a soda lime silica one, sometimes borosilicate; this could be an interesting combination!" Hannah pictures her figures in pairs whispering 'sweet nothings' 'Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.' (Dr Seuss, The Lorax).



If you can donate used insulin vials, please email us at DiabetesUK.Sheffield@gmail.com and we can arrange safe delivery/collection.

9 Coronavirus Returns

.....it never really went away.

The current easy to remember motto is:

HANDS FACE SPACE

- Frequent hand washing
- Covering our faces
- Keep 2 yds/m away from others

We really do have to look after each other –many of us are **very vulnerable** to the effects of COVID-19. Click here for [Diabetes UK information](#).

We won't be able to meet at New Houlden Hall for some time yet, but our meetings are being held online and are a great way to meet others

SAFELY!



Reminder

How cool are kidneys?

Join Sheffield Diabetes UK's online meeting on Thursday 17th September for a look at kidney kudos.

[Register here](#) , email us, or search for

Eventbrite Sheffield Diabetes UK Kidneys September 17th