



CLOCKS GOING BACK! Don't forget to put your clocks back the last weekend of October! Remember to change the times on your meters, pumps, Libres, CGMS etc. Pumps and handsets won't work together if the times don't match. Your timeblocks will also be out of sync for pumps and Expert meters.

Flu Vaccination- it is recommended that all children and young people have the flu vaccination

Half term holidays: Your child/young person may need an increase in their long acting insulin dose or pump basal rates over the holidays, as they may be less active than usual. If they are on 10 units or less per day of Lantus / Tresiba / Levemir, then consider adding 0.5-1 unit to their daily dose. If they are on more than 10 units per day, add 1-2 units. If on a pump, use a programme with a 10% or 20% increase. If unsure please give us a call. Don't forget to change them back again when they go back to school!

Dinton activities afternoon: Thank you to those who could make it to our afternoon of activities at Dinton Pastures on 6/10/19. The event was funded by our charity and was enjoyed by all. Huge apologies to those unable to get a place - we hope to organise such events like this again in future and will look forward to seeing lots of you there :-)



Thank you so much to Jill Thorne, Nana to one of our young ladies Thalia, who raised £1020 with the help of Wokingham Bowling Club, for the Paediatric Diabetes RBH Charity.



We want to bring some of our young people together outside of the hospital at a **Pizza Party**, to get them involved in activities with members of the team. Our aim is to encourage new friendships and peer support.

The event is for young people aged 11-15 years old.

The party will be held on:

Sunday 1st December 2019

11am – 1pm

St Mary's Butts Reading RG1 2LG

There will be a party host (as well as some of us from the team) and the session will have everyone learning to make their own dough before being let loose on the ingredients. Expect some experimental combinations! There will be plenty of time to enjoy pizza before tucking into a round of ice-cream (all carb counted obviously!). A typical party will last between 1.5-2 hours, depending on how many young people there are.

Parents do not need to stay - perhaps this would be an opportunity for some Christmas shopping!

The cost of the activity will be funded by the **RBH Diabetes Children's Clinic Charity**. We are very grateful to many of our families and staff who take part in fundraising activities and events, raising money to support our young people and families living with diabetes.

If you have any fund raising ideas please let us know!

Or if you would like to donate, you can transfer money to the following:

sort code 30-96-96, account number 01587673, using reference 'RH11 Paediatric Diabetes'



***SCARILY GOOD TIPS
AND TRICKS IF YOU
ARE HEADING OUT FOR
SOME SPOOKY TREATS
THIS HALLOWEEN!***

Tips for staying safe and having fun if you are planning to go “Trick or Treating” this Halloween:

- Ⓢ Plan your route before you leave home, take a responsible adult with you and always tell your parents where you are going
 - Ⓢ Take care crossing roads in the dark – carry a torch and wear light or reflective clothing so that you can be seen
 - Ⓢ Some people may not want “Trick or Treaters” to call – always respect signs that request no callers
 - Ⓢ Do not eat any sweets which have already been opened or unwrapped
 - Ⓢ Be careful of candles, Halloween costumes are very flammable
- ... and for young people with type 1 diabetes –**
- Ⓢ If you are wearing a costume and have an insulin pump, CGM device or flash glucose sensor – make sure that you can access them without needing to get undressed.
 - Ⓢ Carry your diabetes kit including hypo treatment with you so that you can check your blood glucose level if you feel you need to. Remember your blood glucose levels can really swing due to the excitement, extra activity and also cold weather.
 - Ⓢ If you want to eat any sweets along the way – you may be able to consume up to 10g of sugary carbohydrate without insulin every 30 minutes or so that you are walking along.
 - Ⓢ Once you get home – check your blood sugar level and don't be tempted to gobble up your stash of sweets straight away. Make them last by portioning them out to have as treats after meals.

Upcoming events

- 29/10/19:** Exams workshop 1pm at Reading College. Contact Boikie.
1-3/11/19: DUK (Diabetes UK) Family Weekender in Winchester (age 11-17yrs) See website.
09/11/19: JDRF Discovery Day, Redhill, Surrey.
16/11/19: JDRF T1 Sports Day, Cardiff.
29/11/19: Parents group, John Lewis Reading 10am.
01/12/19: Pizza express visit
05/12/19: Parents Pub night, The Swan Coppa club, Streatley.
 Parents group on Facebook ‘Reading and Surrounds Type 1 parents’ or email reading1parents@mail.com

Andrea Jones (Lead Nurse for Children and Young People with Diabetes) 07825 434 350

Ian Lehain (Paediatric Diabetes Specialist Nurse) 07810 833 754

Sarah Gresty (Paediatric Diabetes Specialist Nurse) 07554 117 128

Boikie Osupeng (Young People's Diabetes Nurse) 07826 534 445

Jayne Lewis (Paediatric Diabetes Nurse) 07789617738

Solenne Guest (Lead Diabetes Dietitian) 07768034871

Dani Barker (Diabetes Dietitian) 07825 283 706

Team email address: paeds.diabetesnurses@royalberkshire.nhs.uk

**Handy Candy Carb Counts –
don't eat'em all at once**

Bassetts Creepy Chews

- 5g carb per sweet

Butterkist toffee popcorn

- 16g carb per 20g (2 handfuls)

Cadbury chocolate buttons

- 8g carb per 14.8g mini bag

Cadbury's Freddo

- 10g carb each

Cadbury's Heroes / Celebrations

- 7g carb per sweet

Mini Chupa Chup lolly

- 6g carb per lolly

Drumstick lolly

- 6g carb per lolly

Fruitella Mini Stix

- 8g carb per 12g bar

Haribo Party Selection / Starmix Mini /

Tangfastics

- 12g carb per 16g mini bag

Kinder Bueno

- 10g carb per 21g bar

Kinder Happy Hippo

- 11g carb per hippo

Love Hearts mini roll

- 9g carb per roll

M&Ms fun size bag

- 14g carb per 20g bag (12g carb in peanut M&Ms)

Maoam Mini Stix chew

- 21g carb per chew

Mars / Milky Way Fun Size bar

- 12g carb per bar

Milky Bar

- 6g carb in 12g bar

Milky Bar Wowsomes

- 8g per Wowesome

Skittles Fun Size bags

- 16g carb per 18g bag

Smarties Treat Size

- 10g carb per box

Starbursts

- 4g carb per sweet

Sweets / chews mixed

- Average 8g of carb per 10g weight