



SPRING 2019

The Thames Valley children and young people's Diabetes Network are looking for a parent Representative. If you are keen to be involved in shaping the future of Childrens and young people's diabetes care then please contact Jennifer.hoare@ouh.nhs.uk

Clocks going forward on March 21st. don't forget to change ALL devices!

Holidays abroad and Forthcoming School Trips- Please remember to let us know at least 6-8 weeks in advance of any holidays you may need a letter for and plenty of notice for school trips so we can get into schools to do any training and formulate a plan for while they are away.

Half terms and Easter Holidays: please Remember

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!

UPCOMING EVENTS

1st March 10am Parents meet up- John Lewis Restaurant

9th March Type 1 Discovery Day-Southampton. Free, need to register on eventbrite.

27th March 10am parents meet up IKEA Restaurant.

26th of April 10am John Lewis Restaurant.

30th April Getting the most out of your G6 venue tbc

13th May New Patient Education Group Session-venue tbc

7th to the 9th of June Free Diabetes Wellness Family Camp for young people with T1. Liddington PGL in Wiltshire. 2 nights free family camping children aged 0-17 yrs Look on over the wall website to apply.

Parent Facebook group, search for Reading and Surrounds T1 parents or email readingt1parents@mail.com

Easter Raffle

We are planning on having an Easter type raffle so if you have any donations please let us know.

Stars of the season!



This is Dara, she is 5 years old and was diagnosed a year ago. Dara wanted to do something nice for other children when they had just been diagnosed so she raised some money to buy bags for children to keep their kit in, so she did just that. And when we have finished giving out these bags she is going to give us some more. We all hope it takes a long time to get through these bags but we are so grateful to Dara bringing a smile to new families.



Dara's Dad, Matt, his friend Stoff Rands, Dr Jo Spinks, Ian and another Mum Karen Barress are all running the Reading Half on the 17th of March raising funds for our service. Please if you can spare a pound or 2 donate at Just Giving, search for Matthew Winch .We are keen to take part in other events (especially those that the children can take part in) so please get in contact if you would like to take part.

Easter Egg Carb Counts – remember the Easter Bunny says “Don’t Eat Them All At Once!”

Cadbury Cream Egg each = **29g carbs**; Cadbury Mini Eggs each = **2g carbs**; Milk chocolate Easter egg shell: **small half** weighs 36g = **20g carb**; **medium half** weighs 50g = **28g carbs**; **Large half** weighs 120g = **67g carb**; Malteaster bunny **16g carbs**; Milky bar white chocolate Easter egg shell; **small half** weighs 33g = **20g carbs**

We would like to have your views on the care that you have received from us. We are taking part in the **How are we doing? 2018-19** national survey and would like to understand your experiences of our clinic. This survey is especially for paediatric diabetes clinics and is offered by the National Paediatric Diabetes Audit (NPDA). We would be grateful if you could please take 5-10 minutes to complete it online. To have your say, please visit <http://www.howarewedoing2018-19.co.uk/> Once you have completed the survey, you have the opportunity to enter a prize draw to win a 50£ Amazon eGift voucher.

What is “How are we doing? 2018-19”? This survey aims to help clinics understand the perspectives and experiences of children and young people diabetes and their parents or carers of the services that they have received. By supporting parents, carers and children and young people to give structured feedback, this enables them to have their say about how their services can better meet their needs, as well as affirm and acknowledge good care. How long will the survey take to complete? Usually from 5-10 minutes.

Can I complete the survey in a different language? The survey is available in Welsh, Polish, Urdu (Pakistani) and Punjabi (Indian) in as well as in English. **Is the survey anonymous?** Yes. No personal information is requested in the survey, so your clinic will not be able to identify you from your feedback. If you include any information that could potentially identify you or a specific staff member, this will be anonymised/redacted before your comments are fed back to your clinic. If you are completing the survey in clinic, you should have the opportunity to do so in private so that you feel free to provide honest feedback. **For more information about your privacy within the NPDA, please see the NPDA’s privacy statement. Clinics will not be able to tell who has completed a survey**

TEAM CONTACT NUMBERS

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

ON CALL SERVICE

If you need to contact the team outside of office hours, because your child is unwell or you have an issue that can’t wait until the next working day, then please ring our office number on **0118 322 8922**.

The answerphone will let you know who is on call from **5pm to 8pm weekdays** and **8am to 8pm weekends and bank holidays**.

After 8pm you will need to ring the hospital switchboard on **0118 3225111** and ask to speak to the Paediatric Registrar on call.

IF YOUR CHILD IS UNRESPONSIVE PLEASE RING 999.