



**A great 10k for our Clinic Charity Fund at Green Park on 19<sup>th</sup> May! Let's make it an annual event as the children can also take part!**

#### UPCOMING EVENTS

**16<sup>th</sup> July 10am:** T1 meet up @ IKEA  
[readingt1parents@mail.com](mailto:readingt1parents@mail.com)

**1<sup>st</sup> September:** Eva Winch & Mel Needham are doing the Newbury Triathlon. Great for newbies, join our team or support via Just Giving.

**20<sup>th</sup> October:** Matt Winch & his friend Nikki Rands are doing the Great South Run for our charity. Please support on Just giving.

**25<sup>th</sup>-27<sup>th</sup> October:** Friends for Life. Join other families for a weekend of fun, education and cutting edge info.  
[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

**Gin and Pimms Garden Party** - Eva & Matt Winch are hosting a Charity Gin & Pimms Garden Party in aid of the RBH Children's and Young People's diabetes clinic. This will be a ticketed event @ £26. There will be lots of fun, unlimited gin and Pimms to dance and socialise the night away with friends. As well as all of this you will receive your own personal gin glass to take home with you! We shall organise a shuttle to and from the train station for people coming by train. Please get in touch to order your tickets and feel free to invite others you know who would like to come. Call Matt on 07501424442 or Eva on 07792769742.

**Dinton Activity Centre session** - we would like to organize an activities afternoon for children aged 8 and upward at Dinton activity centre. We are looking at a weekend at the end of September / beginning of October. We would have 20 places and would like parents to stay as it is an opportunity to have a chat with a cuppa. The contribution would be £10 per child to secure a place (our charity fund would pay for the rest). If this means your child wouldn't be able to come please contact me or your nurse directly and we can make arrangements for them to come.

Let us know if you are interested by emailing [paeds.diabetesnurses@royalberkshire.nhs.uk](mailto:paeds.diabetesnurses@royalberkshire.nhs.uk) or sending an RSVP via the invitation (open your phone camera & point it to the 'Scan me' code)



**We are doing so well with our charity fund and looking for fund raising ideas!** Let us know if you have any

**Holidays abroad & Theme park letters:** please remember to let us know at least 6-8 weeks in advance of any holidays that you might need a letter for, and to give us plenty of notice for school trips so that we can get into schools to do any training and formulate a plan for while they are away.

**Summer 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!

If you have booked an **all-inclusive holiday** for this summer, you might be wondering how best to tackle the buffet. Here are a few tips:

- Make sure you take your Carbs and Cals book or app with you so that you can estimate the carbs in your child's meal as accurately as you can
- If possible, encourage your child to only make one trip to the buffet, by choosing their main course and pudding at the same time.
- Have a look at the options available from the buffet and encourage your child to choose the foods that appeal to them rather than having a little bit of everything
- Holiday buffets often offer lots of fresh salads and vegetables. Encourage your child to choose plenty of these as they are filling but

low in carbs. These foods can be useful if your child is still hungry after their first plate of food. Filling up on these might also mean your child's appetite for pudding is reduced.

- Encourage your child to choose baked or grilled meat or fish rather than deep fried items, as these are healthier
- Buffet pudding options are usually plentiful. Encourage your child to pick just one dessert at each mealtime. If you are unsure whether your child will eat all of their meal, you could split their insulin dose into a main course dose and a pudding dose.

**Holiday tips in the heat:** remember that the heat can affect how insulin is absorbed, though after the recent weather you should be aware if there are any issues with that! If you have diabetes, staying hydrated is extra important and it can significantly impact your blood glucose levels. These are likely to rise if you are dehydrated and your kidneys have to work harder. Conversely you may have more frequent hypos especially if exercising in the heat as your blood vessels expand and causes the absorption of insulin to speed up. The insulin in your pen or pump needs to be kept out of direct sunlight and shaded from excessive heat. If out for the day or away, consider buying a Frio bag. <https://friouk.com/>

**Pool Time!** Use your best judgment or consult with a member of the Diabetes Team if unsure.

**Using Pens:** check blood glucose levels (BGs) more regularly. If likely to experience a **drop in BGs**, consider reducing insulin doses using '**Exercise 1**' button at meals/snacks around pool time and/or **increasing carbs** with an insulin-free snack such as a small ice cream. If likely to experience a **rise in BGs**, use '**Illness**' button at meal times. **Do not correct** in between meals whilst in the pool, **unless ketones of 1** or more/feeling unwell. **Using Pumps:** remove pump if not waterproof or likely to get in the way! Test BGS more frequently. If likely to experience a **drop in BGs:** use '**Exercise 1**' button or take ¼ to a ½ off suggested dose at meals/snacks that are pre or post pool time. Do not correct in between meals. Do not replace lost basal when pump is off. Consider having an insulin-free snack such as a small ice cream to fuel BGs. If likely to experience a **rise in BGs:** avoid having snacks without insulin. Correct in between meals. Use the '**Illness**' button or add 20-40% on at mealtimes and possibly with snacks. Add the lost basal rate into the bolus in between and at meals if required. Chat to your nurse about considering this option and how to do it.

#### TEAM CONTACT NUMBERS

**Andrea Jones** (Lead Nurse) 07825 434 350  
**Ian Lehain** (Specialist Nurse) 07810 833 754  
**Sarah Gresty** (Specialist Nurse) 07554 117 128  
**Boikie Osupeng** (Specialist Nurse) 07826 534 445  
**Jayne Lewis** (Diabetes Nurse) 07789 617 738  
**Solenne Guest** (Lead Dietitian) 07768 034 871  
**Dani Barker** (Specialist Dietitian) 07825 283 706  
[paeds.diabetesnurses@royalberkshire.nhs.uk](mailto:paeds.diabetesnurses@royalberkshire.nhs.uk)

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  
RING 999**