



December 2019

Charity news - Calling all families: Can you help us, help you?

A small but significant group of parents of children and staff from the team at the Royal Berks have already made great progress in fundraising for and arranging activities, training and other providing other resources. But, there is a need and opportunity to do more to support this important work, all of which help build understanding, confidence and effectiveness in managing and living with type 1.

We are calling on any parent or family member who can help with fundraising, organising events, or has a skill or contact that you think could assist us as we steadily grow our fundraising and activities.

If you can and want to bring something to help us, please contact mark.sanderson@guidedogs.org.uk so that we can send you more information in the New Year. Thank you!

If you would like to **donate to the RBH Diabetes Children's Clinic Charity**: you can transfer money using the following details: **sort code 30-96-96, account number 01587673**, using reference 'RH11 Paediatric Diabetes'

Cold weather - Wrap up! As the weather gets colder, you may notice your child / young person having more hypos as the body uses more energy (glucose) to keep warm. If you are lucky enough to be going skiing for the 1st time this winter, please contact us for advice. Also note that if your meters get cold they may not work.

Christmas 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!



We would like to wish all our families a very Happy Holiday!



Thank to Tom who raised £555 for our Children and Young People's fund with a school cake sale!



Pizza Express! Scarlett and James making their gluten free pizzas

17 young people met up to make and eat pizza! Let us know what sort of events you would like your charity to fund.

Upcoming training sessions for families

16th Jan- New patient education session

1st Feb- Soft play session

February half term - Exam preparation session

Parent meet ups

28/1/20 at 10am: Ikea

28/2/20 at 10am: John Lewis Cafe

24/03/20 at 10am: Ikea

27/03/19 at 10am: John Lewis Café

To get in touch, please contact the Facebook group (**Reading and Surrounds T1 Parents**) or email readingt1parents@mail.com

JDRF are holding one of their brilliant Discovery Days in Reading! It is on the 13/3/20 at Elstree School. See JDRF website for booking details.

Pneumococcal vaccine: Children and young people with diabetes have a higher risk of developing pneumococcal infection. This is caused by a bacterium called streptococcus pneumonia, which can cause pneumonia or meningitis. Children / young people need a single booster dose of the pneumococcal vaccine during childhood, even if they were vaccinated as a baby and at one year of age. If they did not receive the normal vaccinations advised in the routine childhood immunisation schedule, they may need 2 doses of the pneumococcal vaccine. Please check with your GP surgery whether any pneumococcal vaccine is due, stating that your child has type 1 diabetes. Don't forget their flu vaccine too.

Christmas wouldn't be Christmas without the feasting and there is no reason why diabetes should stop you enjoying some of your favorite treats over the festive season. But carb counting at Christmas can be difficult, especially when eating out at relatives' houses where many foods are home prepared and you may not have access to food labels. Help is at hand from the Carbs & Cals smart phone app and website (<http://www.carbsandcals.com/wp-content/uploads/2016/05/Christmas-Foods.pdf>) which has put together a carb counted guide to festive menu options including all the traditional starters, mains and puds. Diabetes UK's website also has some healthy carb counted Christmas recipes for you to try - <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/have-a-healthier-christmas/>. Our top tip for carb counting your Christmas Dinner is simply "**don't stress – just do your best!**". Because it is usually a very rich meal and the eating may go on for more than an hour, it will take longer to digest and blood glucose levels can remain high for some time. It may help therefore to split your insulin boluses – giving some at the start of the meal and some with each course; or running an extended bolus over several hours if you are on an insulin pump. If you re-test blood glucose levels 3 to 4 hours after eating then any necessary correction dose can always be given. Of course getting out in the fresh air for a good walk after lunch can also help!

Helpline numbers

If you have a mechanical problem with a piece of equipment, pump, meter, cgms, etc then please ring the appropriate company. They will be able to answer any technical questions you may have.

Medtronic 01923 205 167

Roche (pumps Combo / Insight) 0800 731 2291

Accuchek (Expert / Mobile) 0800 701 000

Omipod 0800 092 6787

Abbott (Libre) 0800 170 1177

Diasend 0207 795 8191

Dexcom 0800 031 5763

How to use Diasend

- Go to www.diasend.com
- Register and create a 'Patient account'
- When asked for your clinic's ID, enter the code 99-12297
- Download the 'Diasend Uploader' onto your computer when prompted
- Click on Diasend Uploader
- Plug in the USB lead/dongle for your meter/pump (eg Smartpix if uploading data from an Expert meter) and follow the instructions on the screen. The system does NOT tell us you have uploaded, please email or ring/text to let us know.

If you need a USB lead/dongle for your meter or pump, please contact the company directly. If you are unsure please ask us!

ON CALL SERVICE

Outside of office hours, if your child is unwell or you have an issue that can't wait until the next working day, 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**.