

SHEFFIELD GROUP
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Online

Winter Social with fun quiz and raffle

Presented by the Alexander and the Osman of
Diabetes UK's Sheffield Group.

Book on [eventbrite](#)

Thursday 10 December 2020, 19.00



Portrait commission kindly donated by Linda Allinson, who using a photograph of a pet or a person will produce a unique and beautiful portrait. This commission would make a great Christmas present!



Visit Linda's facebook page
 [AllinsonArt](#)

1st prize:
A portrait by the artist Linda Allinson

More prizes to be won:

- A bottle of whisky
- Shoulder bag to keep your diabetes kit cool
- The Adventures of Captain Lantus, signed by the author
- A bottle of wine
- A lovely waterproof red hat

Prize donations gratefully accepted!



Get 5 free raffle tickets
if you sell more than £50 of tickets

Raffle tickets available on our [eventbrite](#) site (Sheffield Diabetes UK Group)

20p each, 5 tickets for £1.00

Payments to the Sheffield Diabetes UK Group account or post cheques payable to Sheffield Diabetes UK Group.

Online Event

Understanding Type 1 Course



1 & 2 December 2020

understandingtype1.mydiabetes.com

T2 Breakfast Study

De Montfort University Leicester

Help with some research!

Kinga Kwiecien is a student in Nutrition and Diabetes in Leicester and has asked if any of us living with Type 2 would help with some research. It's all about breakfasts and what's the best portion size to make sure you're not hungry later in the morning, and she'd really appreciate our help.

Kinga says it's research that hasn't been done before, and the results could make a lot of difference to people with Type 2. De Montfort University has approved her study, and Kinga has a very experienced researcher overseeing her work.

For more information, or to take part, please contact:
DiabetesUK.Sheffield@gmail.com or
P16184914@my365.dmu.ac.uk soon.



Annual General Meeting + special guests

Online via Zoom
21 January 2021
19.00 - 21.00

**Committee elections
Nominations welcome**
Anyone interested is welcome to join committee meeting at 19.30 on 1 December

Officers will report on the year past and we'll elect the 2021 group committee. Dr Jenny Stephenson and Practice Nurse Katie Whitehead will feedback on local diabetes policy developments since their 2020 consultations with the group.

If you'd like to find out more about the work of the committee, let us know! We're seeking a new Chair (find out about the role [here](#)) and also, at least, would warmly welcome a social media enthusiast! If you are interested, you're very welcome to come to meet the friendly committee and/or chat with any committee members. Contact us via DiabetesUK.Sheffield@gmail.com

February meeting - Ask Dr Song anything about Diabetes

T2 Research Advisory Group



King's College London is looking to develop an online insulin education intervention for people with type 2 diabetes, to support those start insulin as well as those who need support with ongoing insulin self-management. They plan to have group-based elements run by a diabetes nurses, as well as self-directed online material.

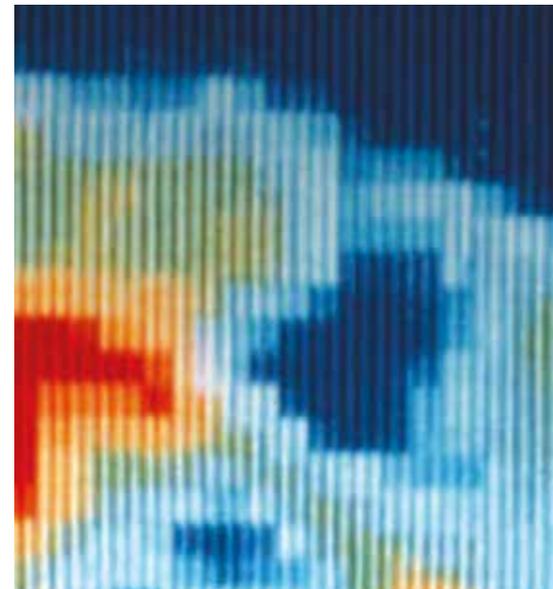
We are looking for:

- People living with type 2 diabetes
- On insulin treatment
- Living in the UK

Take part in a research advisory group (sharing your experience around insulin self-management to inform new research at King's College London).

All meetings will be held online via zoom.

Please contact rebecca.j.upsher@kcl.ac.uk for more information.



WE ARE UNDEFEATABLE

Sheffield Diabetes UK is working with Yorkshire Sport and Sport England on the 'We Are Undefeatable' project.



Being active improves diabetes' health

We know how much benefit being active has for improving diabetes' health and we also know first hand about what can put us off. Yorkshire Sport is looking hard at ways that make it easier to be active when you live with a long term condition.

We know diabetes is a risk factor for poor outcomes from COVID-19, and we know

that being in the best health possible is a good way to reduce the risks.

Yorkshire Sport are setting up a new Physical Activity Health Alliance with health related charities and people affected by the condition, and Sheffield's Move More partnership will support the network for at least 12 months.



Emma Bradley kindly offered to attend one of the first online meetings.

[Read Emma's report here.](#)

[Top Tips to stay active here.](#)



Fans FC is a current programme, funded for two years. Signing up to Fans FC gives access to [online low impact exercise classes](#) as well as a [care package to support exercise at home](#).

There will be access to the face to face exercise sessions when it's safe to do so, and they include Walking Football, Walking for Health, coffee mornings and we plan to launch a gym-based class, boxercise and much more!

The Premier League club's plans to work with people who have got diabetes

Sheffield United Community Work



A video demonstrating one of the recent Care Package drop offs can be seen at youtu.be/6LvZ1ya9c7c.

The second phase of packages will look to provide some equipment to work alongside the digital exercise sessions, such as dumbbells, ankle/wrist weights, a Fans FC t-shirt and much more.

To join, please send your name and contact number by email to health@sufc-community.co.uk. Further information can be found at

www.sufc-community.com/health-wellbeing for Fans FC and our other programmes.

We'd really like to know more about how we can really support people living with diabetes. For example, we could look to apply for funding for a sports and activity based programme (with nutritional support) targeting people living with diabetes or who know they're pre-diabetes (similar to the Fans FC model mentioned above).



Survey on remote consultations

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 remotely in Sheffield this year. She wants to know:

1. Did you have a choice of how you'd be contacted, e.g. phone, zoom etc?
2. Was your review with a practice nurse or someone else?
3. Did you get any bloods checked (forms sent through the post etc)?
4. Were you happy with the consultation?
5. Did you feel you were listened to and were any concerns about your diabetes addressed?

Any other comments you would like to add.

If you had more than one diabetes consultation you can respond about each.

Please submit your answers to DiabetesUK.Sheffield@gmail.com

Everyone returning the answers by 9 December will be included with 5 entries of the Winter Social Prize Draw.

Quality in Care Diabetes Team of the Year 2020



Congratulations to the Sheffield Children's Diabetes Team who won the Quality in Care Diabetes Team of the Year 2020!

Their entry - 'Be Brave and Fail Fast' - was based on their successful Quality Improvement work over the past two years which focused on improving outcomes for newly diagnosed Type 1 Diabetes patients.

Silver Shakers

Let's keep active with light workouts Monday to Friday, recipes and other fun stuff.

We might be locked down but you can still hang out with Bernard the cat and his lovely motivating Silver Leader

Recommended by James Ball - the presenter from our November meeting **Is Moving Magic for Diabetes?**

Diabetes, exercise, insulin and blood sugars

Anyone living with Type 1 or Type 2 and on insulin, the Diabetes Team at Sheffield Teaching Hospitals would be really happy to accept referrals here at the diabetes centres for support to manage their Blood Glucose when they are active. Please contact them on 0114 271 4445; leave a message for Carla or Carly

Visit us on facebook [here](#).



Prof. Partha Kar, National Speciality Advisor for Diabetes with NHS England

Thank you to everyone for raising donations for Sheffield Diabetes UK with #easyfundraising! If you haven't signed up yet, it's easy and completely FREE.

4,400 shops and sites will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you!

Every donation you raise makes a difference to us so please sign up and share today.

Sign up [here](#).



Raise donations for Sheffield Diabetes UK whenever you shop online

Turn your everyday online shopping into FREE donations

Over £32m raised for good causes through easyfundraising

Storage Request

Has anyone got some spare space to store Diabetes UK gazebo, chairs, tables, boxes, tombole, gifts, balloons and lion costume? Please get in touch.



Thank you very much.



Three in five people living with diabetes experience emotional or mental health problems as a result of their condition.

Sheffield Group News Team:

Linsay Halladay, Carol Imelda, Stu Ritchie, Wolfgang Dumm

COVID19 and Christmas

Advice from Professor Partha Kar of how to spend Christmas with your loved ones in the current COVID19 situation.

"I've had a lot asking regarding Christmas with Diabetes in the family. If you have diabetes there's a high risk. I would suggest avoid as there's always next year. And that's what I've told my dad, too."