

SHEFFIELD GROUP
News 



Vaccine advice
page 2

AGM Report
page 4

Virtual camp for young people
page 2



Libre2 now available
page 4

Let's get active
page 3



simon berger

Everything you always wanted to know about diabetes*
*But were afraid to ask"



Dr Song

Blood Sugars | Losing weight | Vaccines | Chocolate | Getting older | Pregnancy | Steroids

Online Event
18th February, 7pm

Book on eventbrite [here](#)

Virtual family camp for young people with type 1 diabetes



DRWF in collaboration with children's charity Over The Wall will present two Camp In The Cloud events in 2021. Closing date for applications on 14th February.



DRWF and Over The Wall will provide free virtual camps in 2021 for children with type 1 diabetes in the UK.

The events follow last year's first Diabetes Wellness Family camp in partnership with Over The Wall, specifically for families with children with type 1 diabetes aged from birth to 17.



Those wishing to sign up for the events are reminded that the deadline for applications closes on Sunday, 14th February.

Two one-day events are set to be held on:

- 27th March 2021 (open to residents in England only)
- 16th October 2021 (open to UK residents)

Running from 9:30am to 10:30pm.

News from Apple & Samsung

Apple Watch Series 7 and Samsung Galaxy Watch 4 are rumoured to feature blood glucose monitoring.

Apple is said to have secured patents around blood glucose monitoring, and the company is now purportedly "focusing on securing reliability and stability prior to commercialisation of the technology." The Apple-designed optical sensor is believed to be a skin-top continuous monitoring solution that does not require an implant.

Rumours suggest that Apple has been interested in adding blood glucose monitoring to the Apple Watch for

some time. The company reportedly established a team of biomedical engineers and consultants specifically working

on sensors for non-invasively monitoring blood sugar levels in 2017, and work on the sensor reportedly progressed to trials at clinical sites in the San Francisco Bay Area. Apple CEO Tim Cook has even been spotted testing what was believed to be a prototype glucose monitor connected to his Apple Watch.



Vaccines against Covid-19

Some people are concerned that the new COVID vaccines have been developed and approved too quickly to be safe, and yet our health professionals and scientific leaders say that the vaccine is actually one of the main ways the world will be free from the deadly COVID-19 virus.

This is of great concern to us, because as you know, COVID-19 has had very serious effects on people with diabetes, and many of us, if not all, are frightened for ourselves as well as for our friends and relatives.

The main reason that the vaccines have been developed so quickly is that many many very bright and intelligent people have been able to work in teams in developing them, focusing on the vaccine almost to the exclusion of everything else, as money has been made available to enable them to change their focus so quickly. Many people quickly volunteered to be 'guinea pigs' to help. Brenda Riley, one of our committee members (has Type 1), is a participant in a COVID vaccine trial, and Professor Simon Heller, one of our local (and internationally



respected) Diabetes experts has been coordinating vaccine and other COVID research as Research Director at Sheffield Teaching Hospitals Trust, independent of the people developing them.

Professor Heller's work, and knowing someone involved in a trial, gives us even more confidence in vaccines' development.

More info about COVID-19 & Diabetes [here](#)



"I had my first injection in December and am waiting to have the second on 10th February. I know many fellow black people like me are hesitant to take the vaccine due perhaps to lack of trust or misleading information on the internet but there is absolutely no reason not to take the vaccine! The vaccine is safe and provides protection against this deadly virus and I would like to encourage Black, Asian and minority ethnic groups to have this vaccine without any hesitation."

Prof. Solomon Tesfaye
MB ChB, MD, FRCP

Find out more about the safety of COVID vaccines in a **BBC News** report [here](#).

Sport England's [Join the Movement](#) is a National Lottery-funded campaign helping us all find ways to get active as we deal with coronavirus restrictions. The campaign is all about simple, fun, and free ways to get physically active, both [indoors](#) (at home) and [outdoors](#), that you can enjoy safely.

LET'S GET ACTIVE!



You can [join a physical challenge](#) or take your pick of [online classes](#) for different ability levels, some of which are free! Join the Movement have also produced the Active @ Home booklet, which has lots of ideas and credible advice on how to exercise and stay healthy during lockdown. The booklet was coproduced

by partners across Sheffield and is designed to support older people and those who are shielded. It is free and available to view [here](#). It is also possible to download and print the booklet if you would prefer.

Sheffield City Trust are sharing lots of useful tips, advice, and workouts to keep you active through lockdown. You can visit their [website](#) for information on how to 'stay active, healthy, fuelled and informed'! Yorkshire Sport Foundation also have a catalogue of ideas and activities

on keeping active as well as mental health and wellbeing, for adults and children alike. To find out more, follow this [link](#).

Lastly, Parkwalk, organised by Parkrun is here. For details on how to successfully complete a 5k walk. Follow this [link](#).

If you're recovering from coronavirus, [Moving Medicine](#) has some great tips to help you start building your body back to normal and fit to exercising again! Remember, while it is great to keep physically active, if you're exercising outdoors, particularly, please be sure to always follow the latest official government guidance on social distancing and hygiene, which can be found [here](#). It is important that you stick to the guidance even while exercising.

Diabetes UK offer us all help to get more active

Diabetes UK are pleased to be able to offer **10 weeks of free 'Get Active'** sessions via Zoom. These friendly sessions are for people who are living with diabetes, who want to become more active to improve their wellbeing. We have **LIMITED NUMBERS** so if you're interested please read the information below and sign-up soon!

- **FREE** 10 week online programme
- Light, gentle movement, from the comfort of your home.
- Exercises tailored to your ability
- Guest instructors, including a chair-based yoga instructor and Gentle Boxcercise class
- Discussions about diabetes
- Question and Answer sessions with diabetes experts
- Participants will receive our Move More Booklet in the post

Sessions:

Start: Tuesday 9th February 2021
Different times available.
(via Zoom)

To sign-up:

Complete the application form available from DiabetesUK.Sheffield@gmail.com (or phone: 0742 938 5554) and send it to livewellmovemore@diabetes.org.uk

OR contact Celine Walker on 0758 488 6533 or by email: Celine.Walker@diabetes.org.uk

If you have any questions about the programme, then just get in touch.

GET ACTIVE FOR FREE

Free physical activity classes for people living with diabetes

- Try a different gentle activity each week
- Small and welcoming group – sessions are online via Zoom
- Diabetes information
- A chance to make new friends

If you are:

- Over 18
- Living with diabetes
- Able to take part in gentle physical activity
- Committed to moving more

Every movement matters and we're here to help you every step of the way.

To register your interest please contact Celine, the group co-ordinator:
 Call: 07584 886533
 Email: livewellmovemore@diabetes.org.uk

10 weeks of classes
Start date: Tuesday, 9 February 2021
Classes at: 11.30am – 1pm and 1.15pm – 2.45pm
 Classes will be delivered via Zoom

Diabetes UK
 KNOW DIABETES. FIGHT DIABETES.
A charity registered in England and Wales (216198) and in Scotland (SC039136). © Diabetes UK 2020

2021 Annual General Meeting Report

The Annual General Meeting was held online on January 21st, and was attended by 20 people.

Reports were received from the Chair, Secretary and Treasurer, and many thanks were expressed to the retiring Chair, Anita Vere, to committee members, to the DUK North Team and to everyone who helped with our successful Move More event in January 2020.

The 2021 committee members are now:

Brenda Riley (Vice Chair), Chris Ryan, David Cantrell, David Moore (Treasurer), Frank Frost, Glynis Beattie (Minutes & Website), Kushla Jamdagni, Lindsay Halladay (Secretary), Mavis Thompson, Shirley Sherwood, Stu Ritchie (Social Media Lead), Vanessa Vahey.

Minutes are available from DiabetesUK.Sheffield@gmail.com

T2 Volunteers needed for Breakfast Study

Update

De Montfort University Leicester

This study is composed by two parts:

Part 1: Online survey

Part 2: Consuming different portions of the same breakfast and let us know how full you are.

Volunteers who complete both parts of the study will receive a voucher to cover your breakfast and a small compensation for your time (redeemable in different shops).

WANTED

VOLUNTEER CHAIR FOR OUR GROUP

Sheffield's Diabetes UK is a small group run by volunteers in a city where more than 32,000 people have diabetes; anyone interested in diabetes including health professionals can join us.

We need a volunteer Chair; tasks include directing committee meetings, with occasional duties as a talking head for interviews with a spot of meeting and greeting at our Zoom and face to face meetings when things are safe. Insight and experience of diabetes necessary!

Diabetes UK offer training and support, and the role description is available on our website and enquiries can be made in confidence to: DiabetesUK.Sheffield@gmail.com



Interested?

Part 1: Please complete the survey [here](#).

Part 2: Please email Kinga Kwiecien P16184914@my365.dmu.ac.uk or DiabetesUK.Sheffield@gmail.com

Flash monitors looking after your diabetes if you have a learning disability.



Flash glucose monitors are a way of measuring your sugar levels without having to prick your fingers. There is only one flash glucose monitor manufactured at the moment. This is called the FreeStyle Libre.

There are >100K people across NHS now on #Libre. All are eligible to switch to #Libre2, which is now available at the same cost. It's the same device with Blood Glucose alarms.

If you are someone with a #learningdisability, have #diabetes and use insulin. It's important to monitor your sugar levels. You can get a Flash monitor. It comes with a sensor and an app to download to your phone.

[@InclusionNorth @NDTicentral](http://freestylediabetes.co.uk/easyread)



FreeStyle Libre Sensor



FreeStyle Sensor Applicator



Local Help during lockdown

Coronavirus (COVID-19)

FOR HELP WITH...

Community Helpline 0114 273 4567 sheffield.gov.uk/coronavirus

Sheffield City Council launched a Coronavirus helpline at the start of the crisis.

If you, or anyone you know is struggling, please call 0114 273 4567.

Council staff link each caller with the right service - including getting help for food deliveries, medication and emotional wellbeing. The helpline has provided valuable support throughout with **over 20,000 calls made to the service.**

The service is also available online [here](#).

Council grants are also available for those who are struggling to afford food or keep their home warm due to the pandemic.

For details of the various grants available and how to apply please see [here](#).

Helpful Guides for Remote Meetings (Zoom)



Zoom Guide:

- > Downloading Zoom [here](#)
- > How to Join a Zoom meeting online [here](#)
- > Sharing your screen in Zoom [here](#)
- > Raising your hand in Zoom [here](#)
- > How to keep your Zoom calls safe and secure [here](#)

Help with Computers

If you need any further help or information with using a computer or other device (IT), on or off the Internet, please call Heeley Development Trust on 0114 399 1070 or email elisha.h@heeleydevtrust.com.

CORONAVIRUS ACT LIKE YOU'VE GOT IT
ANYONE CAN SPREAD IT. STICK TO THE RULES TO STOP THE SPREAD.

NHS
STAY HOME
PROTECT THE NHS
SAVE LIVES