

June 2021

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

SHEFFIELD GROUP
News 

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**New packed
edition!**
Click the links for
more information!



PLUS: ... Sport & Diabetes ... May Meeting Report

David McLeavy's

24-hour bike ride

"I am going to ride my bike continuously for 24 hrs for Diabetes UK because having Diabetes should not be the end of the world."



See Dave's Just Giving page to find out more about his story and how to donate here

By Ella Greenhalgh

David McLeavy was diagnosed with Type 1 Diabetes back in 2016 at the age of 26. Although cycling was something that was always important to him, it suddenly became a lifeline, essential to the maintenance of both his physical and mental health.

On 12th/13th June, Dave took on the mammoth task of a 24-hour bike ride around East Yorkshire to raise money for DiabetesUK.

This meant riding through the night, eating on the bike and testing his blood sugars continuously to try

and avoid hypoglycaemia. For Dave, the work that DiabetesUK do makes a real difference to so many lives, providing a needed support network for anyone effected by diabetes.



Update from the Chair

I just wanted to say a few words and to introduce myself as the new Chairperson.

We have some excellent speakers over the coming months. Last month's meeting was about technology; Kamil gave a presentation on different apps that are mostly free and help people with Type 1 and Type 2. Some of the NHS apps suggested you can find [here](#).

SNAQ, you upload a picture of your next meal and it gives you the carbohydrates, and can link with your blood sugar.



NUTRACHECK This one you can log

food, exercise, water etc, put in your 5-a-day, goals and much more.

Our other guest speaker Dr. Jackie Elliott, Consultant & D Tech Lead gave a fascinating presentation which certainly educated me about what



Type 1s have to endure. She was asked some wonderful questions and gave some very good answers.

I want to remind everyone about the Diabetes Exercise programme. It's free has different exercises, most of which are seated but you can do some standing if you wish. I'm sure there is one for you, give it a go. You also get the opportunity to meet others from around the country. You can exchange tips and things that work for you. Following the exercise is 30 minutes which include a presentation on different topics such as diet, why you need to check your feet and motivation and time for discussion. I found them fascinating and educational.

We all need someone's help at some time, someone to hold our hand while we are strong enough to let go. There are times when we struggle



but please, please remember we are there to help so let us help each other. My struggle at the moment is the weight I've gained during lock down; I am working hard on motivating myself to get back on track and it isn't easy.

Finally, for those who have experienced consultations remotely (eg by phone) since March 2020 we're still doing the survey and would welcome your feedback whether it be positive or negative. It may help to share your experiences; it's also private and confidential.

That's it from the Chair until next time.

Shirley

To get 5 free raffle tickets take part in the survey here!

DAFNE and DESMOND, what's the deal?

By Carol Imelda

We all know that diet and physical activity, in addition to medication, are important aspects of managing and living well with both type 1 and type 2 diabetes. But with all the information out there, it can be overwhelming figuring out what's what and how to fit that into your daily life. Also, it's not always obvious what might work for someone living with type 1 diabetes versus someone living with type 2 diabetes, although we might all know that it's important to eat a healthy diet and get enough exercise.



Dose Adjustment for Normal Eating (DAFNE), is an educational course

which gives people living with type 1 diabetes the skills they need to administer the right amount of insulin for the amount of carbohydrate eaten. It is offered on the NHS, and you can attend a session regardless of how long you have lived with type 1 diabetes – there's always room to learn and grow. To find out more about DAFNE, please click on the link [here](#).

Diabetes Education and Self Management for Ongoing and Newly Diagnosed (DESMOND), like DAFNE, is an educational programme designed to educate patients living with type 2 diabetes about their condition so that they feel more confident making choices that



are beneficial to their health. There are currently two stages of DESMOND on the NHS in the UK, which include:

1. DESMOND Newly Diagnosed
2. DESMOND Foundation (for people with established type 2 diabetes)

DESMOND offers skills to help you manage your diabetes. During the training, in a group format, attendees discuss what type 2 diabetes is, and how to manage it with diet, physical activity and medication. To find out more about DESMOND, please follow the link [here](#).

How are DAFNE and DESMOND delivered?

DAFNE was previously delivered face to face, however, in response to recent restrictions due to COVID, the DAFNE team developed a new course called Remote DAFNE, which blends online learning, workbook activities and remote group sessions facilitated by DAFNE educators. For DAFNE in Sheffield,

the virtual sessions are a mix of self-directed learning with weekly virtual group sessions with an educator to go through learning and share within the group, as you would face to face. The content is very similar just delivered differently, with the same educators. DAFNE will be delivered virtually for the foreseeable future, however, once the team get the go ahead there will be a return to face to face. The DAFNE team eventually hope to keep a mixture of face to face and virtual longer term.

For DESMOND each person referred is offered MyDESMOND which is an online platform for self directed learning.



They are then offered a virtual group session that runs very much like the face to face ones did with the same content and educators. Again, at the moment, the DESMOND team are unable to plan for face to face groups so anyone who feels unable to access virtual learning is placed on a waiting list until a return to face to face. It is likely that in the future, there will be a mix of face to face and virtual.

How do I get on the programmes?

Please note that although being run virtually, the referral process (via your Diabetes Care Team) to get on DAFNE or DESMOND remains unchanged. However, once referred, you will be contacted to ask if you are able to access virtual.

Lastly...

While it might seem daunting, meeting with other people living with diabetes, whether on DAFNE or on DESMOND, is always a positive as you realise you aren't alone and can support each other. So, it's worth giving a shot!

Is there a 'best diet' for diabetes?

With particular attention to Type 2, low carb and remission

Which foods help us most?



Missed it?

You can watch the recording of April's meeting [here!](#)



with Carly Devin
Specialist Diabetes
Dietician

Report from 20th of May Meeting

By Dave Cantrell

We held another very successful and informative meeting on the use of Technology and Education to help people with diabetes manage and improve their condition and health.

The meeting was held on 20th May 2021 via the Zoom platform. The presenters were Kamil Armacki (well known as Nerdabetic, including on YouTube, where he checks and advises on all kinds of diabetes related tech) and Dr Jackie Elliot (who's an academic, lecturer, honorary Diabetes Consultant and Sheffield's Lead on Diabetes Tech), and about 20 people attended.

The talk included presentations and information on mobile apps available for the management of all types of diabetes. A lively and informative question and answer session followed at the end of the meeting.

Kamil gave an outline of the Apps and Technology available. Briefly as follows but is by no means all inclusive.

The **NHS App** is set up to order prescriptions, appointments, Covid passport certificates etc. Other apps available for Covid tracking and health related information.



Carbs and Cals - similar to the book outlining nutritional information.

My Fitness Pal - Bar code scanner providing information on carbs and nutritional intake.

Diabits- Suitable for T1 and T2, monitors CGM and predicts glucose levels for next 60 minutes in advance.

MySUGR - Approved Glucose calculator. Free app for T1, T2 etc.

SNAQ - App uses camera to scan what's on your plate and calculates carb content of meal. Can link to CGM equipment.

Under My Fork - CGM app such as DEXCOM, links to Apple Health, calculates carbs intake.

A range of questions followed including comparisons between Libreview and Diabits apps, and Libre3 v Dexcom.

Jackie gave a fascinating presentation and talk regarding the importance of HbA1C management and staying within range, managing hypoglycaemia, use of a MDI (Multiple Daily Injections, where you inject to match the food you're eating) regime. The talk included use of different media for learning such as Zoom, Webinars, group based learning courses. Jackie talked about costs of treatment,

closed loop systems and real time CGM (Continual Blood Glucose Monitoring through body worn devices), and their benefits compared with different forms of pump therapy to manage disabling hypoglycaemia. All areas of diabetes management are balanced against providing the right individual care required against the limited budgets within the NHS. Technology has its place but isn't a one size fits all solution. A question and answer also followed.

Feedback after the meeting from the attendees was very positive, Kamil and Jackie are excellent speakers, well informed and knowledgeable.



Kamil has a YouTube channel. Find it **here**.

FreeStyle Libre 2 

Abbott, who make the Freestyle Libre, are offering people a free 14 day trial at the moment. Details **here**.

Sport & diabetes *Jordan Thompson, cricketer*

By David Moore

Jordan Thompson, (24) is an all-round cricketer, has had Type 1 diabetes for 8 years, and made his first-class and one-day debuts in 2019 for Yorkshire County Cricket Club (YCCC). He was not initially selected in the opening 2020 Bob Willis Trophy game at Durham but an injury to Matthew Waite on the eve of the game handed him a chance.

In five four-day games, Jordan claimed 15 wickets (got 15 people out) with his right-arm seamers (bowling) and hit 234 runs as a left-handed batsman as Yorkshire won the North Group. He hit a superb 98 in an away win against Nottinghamshire at Trent Bridge and claimed 5-31 (trans: he bowled

5 players out, when they'd only scored 31 runs from his bowling) in an Emerald Headingley win against Leicestershire, his first professional five-wicket haul.

In the 2021 season Jordan has so far played in seven of Yorkshire's eight games, scoring 206 runs, high score 42, and taking 24 wickets with a best of 3-24. He is a superb athlete, one of the best and it would be interesting to know how he manages his blood sugars during a demanding match, where it can be very difficult to predict when he'll be fielding, bowling, watching or batting.

Thompson has Type 1 diabetes, being diagnosed at 16. He carries the logo of Diabetes UK on the back of his bats.



Photo: Yorkshire Post



DIABETES WEEK

14-20 JUNE 2021

What's on in Sheffield?



Tuesday 15th June, 7pm – 9pm

Line Dancing for beginners & improvers, with space, wearing masks

Sheffield Cityliners, Lomas Hall, S6 6BD

Please book with cityliners@btinternet.com

Wednesday 16th June, 2pm

Flat, pretty, interesting walk; meet city centre

Please book with DiabetesUK.Sheffield@gmail.com



Thursday 17th June, 7pm

Why do we eat? Is this the key to unlock healthier eating?

Zoom meet up with Alison Holloway, Specialist Dietician

Book it **here!**

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