

June 2021

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

SHEFFIELD GROUP News



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Celebrating
100 years
of life saving
insulin

'Artificial Pancreas'
(Closed Loop Technology)



PLUS: +++ Latest COVID Regs +++ June Meeting Review and more



Closed Loop Technology

By Carol Imelda

We can all agree that there have been a number of technological advancements in the care and management of diabetes in recent years. More recently, there has been exciting news regarding the trialling of an 'artificial pancreas' (closed loop technology) which promises to change the life of people with Type 1 diabetes for the better. This technology is designed

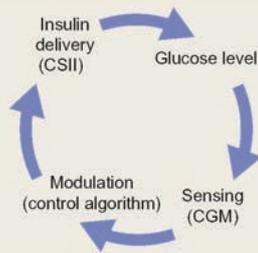
to act as harmonious system, one end of which continually monitors blood glucose, while the other automatically adjusts the amount of insulin given through a pump. This eliminates the need for finger prick testing and can prevent life-threatening hypoglycaemic episodes.

At an NHS Confederation's conference last month, Sir Simon

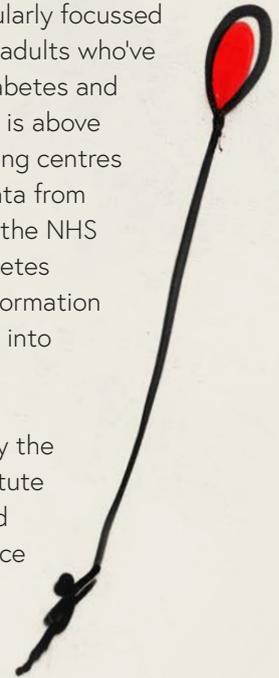
Stevens, the health service chief executive, mentioned that up to 1,000 patients will benefit from a pilot of this

'artificial pancreas'. Trial participants will be drawn from about 25 NHS specialist diabetes centres in England.

Sheffield will be one of these centres. This trial will be particularly focussed on work with adults who've got Type 1 diabetes and whose HbA1c is above 70. Participating centres will submit data from the study via the NHS National Diabetes Audit. This information will then feed into the evidence assessment undertaken by the National Institute for Health and Care Excellence (NICE) and inform future practice.



FREE



Everything you ever wanted to know about

LOW BLOOD SUGARS & HYPOS



with international expert

Professor Simon Heller

Consultant Physician,
Professor of Clinical Diabetes,
Director of Research and
our 2020 Move More MC

**Join us on
Thursday 15th July,
7pm (online)**

More information on the following page >>>

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Free
Book on
eventbrite
here!

Update from the Chair

Hi everyone!

June 14th - 18th was diabetes week and we did do a couple of things! Line dancing was on the Agenda for Tuesday evening; even though a couple of people had 2 left feet it didn't stop them! Also on the Agenda was a quiz night but it was decided we couldn't compete with England playing their first match in the European cup on the same night! The Quiz night will be on the Agenda for another evening.

That week, there was an excellent presentation for the meeting "Is why we eat the key to unlocking a healthier diet?" by Alison Holloway, Specialist Diabetes Dietician. Many thanks to all who joined us - see Dave Cantrell's report on page 4.

Sheffield Aches and Pains website ([here](#)) now has information on Wellbeing ([here](#)) giving details on where you can go for help with subjects we may require help with from time to time. People's health can be affected by lots of different things. If they have money problems, are not sleeping, cannot find employment, are having relationship problems or struggle with low self esteem. It also means that the right help is not always medicine and treatment. Instead people can access help which is called social prescribing. **Check out the Sheffield Aches and Pains website**, click on the option Wellbeing and pick a topic.



I'm continuing with the **Diabetes Activity Programme ([here](#))** and I'm teaching seated Tai Chi there; so you'll recognise one of the friendly faces! I've been Stewarding at a couple of vaccination centres too.

Next month, we'll be looking at the new Diabetes Resource Room webpages.

Shirley

Shirley Sherwood
Chair

Tip
Diabetes UK
info on moving
more
here!

Hypo Meeting with Simon Heller

By Lynsay Halladay

Thursday 15th July, 7pm (online)

Low blood sugars are a risk for any of us taking insulin, but did you know that some of the tablets for Type 2 diabetes can also cause low blood sugars? Join us on July 15th, from 7pm, to learn more about handling low blood sugars and hypos and have all your questions answered by our own world leading local Hypoglycaemia expert Professor Simon Heller.

Prof Heller's work in diabetes is recognised internationally, and in 2019 Diabetes UK awarded him their highest honour for his outstanding contribution to diabetes research. He chairs the International Hypoglycaemia Study Group.

Simon is completely committed to supporting us to manage our diabetes more effectively and he's a popular and trusted Diabetes Consultant. You may remember him as our charming MC at the **Move More with Diabetes** event in January 2020.

As a world leading low blood sugar expert Simon will be pleased to talk about anything related to low blood sugars including:



- **Why are some hypos scary?**
- **Why don't we always realise we're low?**
- **Can you go low if you're only on Metformin?**
- **Why are some no bother at all?**
- **Does everyone get the same symptoms?**

Questions for Simon can be asked before and during the event; please register through Eventbrite, and if you can, please will you buy a 50p ticket to enter the raffle? Any donations to help run our group, to fund more brilliant research and to support Diabetes UK will be gratefully received.

Free
Book on
eventbrite
here!

Report June 2021 meeting

By Dave Cantrell



Our online June meeting's special guest was Alison Holloway, a Specialist Diabetes Dietician with expert interest in wellbeing and eating behaviour. Her very interesting talk asked "Why Do We Eat? - Is this The Key To Unlocking Healthier Eating?" followed by questions and discussion.

Why do we eat? Easy answers include eating for survival, comfort eating, stress relief, improved mental wellbeing and many others. However there may be more complicated reasons behind these answers.

There is a psychology behind how we decide what we eat. Basic hunger develops as we need to eat and we're genetically set up to eat when abundance in nature occurs. Today, with easier access to food there are good and bad opportunities to eat too much.

We have such a choice of food, lifestyles, economics, personal environment, individual health issues, motivation; all can make eating the correct foods and quantities much more difficult.

Alison said starting with small goals will increase confidence to make further change. Setting personal goals can be daunting. Resistance to change can occur, sometimes depending on how we're advised; Alison favours gentle informative encouragement! It can be all too easy to fall off the rails!

Alison advised that:

- We plan ahead
- Allow for ups and downs
- Don't aim for perfection
- If things go wrong start again

Alison outlined the help available, including DESMOND and DAFNE (see June's issue), different diet plans (see Carly Devin's presentation from April **here**) and specific dietary advice for complex individual needs.

Alison was understanding, and answered a wide range of questions and offered constructive support.

Alison recommends "**The Mindful Eating Journal: Prompts & Practices to Restore Your Relationship with Food**" by Alyssa Callahan which is one of our raffle prizes.

Get raffle tickets through:

- [Booking for our meetings](#)
- [Contacting us via DiabetesUK.Sheffield@gmail.com or through our mobile 0742 938 5554](#)
- [Raffle tickets are available for free when you complete our survey into remote consultations \(here\).](#)

Your SAY Hypoglycaemia

Have YourSAY! Calling out to many many Sheffields!

HypoRESOLVE is an international study looking at low blood sugars and HYPOS and how they affect the lives and relationships of people who're on insulin.

If you're one of the 5,500* people in Sheffield who use insulin, are over 16 and have been on insulin for more than 6 months the YourSAY study want to hear from you, and if you live with or are the partner/spouse of someone who uses insulin they want to hear from you too, as they're looking at the effect of Low Blood Sugars on relationships.

All they want is you to complete a 30 minute online questionnaire.

Further information is available **here** and Professor Heller will be able to tell us more on Thursday 15th July; register and ask questions **here**.

**There are more than 2,740 people living with Type 1 in Sheffield,*

(Sheffield CCG) and almost 29,000 people living with Type 2; nationally about 10% of people with Type 2 take insulin.

COVID-19 Update

The Government announcements on Monday 5th July predicted considerable reductions in measures aimed to reduce the spread of COVID 19, from 19th July.

- People with diabetes have a higher risk of being very poorly if we catch COVID-19.
- We're not more likely to catch it but if we do, we're at risk of worse results.
- **Vaccines:** We are all advised to have **both doses** of the COVID vaccines; see for example [Prof Partha Kar](#), NHS England Diabetes Speciality Advisor.
- **Mask wearing:** NHS leaders advise continuing to wear face coverings indoors and in enclosed spaces; this protects others too.
- **Meetings:** We're meeting online at present and are looking at ways we can help each other to be safe when we return to face to face meetings – please check [our website](#) for latest news.
- Our committee volunteers are undergoing training provided by Diabetes UK.
- Our next meeting (online) is on 15th July with Prof Heller, who is also involved in much COVID-19 research; he'll be pleased to discuss the current situation. [Book your ticket here.](#)

The Game That's All Over Sheffield

By Ella Greenhalgh

Beat the Street is a fun initiative that's transformed Sheffield into one giant game. See how far you can walk, cycle, and roll over six weeks, with an abundance of challenges to participate in and prizes to win.

From 16th June to 28th July, contactless sensors will be found on lamp posts all

Join the fun and play



around Sheffield. All you need to do is gather your workplace, community group, sports team and club - explore your town, record your journeys, and earn some points. Play as little or as much as you like, just get moving!

Visit the website to find out more and get involved. Let the games begin!



Jordan Thompson, cricketer

update

By David Moore



Photo: yorkshireccc.com

The dynamic all-rounder with Type 1 has cemented a place in the County Championship side with consistent performances throughout 2020 and so far in 2021. This includes 44 First-Class wickets (getting 44 batsmen out) with a best of 5 for 31 (5 out after they'd scored 30 runs), along with making 478 runs.

Cricketer Jordan Thompson has had a good few weeks: ending May with a two year contract extension at Yorkshire County Cricket Club (YCCC) that will keep him there until at least October 2023!

He's currently back in action in the Yorkshire team playing at Northampton in a 4 day game ([find out more here](#)).

Jordan also came into the Vitality Blast Twenty20 squad having impressed in this

year's Vitality Blast, scoring 171 runs and taking 11 wickets (being the bowler when 11 batsmen are out!).

We hope to see Jordan at our celebration meeting (November 18th) but his success may well see him selected to play for the national team by then!

Ed: Twenty20- this is a cricket match where each side bowls 20 overs. An over = 6 balls bowled by the same bowler.

Cricket glossary [here](#)



DIABETES UK

KNOW DIABETES. FIGHT DIABETES.



Our [One Million Step Challenge](#) began, so what are you waiting for? Join us for another summer of stepping and take steps for your body and everybody affected by diabetes.

[Sign up now](#)

From 1 July, challenge yourself to take on one million steps over three months - at your own pace, wherever you are. That's about 10,000 steps a day. Join us to step for all the mums, dads, sisters, brothers, sons, daughters, grandparents, and best friends affected by diabetes. And of course, for you.

So this summer, take on one million steps and be amazed at what your body can do.

We'll be with you every step of the way,

Stef, Lucy & Gabby,
One Million Step Challenge
Diabetes UK

GET IN TOUCH

Got a question? Get in touch with the team at onemillionsteps@diabetes.org.uk.

Step towards a healthier YOU

By Ella Greenhalgh

The One Million Step Challenge is back! This summer, take one million steps over three months to get fit and raise funds for Diabetes UK.

From 1st July – 30th September, walk over one million steps wherever you like. From your living room to your local park! Log your steps and get fundraising, and win some rewards along the way.

Whether you're doing it to get fit, lose weight or simply to get outside, the money you raise will have a big impact on the lives of those affected by diabetes – supporting advice services, local groups, and funding research.

Good luck!



Sheffield Group News Team:

Linsay Halladay, Carol Imelda,
Ella Greenhalgh, Wolfgang Dumm