

THE YOUNG PEOPLE'S DIABETES SERVICE



WELCOME TO OUR LATEST NEWSLETTER

Greetings to all of our readers across Dorset. There has been lots of team changes and exciting news to fill you in on! It is the start of the new academic year and there is lots of advice for you if you are starting university. See the youth worker activity and how you can get involved.

TRANSITIONS PROJECT

As we mentioned in our last edition, the Diabetes teams at University Hospitals Dorset (UHD) and Dorset County Hospital (DCH) have been awarded funding from NHS England to run a project to improve transitions between Paediatric and Young Adult services for those aged 16-25.

Our hope is that the project will give you more control of your care, develop confidence, and equip you with the tools to manage your diabetes so you can live the life you want to live. We're looking at different ways to do this like joint Paediatric and Young Adults clinics where you'll meet with a mix of new and current care teams, renewed education offers that focus on topics that matter to you, and developing new support systems such as youth work and peer support to help you in your journey through diagnosis and into living a life well lived, however that looks to you.

Over the next 18-months this project is going to have some great opportunities for you to get involved with sharing your experiences, developing your skills, and shaping your service. Keep an eye out on the newsletter, our socials, and chat with your care team to find out more.

WHAT'S NEW?

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FIND US ON OUR SOCIALS



@DORSET.YPDS



DorsetT1D

STARTING UNI?

JDRF University Toolkit comes highly recommended by us. It is a great resource for those starting or even thinking about applying for University. Click [here](#) to take a look.



Are you attending Bournemouth University Freshers Fair?

If so please come and say hi to the YPDS team. We will be there all day and would love to see you.

For more information about the event click [here](#).

YPDS YOUTH WORK

Perhaps the most common idea of a youth worker is one that runs a Youth Club playing pool, supplying a tuck shop and generally being there to keep the peace. However, there are in fact lots of different types of youth work such as outdoor education (think PGL and Rockley in Dorset), outreach – working with young people on the streets, youth voice – supporting young people to have a say on the issues that matter to them, arts based – giving young people the opportunity to engage in drama, music, photography, etc and targeted – providing direct support on a 1-2-1 basis but often drawing in many of the other strands too.

DCH Youth Worker Kate has been working behind the scenes developing a service that provides young people aged 16 + with broader support for their wellbeing and lifestyles, with the hope that if things are going well more generally, they will be better able to manage their diabetes.

Kirsty and Coralie, who are now in post at UHD will now work with Kate to shape youth work in Diabetes over a wider area across Dorset.

The Youth Work consists of:

- Targeted support for young people who may need additional help with writing a CV, finding full or part-time employment, sorting out problems with benefits, setting goals and achieving them!
- Group work to bring young people together to have fun and share their lived experiences of diabetes so that they may provide one-another with peer support.
- Creating a parent/carer support group and network, that meets quarterly and provides parents/carers a space where they can talk about their experiences of living with a young person with diabetes and how they have or are coping with enabling their young person to become an independent adult.

The project has already begun to support young people to have a voice on how they manage their diabetes and how they think services can be improved both specifically for diabetes and more broadly across Dorset. Young people have taken part in co-production groups with clinicians to explore their experience of their diabetes service, and some have signed up to help run a Knowledge Café on the subject of Transition from children's to adults services in September.



We are also joining a young people led 15 Steps Challenge around Dorset County Hospital in October 2023.

On the 20 July 2023, 3 young people took part in a Paddle boarding session kindly supported by the OTC at Weymouth & Portland Sailing Academy, and it is planned to expand offers of this type of activity to more young people over the next few months.



If you would like youth work support or to get involved with the co-production, parent/carer support groups or anything else related to youth work please contact:

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Kate Parish
07796 076720
kate.parish@dchft.nhs.uk

UHD -
Kirsty Crook
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ypdsyouthwork@uhd.nhs.uk

Coralie Loader
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MEET THE NEW TEAM MEMBERS

We're sure you'll soon start seeing their names and faces pop up in clinics and appointments. Here's an introduction:



Hi I am Kate Parish the Transition & Young Persons Youth Worker at DCH. I came into youth work through the youth voice approach co-founding the UK Youth Parliament and giving young people a voice in Government. I went on to run three youth clubs across some of the more deprived areas in Basingstoke, before moving to Dorset and delivering targeted youth and family work for the Family Partnership Zones, a bit more youth voice with Dorset Youth Council and for the last three years working as a Community Development Worker for the MOD on Blandford Camp. I am excited to be starting this new role and it is my hope that I can provide support to our young people on a range of levels that will lead them to achieve their goals, whilst successfully managing their day-to-day health needs.

Hi I'm Kirsty and I am excited to be starting as a Youth Worker in the Diabetes Transition team at UHD. The past few years have seen me work in a variety of educational roles and most recently I have been busy delivering respite holidays to young carers (which of course saw me diving into the fun activities myself, even if they were designed for children!) I have seen first-hand what benefits a reliable support network can bring and I look forward to creating a warm, engaging and approachable service for young people to build their confidence and achieve their goals. Originally from busy London, in my spare time I now enjoy the relaxing scenery of the beach and forest while walking my dog and I like to keep active by playing in my local netball team.



Hi I am Coralie, the latest addition as a Youth Worker in the Diabetes Transition team at UHD. I have a background of working in youth work, addiction services and cardiac rehabilitation. I am looking forward to supporting young people with their transition from the paediatric service. This service will be a great way to help the young people using the service to achieve their personal goals and will give them the opportunity to meet like-minded individuals.

Hi I am Elaine, the new YPDS Data Assistant & Administrator. I have transitioned from the Paediatric Diabetes Team which I joined in June 2019 after 15 years in the school nursing immunisation team at Dorset Healthcare. Some of you may have met me previously as the team immunised in all the schools across Dorset. I am very excited to be part of the YPDS and look forward to being part of the project team to improve transition from Paediatrics to the Young Adult Services. I have lived in Dorset all my life but love going to Greece especially Lindos Town and I love travelling around Ireland too!



TECH CORNER

by Dr Helen Partridge
Consultant



What is the difference between all the sensors and what is the significance?

Sometimes even I'm not sure which sensor is doing what! Are they all called Continuous Glucose Monitoring Systems (CGMS) or are some of them different? Which ones can I get on prescription? Let's look into this and see...

Libre (Abbott) (sometimes called Flash glucose monitoring)

So the one most people know about is the Libre2. Many of you will have this or will have tried it and I am sure some of you will have been truly irritated by it over the last few months. Ironically Abbott (who make Libre 2) were trying to add a positive update which means that there is no longer a need to scan the sensor to get the glucose reading and the arrow. They were aiming to have it bluetooth directly to a phone or reader but I think it is fair to say it has not always gone smoothly! Lots of people have had lots of problems with the app. The recommendation from Abbott if people are struggling is to delete the app and then re-upload it and then start a new sensor with the newly uploaded app!

You can of course still scan and sometimes that deliberate move helps prompt a positive action around diabetes management.

You should still have the alarms etc – just check your settings if the alarms have disappeared.

The other really positive thing from Abbott is the addition of the uploading of the Novopens to Libreview. If you are using these pens then by tapping the end of the pen against the open app will upload all your insulin dosing data to Libreview. This along with notes you can add can provide a really comprehensive overview of how things are going that we can use with you to help keep things going in the right direction.

There is talk of Libre 3 which is much smaller but general release for the Libre 3 has been delayed and I suspect is part of the new Hybrid Closed Loop release – more on that in a bit!

Dexcom

The Dexcom One which we have had for a little while is also available on prescription –it is very similar to the Libre 2. It is licensed to wear on the tummy and the sensor life is 10 days (rather than 14 for Libre). The main difference here is that there is a transmitter to be worn over the top of the sensor so it is a little bit bigger. The transmitter lasts for 3 months and can then be replaced by a prescription from your GP

If I'm honest they are very similar systems so if you are getting frustrated by one then give the other a go and see what works best for you. If you do change remember to contact the team and get signed up to the cloud based system to share your readings (if you want to) - it's Libreview for Libre and CLarity (or Glooko) for Dexcom.

Your DSN can help you out with a trial one and a letter for your GP if you decide to try them out. Dexcom also have the G6 and G7 but these are currently not routinely prescribed in Dorset except for particular circumstances –they are available in paediatrics so some of you may have got them from there (we won't be stopping them for those of you coming to us from the childrens' team!)

Hybrid closed loop

We keep hoping that the new guidance from NICE will be released which will tell us when we will get access to the hybrid closed loop systems for you. This is where a sensor will talk to an insulin pump and support you with some of the ups and downs of managing glucose levels. It won't do all of the work for you but it can certainly help tidy up round the edges a bit! Last I heard we will be hearing in October what the criteria will be as to who can get the systems and which ones we can use. We are very excited about this as it can be life changing BUT... we will be monitored very carefully that we stick to the criteria AND we will have a lot of people wanting to get access to them straight away. We will do our very best to sort everyone out asap but we do need to do it fairly and safely and with adequate support and follow up... please bear with us! There are some great resources around to have a look at getting the best from CGMS and HCL, a little bit of easy reading for you!

ALCOHOL ON A NIGHT OUT



by Anita Bowes
Specialist Diabetes Dietitian

Having one or two drinks you'll be glad to hear doesn't have to be any different just because you have type 1 diabetes. However, drinking too much may cause you to have a hypoglycaemia (a hypo), possibly as much as 24 hours later.

Here are some sensible tips to help avoid hypoglycaemia when drinking on a night out:

- Get hypo treatments ready and carry snacks with you just in case.
- Charge your phone before night out and check glucose regularly, keep hypo alarms, if using sensor.
- Tell your new friends you have diabetes and what to do if you have a hypo.
- Don't drink on an empty stomach.
- Dancing and walking from venue to venue is exercise, so remember that it can make your blood sugar levels drop.
- Drink plenty of water during the night and before bed.
- Eat something before you go to bed. If you have a hypo, treat it before you fall asleep and check glucose again, keep hypo alarms on your phone.

Alcohol	Amount of alcohol	Alcohol Units and Carbs
Spirits ABV 40% gin, rum, vodka, whisky, tequila on it's own or diet mixers (Diet Cola)	1 shot (25ml)	1 unit (0 g carbs)
White or Red wine ABV 13%	175ml (medium glass)	2.3 units (3-6g carbs)
Prosecco, Champagne ABV 12%	125 ml (champagne glass)	1.5u (1 g carbs)
Beer ABV 5%	1 bottle (330ml)	1.7u
Beer ABV 4%	1 pint (568ml)	2.3u (carbs: 17g Ale; 12g Lager; 18g Stout)
Cider ABV 5%	1 pint (568ml)	3u)Carbs: dry 15g; sweet 24g)
Alcopops ABV 4%	275 ml bottle	1.1u (20-30g carbs)

Finally, please remember to stick to sensible drinking guide of no more than 14 units per week for both men and women with at least two alcohol free days.

Some people do not count the carbohydrate in alcohol at all and some people adjust the amount of insulin they inject. Please discuss this with your Dietitian or Diabetes Specialist Nurse.





USEFUL LINKS & CONTACTS

The clinic has acquired the DigiBete App for you to use at home, to support communication with your clinic and provide additional education resources that you can access anytime.

1. On downloading the DigiBete App, you will be asked to enter either 'log in' or 'sign up'.
2. You will need to press 'sign up' on your first visit
3. You will then create an account and enter your unique clinic code.

UHD (Bournemouth & Poole)

Your clinic code for Type 1 is: Z36FB
Your clinic code for Type 2 is: UHEJB

DCH (Dorset County Hospital)

Your clinic code for Type 1 is: AWKUJ
Your clinic code for Type 2 is: LYA3R

You can find a guide on how to register and how best to use the App here:
<https://www.digibete.org/digibete-app/>

Please sign up with email address and a password that can be shared with carers. Up to 6 devices can access the same app.

CONTACT US

For the UHD (Bournemouth & Poole) team

DNS & Appointment line

0300 019 8759

Mobiles

07771 577535 DNS Mel Pritchard
Monday-Friday during office hours

07553 377796 DNS Anne Milsom
Wednesdays and Thursdays only

Email

yps.diabetes@uhd.nhs.uk

For the Dorchester team

Diabetes Administrator

01305 255737

Diabetes Specialist Nurses

01305 255342

Mobile

07880 474397 DNS Laura Brokenshire
Monday-Thursday during office hours

Email

ypds@dchft.nhs.uk

Mental Health Crisis Helplines



GP: Ring your GP in surgery hours

Connections: Tel 0800 652 0190 – 24/7 telephone mental health support line (Those living in Dorset)

NHS 111: Tel 111 24/7 (Those living outside of Dorset)

SHOUT: Text 85258 – 24/7 free texting service

DistrACT: Download the free app for info and advice about deliberate self-harm and suicidal thoughts

Samaritans: Tel 116 123 – free from any phone



steps2wellbeing
Southampton & Dorset

NHS
Dorset HealthCare University
NHS Foundation Trust

Feeling down,
stressed or
worried?

We can help.

Steps2Wellbeing is a free NHS mental health service for people in Dorset and Southampton City.

You can sign yourself up quickly and privately using our online form at

www.steps2wellbeing.co.uk

Sign up now, it's never too early to get help.

- Bournemouth and Christchurch
0300 790 0542
- Poole Purbeck and East Dorset
0300 123 1120
- West Dorset
0300 790 6828
- Southampton
0800 612 7000

Scan the QR code to complete a quick referral form.



Exercise, diet & general links

Let's get cooking - The British Dietetic Association. Great tips for eating healthy on a budget.

Extod - The EXercise for Type 1 Diabetes (EXTOD) program aims to provide evidence-based support for people with type 1 diabetes to undertake safe and effective exercise, and to enjoy its associated health benefits

Runsweet - Offer advice and guidance helping athletes manage their diabetes.

Bertieonline - There is a lot of useful information here to help you to understand and manage your diabetes in a way that suits you and your lifestyle.