

DIABETES JERSEY: COMMUNITY SUPPORT

How we help and
how you can help.



Jersey Registered Charity No: 110

What we do

The primary function of the charity is to raise awareness of Diabetes; offer information and advice to all those that require it including those people affected, their family and friends. There are lots of ways to help raise awareness of diabetes and of Diabetes Jersey activities. By doing so you will help us to improve the lives of people with the condition, as well as their loved ones and carers.

**OVER 4,500 PEOPLE IN
JERSEY HAVE DIABETES**

Diabetes Jersey creates public awareness of the value of being tested for diabetes.

Type 1 diabetes is a condition in which the pancreas is completely unable to produce insulin. It tends to occur in children of any age and cannot be prevented. There is no cure and requires a lifetime of insulin monitoring to stay healthy.

Type 2 diabetes is when the pancreas cannot produce sufficient insulin or the body that cannot use it effectively. It tends to occur in adulthood, but has become more common in teenagers and children with obesity. Type 2 can be reversed if detected early enough.

Testing for diabetes is simple, quick and effective.

To find out more about diabetes - scan the QR code or visit diabetesjersey.com.



With a gift in your legacy, we can help change the lives of people with diabetes

Diabetes Jersey helps thousands of people in Jersey living with diabetes maintain a healthy life.

Gifts in wills make an extraordinary contribution and there are many instances where a generous gift from a legacy has enabled Diabetes Jersey to undertake a project or projects to benefit disadvantaged people in the community that it could not otherwise have contemplated.

Your donations helps to provide:

- Diabetes nurses
- Type 2 diabetes tests
- Type 1 diabetes patch monitors
- Diabetes monitoring kits
- Psychologist support
- Podiatry care

If you'd like to consider leaving a legacy gift in your will, find out more at: **diabetesjersey.com/legacy**

**EVERYDAY IN JERSEY
1 MORE PERSON
CONTRACTS DIABETES**

Ways to help

There are lots of ways to help raise awareness of diabetes and of Diabetes Jersey activities. By doing so you will help us to improve the lives of people with the condition, as well as their loved ones and carers.

Scan the QR code for more information on how you can help us.



DONATE

Every donation counts and is used to benefit people with diabetes, their families and carers. Scan the QR code to donate via Paypal or for information on how to pay via cheque go to our website.

BECOME A SUPPORTER

Our supporters are at the heart of what we do. By sharing experiences and standing with us, our supporters make us a far more effective body as we campaign to ensure that diabetes care remains in the forefront of public health considerations. It's free to join, visit our website for more information.

FUNDRAISING

Fund raising activities enable the group to achieve its aims but also improve the lives of many people that pass through the Diabetes Centre. If you have ideas for fundraising, or want to volunteer to help out at our various events throughout the year, please contact Bill O'Brien on **07797 826508** or email **info@diabetesjersey.com**

Diabetic Unit address and contact details

The Jersey Diabetes Centre, also known as the Department of Metabolic Medicine, is located at:
Jersey Diabetes Service
The Enid Quenault Health & Wellbeing Centre
Les Quennevais Park
La Route de Quennevais
St Brelade
JE3 8JW

It is open daily Monday to Thursday 9am - 4pm and Friday 9am - 1pm.

The Centre is home to a host of health care professionals and administration staff. Various clinics are held during the week by the consultants that cover diabetes, endocrinology and medicine. In addition nurse-led, dietetic and podiatry clinics are also held. The Centre is in constant use so appointments are necessary so do telephone and book in!

The Centre can provide written information about diabetes, provide blood glucose diaries, offer advice about blood glucose monitoring equipment. Ancillaries (testing strips, lancets etc) will be available from your nominated pharmacy. You will need a form signed by your GP or Diabetes Centre Staff, with some core information about your diabetes and the amount of supplies that you need.

Scan the QR code for more information.



Type 2 diabetes are usually diagnosed in

adulthood

Improving physical fitness helps the body's insulin work more effectively, so sugar levels are easier to control, and the risk of Type 2 diabetes diminished

Type 1 diabetes can occur in someone as young as

three years old

sometimes even younger



diabetesjersey.com



Diabetes Jersey is a Jersey-registered charity (110) and a member of the association of Jersey Charities.