

DIABETES NEWS

AUTUMN 2019

WORLD DIABETES DAY

Thursday 14th November

This day commemorates the birthday of Dr Frederick Banting who, with scientist Charles Best, discovered, in 1921, how to extract insulin from the pancreas so that it could be injected into people with Type 1 diabetes, thus extending the lives of those with the condition

The work going on to provide a sustainable Diabetes Strategy

Our new website

www.diabetesjersey.com

is now live!



**THE BI-ANNUAL NEWSLETTER
THAT INFORMS PEOPLE WITH
DIABETES IN JERSEY**



Diabetes Jersey
living with diabetes

Registered with The Jersey Charity Commission No: 110

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COMMENT

Autumn Newsletter

For several years, Diabetes Jersey has published a newsletter of interest to those people with the condition on a bi-annual basis. We have achieved this with the generous co-operation of the Health and Community Service Department who have provided a list of those registered with diabetes (circa 4,500) to the newsletter's printers (not Diabetes Jersey) in the United Kingdom.

Unfortunately, this will be the last newsletter which will be provided in this way since the HCS Dept is no longer able to make this list available for this purpose.

If you wish to continue to receive a copy of this publication, it will, in future, be available online on the Diabetes Jersey website, available directly by email and, if you prefer, posted to you as a hard copy as it is now.

To achieve all this, Diabetes Jersey needs to know who you are and how this is achieved is given in full detail on page 13. You can, of course, opt out completely from receiving the newsletter in any form - and the charity will actually be none the wiser!

This Autumn edition contains much of interest including an early insight into a developing Jersey Diabetes Strategy, in the formulation of which Diabetes Jersey is a significant player, plus, of course, your invitation to the annual Christmas Lunch and of special interest to those with Type 1 (or parents or guardians thereof) a day-long seminar in mid-November featuring national speakers and addressing key issues affecting those with the condition.

We do hope that you will want to continue keeping yourselves informed.

Peter Tabb
Editor
peteretabb@gmail.com

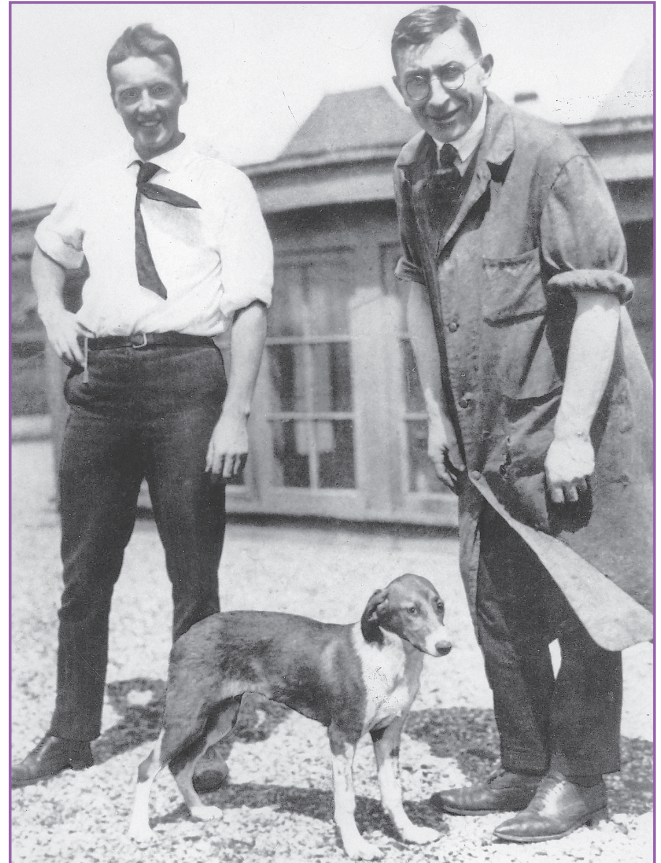
WHY WORLD DIABETES DAY?

Lions Club International

Lions Clubs International is the largest community service organisation in the world with almost two million men and women as members.

In 2017, Lions Clubs International decided to adopt combating diabetes on a worldwide scale as a major international project and decided that an ideal focal point would be the commemoration of the birthday of Sir Frederick Banting, the Canadian doctor who, with American scientist Charles Best, in 1921 discovered how to extract insulin from a pancreas so that it could be injected into those who, through having Type 1 diabetes, were unable to produce insulin for themselves. The role of insulin in controlling the level of sugar in the blood was known but how to access it wasn't.

The initial donor was Dr Banting's dog, but the insulin produced, once purified, was able, in January 1922, to prolong the life of a diabetic teenager Leonard Thompson, the first person to receive an injection of insulin, for a further 14 years.



Charles Best, Sir Frederick Banting and his dog

Banting's achievement was rewarded with the Nobel Prize for Medicine in 1923 which he shared with Professor John McLeod of the University of Toronto who made the laboratory facilities available for Dr Banting and oversaw the purification process of the insulin. Their painstaking research and ground-breaking discovery has resulted in allowing many thousands of those with Type 1 diabetes a long and fulfilling life.

DIABETES MAKING HEADLINES!

Barely a week goes by without diabetes making a headline in the national media. Being one of the very few conditions for which today's most advanced medical knowledge and technology has yet to prove a precise cause nor has yet found a cure, any progress towards either of these gaps in current knowledge will be newsworthy, sometimes sensationally so.

Much of the most recent publicity has referred to the growth of the number of people being diagnosed with diabetes to be an 'epidemic'. What perhaps distinguishes diabetes from other notorious epidemics is that it is not catching; no-one with the condition is contagious and cannot pass it to family or friends by contact. Neither, unlike flu, can anyone be inoculated against it.

THE DIABETES STRATEGY

Following the 2015 White Paper, the delivery of Island wide diabetes care is being reviewed to include, perhaps, to change an over-reliance for receiving care at the Diabetes Centre when much of that care for Type 2 patients without complications could be delivered in the community by GPs and other care providers. (The charity wholeheartedly supports this move).

Work is going on to provide a sustainable strategy being carried out by the Diabetes Working Group and its membership, including the charity, and what is expected of it (e.g Workstreams and input from the charity include s providing a 'Voice of Patient', prevention and education).

While still at the development stage having all key stakeholders involved as equal partners has been invaluable. The contribution of the charity should not be underestimated and it has been very important to have their involvement from day one.

What opportunities are created?

It enables people to work collectively to review current practice and focus on a patient-centred approach based on positive outcomes and prevention.

It will look to develop new pathways as well as metrics that can measure success. Central to this is the continued involvement of the 'patient voice' which is imperative to successful co-production of services. Similarly a vision of care to be provided within the community, for instance, retinal screening tests undertaken at venues nearer or closer to home as well as a range of preventative services delivered closer to where people live. This has begun at St Brelade with the launch of 'Closer to Home' at Communicare. It is anticipated as outlined in the Government Plan that more services will be delivered closer to home.

Patient feedback is very important to success of the strategy and includes regular reviews of that feedback. The charity will be inviting patients to form groups to provide that feedback to assist it to be an effective representative on their behalf.

Prior to any publication of the draft strategy, we will work with Diabetes Jersey to get patients'

views on its content and how it will work from a Jersey perspective.

That when the Strategy is approved at Ministerial level, it is visualised that it will be published by the charity to receive some initial patient views on the content.

We are very fortunate to have a very good partnership with Diabetes Jersey and it has been a real pleasure to work with them as partners in developing the Diabetes Strategy. They champion the cause of many and have been integral in the progress made so far.

Paul McGinety, Deputy Director, Community & Primary Pathways, HCS & Lead on the Diabetes Strategy

SIGNED UP YET FOR TALKING TYPE 1?

Join us at the Radisson Blu Hotel on Saturday 16 November, 10am-3pm for this first of a kind seminar bringing you world class speakers focussing on the big issues affecting the lives of people with type 1 diabetes.

We will be joined by 3 guest speakers from Imperial College NHS Trust in London alongside our Diabetes Specialist Dietician, Diane Coppins.

The day will feature sessions on the benefits of technology in the treatment of type 1, strategies for managing exercise with type 1 and the psychological side of living with type 1. Diane will be running a practical session after lunch on her new role and carbohydrate counting.

Get up close with the latest type 1 technologies and come and meet representatives from the manufacturers of Dexcom (Continuous Glucose Monitors), Libre (Flash Glucose Monitoring) and Omnipod insulin pumps.

Get your free tickets and further details at www.Eventbrite.co.uk search: Talking Type 1

Or call Bill O'Brien on 07797 826508

WORKSHOPS

Part of work involved for Diabetes Strategy

As part of the work currently being undertaken in the formulation of an Island wide Diabetes Strategy, the charity wishes to engage with you in a meaningful way. As part of the key role it is playing within the Strategy's Working Group, the charity has already formed two Focus Groups which have provided pertinent feedback. The views held within these Focus Groups have generally mirrored the submissions made by Diabetes Jersey on your behalf.

Diabetes Jersey now wishes to hold separate Workshops for those with Type 1 and Type 2 diabetes with the intention of:

- (a) Providing an update of its input into the Strategy Working Group
- (b) Advise on the projects that is either funding or committed to fund
- (c) Inviting you to expand on the feedback already provided by the Focus Groups
- (d) Establishing from attendees, their perception on what the charity does poorly or well and where it should be focussed over the next 5 years.

These workshops are both being held in the Ritz Room at the Mayfair Hotel, which has a capacity for 80 people. They will commence at 7.30pm and should not last longer than two hours. Light refreshments will be served.

These evenings are intended to be informative, interactive and constructive and not a talking shop.

Type 1 Workshop-Wednesday 20th November

Parent(s)/Guardian(s) of children are included in this invitation and a maximum number of two people per family/relationship.

If you would like to attend, then either email Liz Freeman at 'betsff@yahoo.co.uk' or contact her during the evenings or over the weekend ONLY on 07797 725728

Type 2 Workshop-Tuesday 10th December

Availability is restricted to those with Type 2 diabetes who can invite a close family member.

If you would like to attend, then either email Bill O'Brien at 'wobriendj@gmail.com' or contact him on 07797 826508



CHAIRMAN'S REPORT

Changes to the provision of Ancillaries



We are pleased to advise you that following the submission made by the charity to the Social Security Minister in August last year, the following changes to the obtaining of ancillaries will commence from 20th November. Currently, testing strips and lancets are available from the Diabetes Centre at a subsidised price. No longer will you be required to attend the Centre, a location difficult for many to access, or indeed inconvenient for those who work. These ancillaries will be made available through your GP who will issue a voucher and can then be obtained from your nominated pharmacy at no charge.

You will also be aware that for some time Diabetes Jersey has been supporting children with Type 1 diabetes, by providing significant funding for them to benefit from using the FreeStyle Libre Continuous Monitoring System. The submission made to the Minister also requested that consideration be given for government to provide this funding for both children and adults. Following a review, this system will now be made available free of charge, subject to a criteria, similar to that applied in the UK being met.

The aforementioned changes will be implemented over a period of some months.

In the interim, the charity continues to support a small number of children to use the Dexcom system and will continue to do so until central funding is available. It is the charity's clear understanding that officers of the Health & Community Services (HCS) are currently making a business case to take on this rightful responsibility.

The charity has identified that a number of children, if resident in the UK would qualify to use insulin pumps. Whilst these are available to adults in Jersey, children are excluded from this offering, which to the charity appears to be a discriminatory practice. Let us assure you that Diabetes Jersey is striving to get this policy reversed and will use all of the avenues open to it to bring about urgent change.

The charity continues to be represented in work being undertaken to establish an Island wide Diabetes Strategy. There are a number of work streams, with the charity leading on 'voice of patient' issues. Working with the project leader, it has already created two focus groups, one of which represents Type 1 patients; the other Type 2.

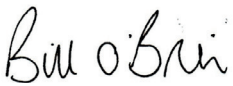
It is the charity's view that the strategy document needs to include specific references to a bespoke psychology service, dietetic, retinal screening, podiatry care and performance indicators.

For many years the charity has provided initial funding for many posts at the Diabetes Centre. Since the last Newsletter, the charity and HCS agreed to terminate the Agreement in respect of the Retinal Screening Administrative which still had over 2 years to run. Whilst there is a good argument to say that posts like these should not be funded in this way, had Diabetes Jersey not intervened, the services now offered, would have been poorer.

The most recent internal review undertaken by HCS into the provision of diabetes care in the Island centred on staffing levels at the Diabetes Centre to the exclusion of client needs, the broader use of technology utilisation of non resident expertise within specific clinical areas. The charity does acknowledge that some improvements have been made, but is of the view that to run in conjunction with the formulation of the Diabetes Strategy, a totally independent review should be undertaken of the Diabetes Service provided within secondary care. The person appointed should be an eminent individual with vast experience in this aspect of care, who should report back to the Council of Ministers. For too long, the Diabetes Service in Jersey has lurched from dealing with one problem after another, has relied on temporary solutions and the support of the third sector.

Since the last Newsletter, the charity has agreed to fund a temporary Receptionist to work at the Centre on a maximum 6 month contract. This will alleviate the burden on the staff who are continuously serving patients wishing to collect and pay for their ancillaries.

The charity has been funding the cost of materials for the Type 1 JEUNE Courses, is funding a Pilot for 'CounterweightPlus' Courses and is currently in discussion with both HCS and Jersey Sport to fund 'Well Being' exercise courses, both for newly diagnosed Type 2 patients.



Bill O'Brien
Chairman



Tim Pedley
Vice Chairman



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NEWS

If you have a newsworthy item you would like included in the next newsletter, please send it to the editor - peteretabb@gmail.com



Debbie Pike

Thank you all so much for the beautiful flowers I received on my retirement.

I am really proud to be a Diabetes Specialist Nurse in Jersey and gain constant inspiration from how children their families and adults cope with the challenges if living with diabetes every day.

I would also like to thank Diabetes Jersey for their support and assistance with many projects. Through donations and fundraising DJ has provided the diabetes team with the opportunity to attend education and training courses in the UK over the past 20 years, continuous learning and communication is so important for all healthcare professionals.

Diabetes care is changing all the time. I still remember putting drops of urine into a test tube to test the level of glucose! It will be very interesting to follow the progress of new innovations in the future. I am sure together with support from Diabetes Jersey, the health service will continue to provide the best possible care for people with diabetes in our lively Island.

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Fundraising By Families and Staff at St Michael's Preparatory School

The charity was one of three recipients to receive a donation in the amount of £7,850 arising from the school's Christmas Fayre. This money has since been applied to support children to benefit from the use of both the Libre and Dexcom systems. Bill O'Brien commented "Donations such as this are most welcome indeed and afford the charity to provide this vital support, which improves the quality of life dramatically to those now able to use them"



The Diabetes Jersey Bingo Nights are always held at the Mayfair Hotel, St Saviour's Road and dates for your diary are Fridays, 1 November, 6 December, 3 January 2020, 7 February, and 6 March.

Doors open at 5.30 pm for a 7.00 pm start. Listen for the announcements on BBC Radio Jersey and other media before each event.

DATES FOR YOUR DIARY

Saturday 8th November 2019 - Race Fun Night

The Race Night will be held in the Star Room at the Merton Hotel. The evening will consist of a Quiz, two games of 'Rock'n'Roll' Bingo and six horse races. See Page 12 for further details.

Saturday 30th November 2019 - Senior Citizens Christmas Lunch

See Page 10 for Application Form.

Sunday 3rd May 2020 - North2South Walk

This is one of the charity's main fundraisers which attracts around 500 Walkers. More details to follow.

Saturday 14th November 2020 - Dine4Diabetes Gala Dinner

To be held at the Merton Hotel. The charity is seeking Auction Lots and Raffle Prizes. Please contact either Bill O'Brien (07797 826508) or Collette Labey (07797 729163) regarding donations. More details to follow.



In an ever changing world life has become increasingly complicated and recent events have made us acutely aware of the challenges that face us all.

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JADC'S PRODUCTION OF WEST SIDE STORY



The JADC kindly allowed the charity to undertake collections after each performance of their recent production of West Side Story.

This was facilitated through Mark and Collette Labey who have been supporters of Diabetes Jersey for many years. Over £2,000 was raised.

Pictured at a reception prior to one of the shows from left to right is Collette Labey (Director), Jamie Pestana from Jersey Post (Sponsor), Bill O'Brien Chairman Diabetes Jersey, The Lieutenant-Governor Sir Stephen Dalton, Christophe Kalinaukas from Walkers (Sponsor), Bailiff Sir William Bailhache and Claire Butler (Choreographer).

Sarah-Jane is a knock out for Diabetes Jersey

Sarah-Jane Smith (in the Red Top) of St Peter's Valley took part earlier this year in a White Collar Boxing event and the result of her enthusiastic pugilism was that she raised £870 which she donated to Diabetes Jersey.

"You're very welcome to the funds raised," says Sara-Jane. "It's a great charity close to my heart."



EXPERIENCE OF LIVING WITH DIABETES

25th -27th September 2019 & 2nd October 2019

With the support of Diabetes Jersey a number of Islanders gave up their spare time to come and discuss their lived experience of Diabetes services in Jersey with Health and Community Services (HCS).

The aim was to gain a real and honest insight to current provision to help identify gaps and areas of improvement as well as where services do work well.

It was agreed that the below would be checked by the participants to ensure accuracy and also an opportunity for people to add any additional comments that they may have.

The issues and comments raised will be shared with members of the Diabetes Strategic development group to help inform decisions and future business cases.

The below provides an overview of the comments that were made. There is duplication which hopefully reflects key themes that came through very clearly.

Common issues which were raised by the participants.

1. Technology and access to it in an equitable manner was a key topic
2. Services for Children and Young People need to be drastically improved
3. There is a lack of understanding and education is a key issue
4. The turnaround of staff at the centre is high and consistency is required
5. There is a lack of equity in terms of knowledge and funding
6. The Charity are paying for essential services which the Government should be paying for
7. There is a clear difference between T1 and T2 which is not well understood
8. Prevention is of paramount importance
9. There is a major gap in terms of psychological support
10. Equity/Rights issues such as schools, Jury Service, nursery and empathy at work were all cited



SENIOR CITIZENS CHRISTMAS LUNCH

Hotel Ambassadeur, St Clement

Saturday 30th November, 12.00 for 12:30pm

The lunch which is limited to 120 people, will this year cost £11 for those with Diabetes and £22 for a guest. The person with Diabetes must be aged 60 or over. Only one guest per applicant is permitted. The places will be allocated on receipt of your application form and payment. A request has been made by the hotel not to arrive at the venue until noon.

If you wish to make a donation of a Raffle Prize, please let Margaret Gicquel know as these can be brought with you on the day or be collected from you.

Places to be booked and paid for by 20th November

APPLICATION FORM

NAME.....Age on 1st December 2019.....

ADDRESS.....

.....Email.....TELEPHONE.....

I would like 1 ticket for myself at £11.00.

I will be bringing a guest at £22 (Name).....

I enclose a cheque in the amount of £..... made payable to 'Diabetes Jersey'

(Optional) I will donate a prize for the Raffle YES/NO

Please send the completed form together with the cheque to: Margaret Gicquel, Donations Secretary, Diabetes Jersey, 'Grampian', 25 Parcq du Pont Marquet, La Petite Route des Mielles, St. Brelade JE3 8FB (Tele: 741093)

Tickets will not be issued, but names checked on arrival at the venue.

In the event that the lunch is over subscribed, the unsuccessful applicants will be notified and the cheques returned.

FUNDRAISING

2 Groups participating in the Student Business Challenge

The charity is grateful to two student groups, one from Les Quennevais School and the other from Grainville School who through their trading as part of the challenge made donations to the charity. Pictured from both schools left to right are:

Les Quennevais School: Seamus Fitzpatrick, Ryley Page & George Blake

Grainville School: Hannah Powell-Jones, Alana Woodhall, Tilly Woodall and Scarlett Martingale



Les Quennevais School



Grainville School

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	£150	£75	£30	£25
March	88	137	231 & 487	62, 148, 285, 440
April	295	438	20 & 219	160, 168, 225, 232
May	206	531	70 & 529	69, 254, 420, 488
June	270	94	300, 332, 456	80, 169, 351, 583
July	178	535	9, 82, 218	79, 83, 187, 413
August	245	412	112, 382, 468	225, 233, 247, 374
September	351	7	36, 60, 394	28, 44, 72, 359
October	141	23	151, 248, 276	22, 271, 281, 453

FUN RACE NIGHT

Friday 8th November - 7pm



The Race Night will be held in the Star Room at the Merton Hotel. The evening will consist of a Quiz, two games of 'Rock'n'Roll' Bingo and six horse races.

Entry is £8 and under 12s - £4.

The price includes entry to the Quiz and 'Rock'n'Roll' Bingo. Participation in the horse races will be run separately.

The doors will be open at 6.00 pm for a 7.00 pm start. Refreshments will be available from Bonetti's and Jersey Joes's Diners until 9.30 pm.

This promises to be a fun night for families, groups including social clubs.

For tickets, please contact: Vicki Birch - 07700 713546 or Bill O'Brien - 07797 826508



NEWSLETTER SIGN UP - IMPORTANT

This Newsletter is the last that you will receive automatically. Until now, the charity has relied on the Health & Community Services to send out the Newsletter on our behalf. There are a number of valid reasons why this cannot continue.

Moving forward, you will be able to view the Newsletter as and when published on the charity's website, request that a copy is emailed to you or request in writing, that a copy is posted to you.

If you wish to receive the Newsletter either by email or post, or indeed wish to be notified of charity events or become a Member of the charity, please indicate below

Name.....

Address.....

.....Post Code.....

Contact Telephone.....

Email Address.....

PLEASE TICK THE OPTION OR OPTIONS REQUIRED

- (a) I wish to receive the Newsletter by email
- (b) I wish to receive the Newsletter by post
- (c) I wish to be notified of Charity Events by email
- (d) I wish to become a member of Diabetes Jersey
(Please see Application Form enclosed with this Newsletter)

Please send your response to:

Email: wobriendj@gmail.com

Post: Mr W O'Brien, Chairman, Diabetes Jersey, 7 Amitie Court, Links Estate,
La Rue A Don, Grouville JE3 9DB

PLEASE NOTE: Once registered, If you later change your address or contact details, want to relinquish your membership or wish to stop receiving any further communication from Diabetes Jersey, please contact the charity as detailed above

All personal information received for or on behalf of the charity, will only be retained for the purpose of administering your request(s). That information will not be passed to any third party without your consent. If you wish to know more of the charity's Data Protection Policy, please go to www.diabetesjersey.com

DIABETES JERSEY AT THE HEALTHY LIVING FESTIVAL



Diabetes Jersey were represented recently at the Healthy Living Festival at the Radisson Blu Hotel.

Help was on hand from both Nurses and Dietitians throughout the Festival who were all kept busy with enquiries from members of the public. Pictured in the centre is Fumi Fukuda, one of the specialist diabetes dietitians who provided BMI testing.

New Opening Times at the Centre for Collection of Supplies

Whilst the transition is in place for you to collect your supplies from pharmacies, please remember that the times that the Centre is open to collect these supplies is restricted to: **Monday-Thursday between 9am-4pm and Friday between 9am and 1pm ONLY'**

SAY HI TO THE DIABETES JERSEY COMMITTEE



Chairman <i>Bill O' Brien</i>		President <i>Mike Norem</i>
Vice Chairman <i>Tim Pedley</i>	Secretary <i>Katherine Toudic</i>	Treasurer <i>David Ferre</i>
Donations <i>Margaret Gicquel</i>	Fundraising <i>TBC</i>	Membership <i>Joan Cadoret</i>
Publications & Social Media <i>Ian Barnes</i>	Public Relations <i>Peter Tabb</i>	Type 1 Representative <i>Liz Freeman</i>