

DIABETES NEWS

AUTUMN 2022

The new diabetes consultant, Dr David Hopkins talks to Diabetes Jersey News

North2South Walk now booked for Sunday 30 April 2023

Check out our website www.diabetesjersey.com for the latest information



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

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COMMENT

Autumn Newsletter

We have just enjoyed a long hot summer and in that time almost as many people (of a certain age) said to me that ‘this was how summers used to be’ as did those who warned that this was the result of global warming and this was how all our summers will be in future.

At last it seemed that Covid was no longer dominating our thoughts and since visitors were visible on the streets, hire cars were in evidence and masks were now an oddity, things were finally back to normal. Then, just as we were settling into the autumn mode of the return of “Strictly” and “I’m a celebrity, get me out of here”, Covid is back headlining the news because of a sudden surge, and I received my email from the States that my booster vaccination was waiting for me at my friendly local pharmacist. As I stated in the Autumn 2021 newsletter it is still likely that Covid, just like the flu, will be with us from now on as a fact of living.

Having reported that there would be a diabetes centre in the new hospital we now find that that intended edifice on the hill (a friend commented that one artist’s impression of it from St Aubin’s Bay made it look a lot like Alcatraz) may not happen at all. It is possible that by the time you are reading this the Infrastructure Minister’s report on what might have been the former Government’s legacy to us all will be known in detail, but Deputy Tom Binet has not countered any headlines that have stated that the new hospital, as visualised, is a non-starter. So therefore, as far as we know, certainly for some time yet, the Diabetes Centre stays where is.

A thought from Abraham Lincoln for our politicians: “The best way to predict the future is to create it.”

Keep well and keep safe.

Peter Tabb
Editor
peteretabb@gmail.com

INTRODUCING DR DAVID HOPKINS

The new diabetes consultant talks to Diabetes Jersey News



I decided to focus my career in the field of diabetes some 30 years ago when I started clinical work and research into diabetes in the Department of Medicine at the University of Liverpool in 1992 before moving to King’s College London in 1995. Over the years I have observed and been part of some of the key advances in diabetes which have transformed living with the condition.

Back in 1992 there were fewer drugs for Type 2 diabetes, a limited range of insulin preparations and home blood glucose testing was relatively new. Human insulin had come onto the market in the 1980s and there were concerns that problems with hypoglycaemia may have been more frequent with this. My first research work in Liverpool showed that the actions of human insulin were similar to the of the older animal insulins and other work came to suggest that the increase in hypos was more related to the greater focus on tighter control that had emerged over the preceding decade.

Continued on Page 2

Continued from Page one

Understanding and managing hypos was to become a major focus of my work and this led to my involvement with insulin pumps and with structured education for diabetes. I started a patient on an insulin pump for the first time in 1993 and in the late 1990s established a pump service at King's which has now grown to be one of the largest in Europe.

In 2002 I became part of the roll-out of DAFNE, a week-long educational programme to support people with Type 1 diabetes on insulin adjustment. I have worked on DAFNE since then and have led on national audit of the programme. By collecting data across the UK we have shown that DAFNE can make a lasting difference with improvements in diabetes control, reduction in hypos and improvement in psychological well-being. Working on the DAFNE programme has also shown me the importance of considering the challenges of living with diabetes and the essential need to understand the complexity of this to provide good care.

I am delighted to have now joined the diabetes team in Jersey and feel privileged to have been given the opportunity to lead the further development of the diabetes services on the Island. Over recent years, and with the support of the charity, the team have effectively introduced DAFNE and an insulin pump service. Over the coming years I hope to see these services develop further and to increase the range of services offered to include specific clinics for diabetes prevention and advanced management of Type 2 diabetes. I expect to see a big increase in the use of technology to support care and there are exciting developments on the horizon in terms of monitoring that will make a difference in both Type 1 and Type 2 diabetes. I am looking forward to working with Diabetes Jersey and to learning from people with diabetes in Jersey in the hope of developing the best service possible for our community.

Dr David Hopkins
Diabetes Consultant

DISPOSAL OF SHARPS BOXES

The Diabetes Centre has recently advised on changes made in relation to the disposal. These should be delivered to the Centre, with the lids firmly sealed and where possible, more firmly secured by using masking tape.

A label is also required to provide the name of the depositor, and to include the name of the patient concerned. The boxes can be delivered to Reception staff Monday to Thursday between 9.00am and 4.00 pm and on Friday mornings only.

DIABETES SPECIALIST PODIATRIST

Introducing Amy Woodcock



Amy Woodcock has recently joined the Diabetes Team as the Diabetes Specialist Podiatrist in late July. She is working alongside the clinical lead of podiatry Vivienne Grey, Diabetes Specialist Podiatrist Tina Hairon and Podiatry Assistant Sonia Holland. The podiatry team also works closely with the diabetes and endourologist consultants Dr Chacko and Dr Hopkins.

Amy grew up on the mainland in Saltash, Cornwall; So she was delighted to start her new life here in Jersey with a fantastic yet similar environment surrounding her. She graduated from Plymouth University in 2018 and since has worked in the NHS and private sector for the past 4 years in Plymouth, Devon and Taunton, Somerset. With this she has gained different area of experience from dermatology, to muscular skeletal but gained a large interest in Diabetes. She has found a new joy in partaking in foot clinics and helping reduce risk and prevention of amputations and infections with patient who are at risk or have developed diabetic ulcers.

DIABETES SPECIALIST NURSE

Introducing Lynne Matthews



Diabetes Specialist Nurse Lynne Matthews has been working intermittently at the Diabetes Centre since 2018. Initially as a locum until she was appointed permanently in April 2022. Lynne brings a wealth of experience from working across both primary and secondary care in the United Kingdom as well in diabetes research. One project she was involved in looked at the impact of undiagnosed diabetes in people admitted with heart problems. She was a key member of a team that sought to identify patients that could be safely treated in the community rather than seeing a consultant. This led to reduced demand for overstretched consultant services and enabled local staff to be upskilled in diabetes care.

Alongside a B.A (Hons) Degree in Social Sciences from the Open University, Lynne has undertaken extensive specialist diabetes training and education including the Warwick Course and being a regular attendee at Diabetes UK and other developmental events. She obtained a Master's Diploma in diabetes care from Leicester University, has undertaken diabetes pump training and qualified as a non-medical prescriber. Her career has taken her from Somerset, where she was born, to Leicester, Northamptonshire and, most recently, Gibraltar. Lynne has qualified as both a DESMOND and DAFNE tutor and also delivered the SPIRIT diabetes education course in the UK. Lynne is enthusiastic about using her patient education skills in Jersey to help support people with both type 1 and type 2 diabetes.. When not at work Lynne likes reading, walking and the cinema.

CHAIRMAN'S REPORT

Recruitment of Specialists



The last six months has been a very busy period for the members of the General Committee, not least in its interactions with senior management of Health and Community Services (HCS).

The ongoing difficulty for the Department to recruit specialists to work in the Diabetes Service continues and is no different from experiences in the United Kingdom. Additionally, with the local housing market being what it is, many individuals are reluctant to make the move to the Island due to the costs involved

While funds have been available for nearly two years to recruit a part-time psychologist to work within the Diabetes Service, an individual is still sought for this position. Such has been the demand for children with Type 1 diabetes for support in this area, the Charity has intervened and has been funding this care for children for several months, utilising a psychologist from a private practice. The feedback from the parents of the children who have and, in some cases, still continue to avail themselves to this service has been very positive.

This Charity initiative provides sufficient evidence for the government to consider an element of outsourcing if needed and to having this post as part of an integrated diabetes team. Diabetes Jersey remains committed to continuing to provide this care until HCS is able to provide it; not just for children, but for a number of adults known to be in desperate need of support.

A similar position to that of psychology support is that of dietitians. While funding for three and a half full-time posts remains in place, only one post is permanent at the present time, with locums used on short contracts, which has little benefit for patients in the longer term.

The Charity was dismayed to recently learn that the services of a Diabetes Specialist Nurse to work with colleagues at the General Hospital, to care for adult inpatients with diabetes and in particular those with Type 1 diabetes, has been withdrawn. I can only hope that this is a very temporary measure and the service is re-introduced without delay.

One highlight has been the recent appointment of Dr David Hopkins as the lead Consultant for the Diabetes Service. Prior to his move to the Island, he ran NHS diabetes clinics at Kings College Hospital and among his clinical interests are insulin pump therapy, the management of advanced diabetes complications and weight management of those with Type 2 diabetes. His knowledge, experience and 'know how' will certainly be an asset for those with the condition.

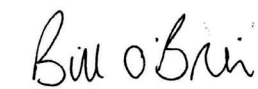
As I have previously mentioned, the charity is a permanent member of the Diabetic Retinal Screening Steering Group, which now meets twice yearly. The group examines management information provided by the Screening Service, which is produced in a transparent manner. Where, on a very occasional basis, a need is identified to improve this aspect of diabetes care, swift action is taken. When compared to the position that the Retinal Screening Service was in only three years ago, the charity now regards it as a truly excellent service. With this in mind, Diabetes Jersey wishes to work with HCS to bring similar oversight to the remaining elements of diabetes support within secondary care.

With a new government now in place, the Charity still awaits the submission of the Islandwide Diabetes Strategy, approved more than 12 months ago by HCS, to be presented to the Minister for Health & Social Services for her consideration. It is the Charity's view that it should be considered by the Minister and commented on without delay.

The General Committee is producing a Business Plan for the period 2023-2025. It will take into account projected income and how the funds that it holds are best used during that period and will include the cost of providing the support of an individual to work in the community to prevent the onset of Type 2 diabetes, provide education at schools and to businesses. It is also our intention to hold a Seminar in 2023/4 and invite eminent speakers to speak on diabetes-related subjects.

I will conclude by mentioning that the General Committee of the Charity would welcome the inclusion of a representative for those with Type 2 diabetes. Those individuals with Type 1 diabetes are already well represented and this affords us the opportunity to better engage with them. If you are interested in joining the Committee, or would like to discuss the role, please contact me on 07797 826508 or by email at 'wobriendj@gmail.com'.

The Committee and I would like to wish everyone a Merry Christmas and a Happy & Healthy 2023.



Bill O'Brien
Chairman

600 CLUB STILL THE OPPORTUNITY TO JOIN

Ticket No:

Registration: CR-1925-22



600 CLUB TICKET FOR 2022

The Price of this ticket is £20.00 and entitles it to be entered in the 12 draws to take place at The Cafe Bar, Pomme D'Or Hotel at 8.15am on the first and third Friday of each month, between July and December 2022

Details of the winning tickets for each draw will be displayed on www.diabetesjersey.com and the charity's Facebook page within 2 weeks of the draw and also in the charity's newsletter as and when published.

Cheques will be sent to the winners at the address they have provided on the Application Form.

This Lottery is authorised by virtue of Diabetes Jersey being registered with the Jersey Gambling Commission

Promoter: Bill O'Brien, 7 Amitie Court, Links Estate, La Rue A Don, Grouville, JE3 9DB

Website: www.diabetesjersey.com and www.facebook.com/diabetesjersey

If you are not already a member of the 600 Club, but would like to join next year, the cost per ticket is £20 to be entered into the 12 Draws, held between July and December. Tickets can only be sold to those aged 18 years and over. For further information, please contact Bill O'Brien on either 07797 826508 or by email at 'wobriendj@gmail.com' or complete the Application Form on page 11.

NATIONAL DIABETES WEEK

June event successful at raising awareness of diabetes

This year the nationwide Diabetes Week took place from Monday 13 June to Saturday 18 June. During that week, statistically, six more Islanders were likely to have been diagnosed with diabetes.

However much Covid-19 has dominated our lives for two years, in that same time diabetes has continued to be very active. No one yet knows what causes it, no one has yet found a cure, and no one yet has found a way to vaccinate against it.

The purpose of Diabetes Week was to draw attention to the disease: how the risk of getting Type 2 diabetes can be reduced and how early detection can lead to a self-management strategy which allows the person with it to lead a full life.

Testing is the key to managing the condition and during Diabetes Week testing (a simple blood test) was available at no cost at the pharmacies at the CI Co-Operative Grand Marché stores; in St Helier on Tuesday 14 June and at St Peter on Thursday 16 June, also between 10.00 am and 4.00 pm.

Ultimately, 262 people were tested and of those a fifth were referred for further tests having sugar levels high enough to warrant further investigation and a very small proportion were already diabetic without being aware of it.

The value of such testing is that if Type 2 diabetes is detected at a very early stage it can be managed, the potentially serious outcomes for health can be minimised and the person with the condition will still be able to lead a full and active life. Hopefully this exercise, and the publicity it received, will encourage more people likely to be at risk (e.g. non-exercising, overweight, etc.) to be tested.



Three Lions after testing during Diabetes Week, l to r Andy Quinn, Peter Tabb & Ian Barette

PUTTING THE RECORD STRAIGHT

Dispelling some of the myths that surround diabetes

People in general have lots of views on diabetes and despite public awareness of the condition becoming more and more, not all these views are accurate.

For instance:

Myth: Type 2 diabetes is a milder form of diabetes

This isn't true since Type 2 diabetes is a serious medical condition. However Type 2 diabetes can be controlled by lifestyle changes, diet or medication and the right treatment, particularly if the condition is found early, can really make a difference and people with Type 2 can live a full and active life.

Myth: People with diabetes can't play sport

That's not true either because it is good for anyone with diabetes to be active. Physical activity and exercise have real health benefits and reduce the risk of complications. What's more some of Britain's greatest sportsmen and women are diabetic and still won gold medals in their sport.

Myth: People with diabetes must not have sugar

Another myth. But as a general rule people with diabetes should be eating less sugar, specifically 'free' sugars. These are often added by the manufacturers to food and drinks but also include natural sugars in honey, fruit juices, syrups and even milk. Almost every item we eat contains a sugar of some kind and some foods, such as sauces, ready meals and flavoured waters contain hidden sugars and thus it is important to read food labels and lists of ingredients. Cutting down on sugar can help manage weight and diabetes.

Myth: People with diabetes should eat diabetic foods

There's no need to eat special diabetic foods since they rarely have any health benefits, are often high in calories and fat and can cause an upset stomach. Manufacturers are no longer permitted to label their food and drinks as being diabetic.

Myth: It's not safe to drive if you have diabetes

Yes, you can drive in Jersey if you have diabetes but Jersey law does require that having diabetes Type 1 or Type 2 must be disclosed to the Parish authority issuing the driving licence. By law this disclosure can only be done by means of a GP completing and signing a 'Confidential Medical Report' (D4) form on behalf of someone with diabetes. The cost of obtaining a valid D4 report from a medical practice may be as much as £87.50.

WHAT THE SCIENTISTS ARE SAYING

Drink tea to ward off diabetes

Drinking tea every day can significantly reduce a person's risk of developing Type 2 diabetes, research has found. The review of 19 cohort studies involving more than a million adults from eight countries concluded that people who consumed four cups of black, green or oolong tea per day were 17 per cent less likely to be diagnosed with the condition than those who did not drink tea at all.

People who drank between one and three cups daily also had a lower risk but of only four per cent.

Other studies have found a link between tea drinking and reduced risk of premature death, but this is one of the first to suggest a clear relationship between tea drinking and Type 2 diabetes. The researchers speculate that compounds in tea, such as polyphenols, reduce blood glucose levels if consumed in sufficient quantity.

Those who wish to maximise the benefits may wish to take their tea white, they added; a number of studies have found a link between drinking milk and reduced diabetes risk. In the latest meta-analysis, daily consumption of 200 grammes of milk was associated with a ten per cent lower risk of Type 2 diabetes, By contrast, eating 100 grammes of red meat daily was associated with a 22 percent increase in risk.

This article was published in **THIS WEEK - 1 October 2022**



2022 N2S COUNTRY WALK

Another successful fundraiser for the charity



The weather conditions were ideal for the 2022 Diabetes Jersey North2South Country Walk and 300 walkers enjoyed a leisurely nine-mile stroll through the Island's eastern parishes.

At the time of writing, circa £9,500 has been raised, so many thanks to everyone who donned their walking shoes.

In keeping with the Charity's tradition of find country lanes often untrodden by many of the walkers, the course started at the public car park on La Rue des Platons, Trinity, and by way of mostly leafy lanes through St Martin, St Saviour and St Clement, led to the public car park at Le Hocq adjacent to the Parish Hall, a walk of approximately nine miles.

Many walkers took the time and trouble to tell the organisers how much they had enjoyed the route (and nobody took advantage of the opportunity to voice any complaints to the committee members present) and were pleased to note that the 2023 event would revert to its traditional time of year coincident with the early May bank holiday.

Although fewer walkers had taken part this year than had become the norm, the event did clash with a similar fundraiser by Jersey Hospice Care. Fans of the Diabetes Jersey N2S Country Walk can be assured that there is no such clash in 2023 and that the route next year will be as captivating as ever!

FORTHCOMING EVENTS

CHRISTMAS EVENT

The Aquadome, Merton Hotel

11am - 2.45pm Saturday 10th December

The Merton Hotel has kindly offered Diabetes Jersey use of the Aquadome facilities to hold a Christmas Party for Young Type 1's and families.

Swimming will be followed by a Buffet in Bonettis and entertainment by the magician Chicano.

For tickets please contact Liz Freeman by text on 07797 725728



DINE4DIABETES – THE MAD HATTERS TEA PARTY!

Merton Hotel, Saturday 25th November 2023



Helen Bliss, Collette Labey & Sue Coutanche surrounded by entertainers at D4D 2021

A reminder that Collette Labey, the Charity's foremost fundraiser, is organising another of her fabulous events to raise funds. Tickets are £90 per person and already around 100 of the available 300 tickets have been put aside for regular attendees. Her last gathering was a sell-out with many people left disappointed at being unable to purchase tickets.

Collette says, "It is going to be colourful and wacky night and the room will be decorated by my friends Helen Bliss and Sue Coutanche together with their friends. Fundraising on the night will include the sale of raffle tickets with prizes valued at around £5,000, a "Lucky Bucket" with a minimum prize of £500, together with a "Lucky Dip" and Auction. Entertainment for the evening is being provided by the very popular and talented Jersey Bounce and Black Cat Casino".

If you would like to reserve a table or a number of seats, donate an Auction Lot or Raffle Prize, please contact Collette on 07797 729163 or by email at 'mnc842@gmail.com'

FRIENDS OF DIABETES JERSEY Donations Scheme

Diabetes Jersey is the sole Charity supporting those living with Diabetes in Jersey.

Recent projects funded by Diabetes Jersey include:

- An early-detection programme testing over 14,000 local residents for diabetes
- Public awareness campaigns in the local media
- The temporary provision of staff and facilities at the Diabetes Centre
- The provision of technological devices for young children with Type 1 diabetes
- The temporary funding of Psychological support for children

Our current commitment to these and other initiatives is £310,000 and more is required if we are to maintain standards for the 400 people who will be diagnosed this year.

1 additional person is diagnosed with diabetes in Jersey every day.

As a part of our fundraising programme to meet these commitments we ask for your support of the "Friends of Diabetes Jersey Scheme" by pledging an annual or monthly donation, however large or small.

If you wish to support us in this scheme would you be so kind as to fill in the standing order form set out below and post this to our Donations Secretary as listed below.

STANDING ORDER FORM

Please pay **Diabetes Jersey** c/o NatWest Jersey Branch, 16 Library Place, St Helier, Jersey, JE4 8NH, Account No 78057256, Sort Code 60-12-03.

An annual amount of £	(amount in words)
A Monthly amount of £	(amount in words)
Bank account name of donor	
My account number	My bank sort code
Starting on (date)	
To: The Manager	Name of my bank
Branch address and postcode	
Signature	Date

On completion would you be so kind as to post this form to:
Mrs Margaret Gicquel, Donations Secretary, Apt. 20, Oaklands Manor,
Le Mont de la Rosiere, St Saviour, JE2 7XL

600 CLUB RESULTS FOR 2022

Results for the Draws held between July & September

	£150	£75	£30	£25
1 July	370	15	28, 325, 333	123, 128, 243, 490
15 July	181	247	326, 342, 438	104, 153, 259, 593
5 August	206	381	179, 449, 502	176, 523, 527, 530
19 August	527	117	74, 284, 540	127, 438, 526, 582
2 September	46	123	52, 91, 118	146, 520, 543, 548
16 September	152	124	21, 491, 501	26, 130, 207, 269

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Jersey Charity Commission 110

APPLICATION FORM TO BECOME A MEMBER OF DIABETES JERSEY

TITLE AND FULL NAME

ADDRESS

..... POST CODE

EMAIL ADDRESS

HOME TELEPHONE

MOBILE NUMBER

DO YOU HAVE DIABETES? YES NO

TYPE 1 Please tick appropriate box

TYPE 2

WOULD YOU LIKE US TO EMAIL YOU ABOUT UPCOMING EVENTS/MEETINGS ETC.? YES NO

SHOULD ANY OF THE INFORMATION PROVIDED ABOVE CHANGE, I SHOULD BE VERY GRATEFUL IF YOU WOULD ADVISE US BY EMAIL AT carmeloc2201@gmail.com

PLEASE HAND IN YOUR COMPLETED FORM TO A MEMBER OF THE DIABETES JERSEY COMMITTEE OTHERWISE PLEASE MAIL THE FORM TO:

DIABETES JERSEY
APARTMENT 16 THE CARLTON
HAVRE DES PAS
ST HELIER
JE2 4HP

ONCE YOUR APPLICATION HAS BEEN ACCEPTED, WE WILL WRITE TO CONFIRM THIS.

I WOULD LIKE TO RECEIVE THE DIABETES JERSEY NEWSLETTER BY ONE OF THE FOLLOWING:

Please tick one of the boxes

Email

Post

SIGNED.....DATE.....

DIABETES JERSEY HAS A NEW PATRON

Dr Karen Kyd has agreed to be the charity's new Patron

Dr Karen Kyd, wife of Jersey's new Lt Governor His Excellency Vice-Admiral Jeremy Kyd, will be Diabetes patron for the duration of her husband's term of office. She assumes the role from Air Chief Marshal Sir Stephen Dalton whose term of office was concluded in June this year. Dr Kyd is a GP and she has had more than two decades of dealing with diabetes.

Vice-Admiral Kyd was sworn in on Thursday 6 October.

A THANK YOU TO THOSE WHO SUPPORT THE CHARITY BY DONATING BY DIRECT DEBIT

There are a number of supporters who make donations to Diabetes Jersey on a monthly or annual basis by Direct Debit. To those individuals, many of whom the Charity is unable to identify, we would like to publicly acknowledge your generosity.

If YOU would like to support us in this way, please complete the form on Page 15 and either send to your bank or to Mrs M Gicquel, Donations Secretary, Diabetes Jersey, Apartment 20, Oaklands Manor, Le Mont de la Rosiere, St Saviour JE2 7XL

HOW TO TERMINATE RECEIPT OF THE NEWSLETTER

Should you no longer wish to receive a copy of the Newsletter, please either send an email to 'carmeloc2201@gmail.com' or send a written request by post to

Diabetes Jersey, Apartment 16 The Carlton, Havre des Pas, St Helier, JE2 4HP

Chairman <i>Bill O' Brien</i>	Vice Chairman <i>Tim Pedley</i>	President <i>Mike Norem</i>
Public Relations <i>Peter Tabb</i>	Treasurer <i>David Ferre</i>	Donations <i>Margaret Gicquel</i>
Publications & Social Media <i>Ian Barnes</i>	Secretary <i>Vacant</i>	Type 1 Representative <i>Liz Freeman</i>
Membership & Data <i>Carmel O'Connor</i>		Head of Fundraising <i>Vacant</i>