

# DIABETES NEWS

SPRING 2021

A fitting tribute to Alain Du Chemin from the Optometrics Dept. at the General Hospital on the opening of the Du Chemin Suite

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North2South Walk now booked for Sunday 29 August 2021

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Check out our website  
[www.diabetesjersey.com](http://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

## Spring Newsletter

I finished the Winter Newsletter's comment with the quote from the late John Lennon that 'everything will be okay in the end. If it's not okay, it's not the end'.

When I wrote that we were about to go into another lockdown where the number of people in the Island with the coronavirus was rapidly approaching 1,000. This Comment is written when there are just two people with Covid-19 and a large proportion of the populace have received their two doses of vaccine. It would also seem that at long last Covid-19 is on the retreat - at least as far as these Islands are concerned.

Elsewhere in this edition you will read of a fond farewell to Alain Du Chemin. Alain has been responsible for reorganising the retinopathy database held by the General Hospital and earlier this month, a suite in the Optometrics Department at the Hospital was named The Du Chemin Suite in his honour.

People with diabetes are still classified as having an underlying medical condition and thus are deemed vulnerable, so even though the light at the end of the tunnel is growing bigger and brighter, please continue to take great care of yourselves and keep safe.

Peter Tabb  
Editor  
peteretabb@gmail.com

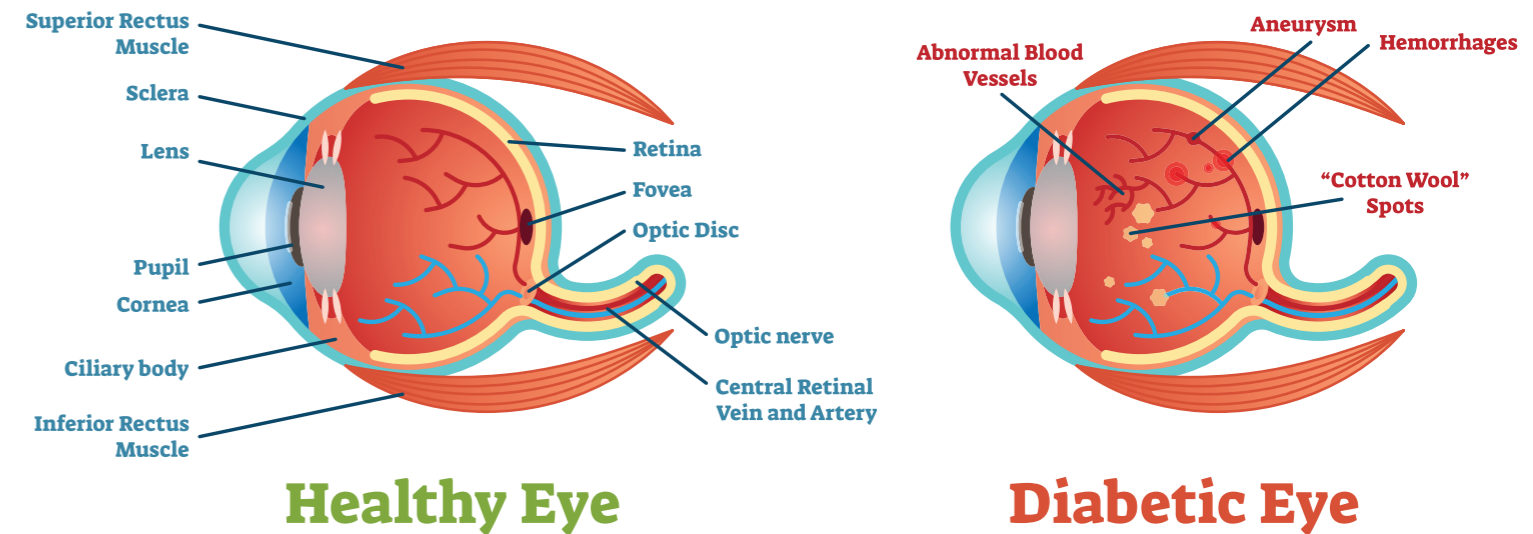
Front Cover Image  
Alain Du Chemin cuts the ribbon to open the Du Chemin Suite

# DIABETIC RETINOPATHY

## Significant Progress

Diabetic retinopathy is a condition that develops when the blood vessels in your retina become damaged. The retina is the light-sensitive portion of the back of your eye. As the damage worsens, then people are at risk of losing their vision. Diabetic retinopathy doesn't show any symptoms in the early stages, it can become quite advanced before you start to notice it, initially the vision becomes blurry, less intense, and over time it may lead to blindness if not treated. The longer people live with diabetes, the more likely they are to develop complications like diabetic retinopathy. Diabetes also increases the risk of developing other eye conditions, such as glaucoma and cataracts.

## Diabetic Retinopathy



In the UK more than 1,700 people each year have their sight seriously affected by diabetes, which is roughly 30 a week. Before robust screening was introduced in the UK diabetes was the leading cause of blindness, this has now dropped to fourth on the list behind cataracts, aged related macular degeneration and glaucoma.

All those with diabetes should have their first appointment as soon as possible after diagnosis. This is because for example Type 2 diabetes often goes undetected and undiagnosed for years. Retinopathy may have already begun during that time. All diabetic patients should have an annual retinal screening check, unless results suggest you are moved on to a surveillance pathway for more regular checks.

Since the Jersey Diabetic Retinal Screening Programme (JDRSP) was paused in February 2019, to ensure much needed improvements were made, there have been many changes. Following extensive programme and business planning in 2019/early 2020, a pilot clinic was commenced but unfortunately soon suspended due to Covid-19.

We would like to thank Diabetes Jersey for the very generous donation of two retinal cameras which enabled the programme to commence in line with Public Health England guidelines.

Clinics resumed in August 2020 and operational management of the JDRSP transferred to the Primary, Prevention & Intermediate Care Group in January 2021.

From January onwards the JDRSP has been moving at pace, our main achievements to date are:

- Daily clinics (Monday, Tuesday, Friday at the General Hospital and Wednesday and Thursday at Overdale).
- New Programme Manager – Sarah Evans to lead and manage the programme and the team.
- New clinical lead – Dr Stella Waller appointed to lead clinical aspects such as governance, policy & pathway oversight.
- Appointments available in English, Spanish, Portuguese and Polish.
- Some correspondence available in additional languages.

The JDRSP have been working with GPs to help ensure we have an up-to-date database of all patients with diabetes and you all should have had a letter from your GP explaining this. We hope to have all people with diabetes screened by the end of 2021.

We accept that the programme is still at the early implementation stage but are committed to delivering a full programme, including surveillance clinics running before autumn. The service has purchased an OCT scanner and slit lamp to allow these clinics to start and we are currently recruiting new staff.

The team at JDRSP look forward to welcoming you at your next appointment and if you have any questions or enquiries before then please do contact me.

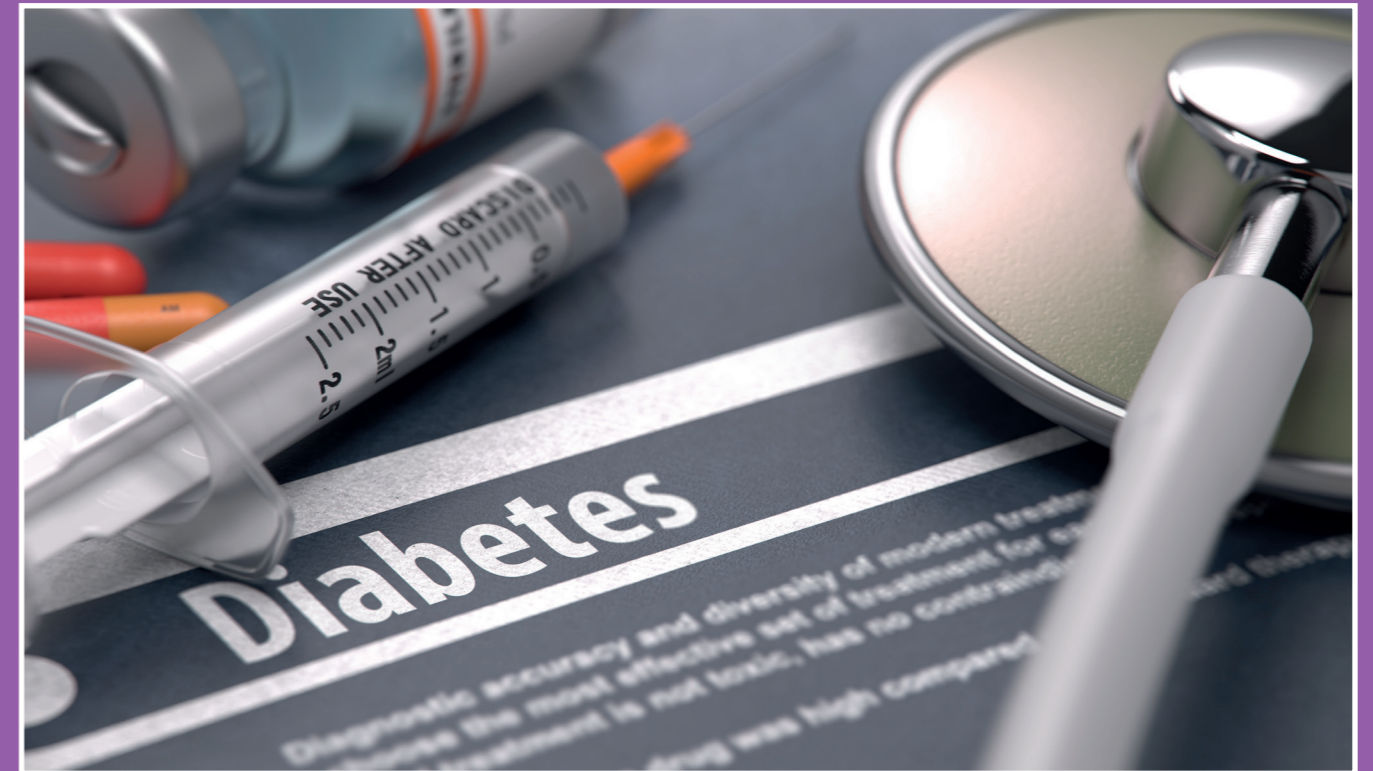
Sarah Evans

Programme Manager

sa.evans@health.gov.je

01534 443509

## WHAT IS DIABETES - The condition that was claiming one more Islander a day long before Covid-19



If you are a regular reader of DIABETES NEWS, it is unlikely that you need to be told what diabetes is, but long before we heard about the coronavirus called Covid-19, this condition was afflicting at least one more Islander every day. And continues to do so.

This article is largely for readers who do not have diabetes. Yet.

Many people ask - what is diabetes?

The body relies on insulin to control the level of sugar (glucose) in the blood. Sugar in some shape or form exists in almost everything we consume and most of us can rely on our pancreas to release enough insulin to keep the sugar level within healthy limits. The pancreas is a large gland behind the stomach, and when that gland malfunctions in its production of insulin, that is diabetes.

Diabetes does not respect, rank, title, class, occupation or gender. Nor is it bothered by other conditions that grab the headlines. Currently the precise cause of the condition is unknown and while there are ways of diminishing its impact on the lives of those who acquire it, currently there is no cure for it. In Jersey around 4,500 people have diabetes, that is one in every 25 of the population. The majority (circa 4,000) have Type 2 and circa 500 have Type 1 diabetes.

Diabetes afflicts people of all ages and it is not unknown for children as young as three years old, and sometimes even younger, to contract Type 1 diabetes where the pancreas ceases to produce insulin which the body uses to control the level of sugar (glucose) in the blood. Consequently, this vital hormone must be injected, often several times a day. Type 1, once confirmed, cannot be cured, neither can its onset be prevented. A child diagnosed at, say, the age of three, will have to inject for the rest of his or her life.

Type 2 diabetes is far more common and occurs when the pancreas progressively produces less and less insulin to maintain that healthy level of sugar in the blood. Type 2 tends to be diagnosed later in life and may be treated by diet, medication or, ultimately, insulin injection. However, in recent times, overweight young adults have been known to contract Type 2.

Type 2 diabetes has been known to take a decade to manifest itself in which time it can cause irreversible damage to blood vessels and other parts of the body and it is not unknown for men and women even in their 80s to discover that they are diabetic. Thus, early detection of Type 2 is critical and means that often simple changes in diet or levels of activity can prevent damage before it begins.

Although most people with the condition will manage it and with the right treatment live a full and happy life, untreated diabetes can lead to blindness, impotence, a predilection to strokes and heart attacks, the loss of limbs and ultimately death.

Lack of physical exercise is one of the factors contributing to Type 2 diabetes. Improving physical fitness helps the body's insulin work more effectively, so sugar levels are easier to control. Those who are, in Body Mass Index terms, very obese, obese or overweight have an increased risk of developing diabetes. For instance, being overweight means the risk is five times greater and being very obese pushes that risk factor up to 100 times. Alongside weight loss, increasing exercise levels is one of the most successful ways to prevent or delay the onset of Type 2 diabetes. The recent lockdowns have raised the profile of exercise in maintaining well-being and exercise plays a vital role in delaying the onset of Type 2 diabetes.

There is no early detection for Type 1 diabetes, but Type 2 can be detected with a simple blood test and if detected early enough, can be managed and even reversed. Although we are living in unprecedented circumstances, diabetes is not going away and if, male or female, you are overweight, over 40 and under exercising or already have diabetes in your family, then you may be at risk of contracting Type 2 diabetes. A simple blood test carried out by a your GP will tell you.

#### **For anyone with diabetes - FEET Matter!**

Foot problems are one of the common complications of diabetes and are caused by nerve damage (neuropathy) or damage to blood vessels in the feet and legs. Neuropathy causes a loss of feeling in the feet which means that a small problem like a cut, blister or sore can become serious if not treated early. In the worst cases this can lead to amputation.

#### **A 'foot attack'**

If you have diabetes, then it is vital that your feet are checked properly every year, as part of an annual diabetes review since changes in your feet are critical in the progress of the condition.

A 'foot attack' is an injury to a foot (or feet) of someone with diabetes who has reduced feeling or reduced blood circulation in their feet.

It often starts as a small break in the skin and can quickly develop into a foot ulcer. Injuries may look like blisters, bleeding or a puncture mark from something sharp. Sometimes a rough or long nail is enough to cause a wound. You may not feel any pain because you have lost sensation in your feet.

#### **Spotting a foot attack**

- Is your foot red, warm or swollen?
- Is there a break in the skin or any discharge (or oozing) onto your socks or stockings?
- Do you feel unwell?

You may not have pain even with a visible wound.

#### **What to do if you're having a foot attack**

- Contact your GP
- If not available and there is no sign of healing after one day, go to the after-hours healthcare service or A&E

#### **Treatment of a foot attack**

- You will probably need a course of antibiotics and your foot will probably be covered with a dressing
- You should rest and avoid unnecessary standing or walking
- Your diabetes treatment may be changed to maximise the chances of healing

Being aware of the risk of developing foot ulcers and other problems with your feet and lower legs is essential. Changes in your feet can be gradual and you may not even notice them.

#### **How to prevent future problems**

- Keep good control of your diabetes, cholesterol and blood pressure.
- If you smoke, get help to stop because smoking affects blood circulation.
- Make sure you attend an annual foot check.
- Attend all your appointments.

This article features extracts from the Diabetes UK booklet "How to spot a Foot Attack – preventing serious foot problems".

# CHAIRMAN'S REPORT

## Outcome of Budget Deliberations



In the last edition of the Newsletter I reported that the charity was then, awaiting the outcome of the Budget deliberations in December, following a bid made by the Health and Community Services (HCS) relating to additional funding for the diabetes service.

I am now able to report that an additional £1.3m has been allocated for the service which will see a number of additional posts provided and the funding of new devices to support those patients who are primarily Type 1.

The additional funding arose from the advocacy of the Charity, which had engaged with senior members of HCS and the Minister. Those discussions were open and transparent, and it is my view that there was early recognition on their part that support for the service was urgently required.

I would therefore like to place on record my appreciation for the manner in which this matter was dealt with.

There is, however, no time to sit back as there is still much work for the Charity to do. I have previously mentioned an Island-wide Diabetes Strategy is being developed and Diabetes Jersey is playing a vital role to ensure that its views are considered. It has urged that the document links into other related Government strategies and the Jersey Care Model, with the emphasis on all services being affordable to everyone.

If the strategy is approved by the Council of Ministers later this year, work will then commence on its delivery in the future. It is the Charity's intention to then engage with patients, to assist in the delivery of future services. (Please refer to the separate article within this Newsletter on Page 12).

There have been very positive results from the CounterweightPlus remission programme funded by the Charity last year. Another programme funded by the Charity is about to commence. It is expected that HCS will take on this funding next year.

On 23 March the States Assembly approved the proposed amendments to the Road Traffic (Jersey) Law which will affect a number of Islanders with long term illnesses.

One such group to which these amendments will apply will be drivers who are insulin dependent and those aged 45 or over at their next licence renewal. They will have to renew their licence every five, rather than ten years.

There is legislation already in place that such a licence holder would only be required to pay half of the normal fee at each renewal. The amendments will also allow insulin dependent drivers to apply for and hold a Heavy Goods Licence for the first time.

The Driver and Vehicle Standards (DVS) has indicated that there will be at least six months before the changes to the law take effect. During that time, it has agreed to work with the charity to advise patients of the new requirements.

Advice will also be provided on the basic requirements for testing blood/sugar levels before and during driving. While advice is not legally binding on an individual, there may be other consequences if that advice is not heeded.

For example, if a driver who is insulin dependent is involved in a motor insurance claim arising from an incident and had been adhering to the advice, the insurer may take a position to reject the claim.

Advice has been sought by the Charity from the Association of British Insurers and its response is provided elsewhere in the Newsletter.

It is most unfortunate for the Charity that it has lost the services of its Honorary Secretary Katherine Toudic who has retired for personal reasons. Katherine, who gave more than ten years of her time to Diabetes Jersey, will be sorely missed. I hope that in time she will return to the fold.

As I mentioned in the December Newsletter, income for the charity was down during 2020 compared with previous years.

This was mainly due to the necessary cancellation of several fundraising events, including the annual North to South Walk, Bingo and Race nights, together with the postponement of Collette Labey's Dine for Diabetes. With the appointment of Raine Corley to lead the charity's fundraising efforts moving forward, I feel sure that the position will improve.

It would be remiss of me not to acknowledge all of the work undertaken by my colleagues who serve either on the General or Fundraising Sub Committee. Without their willingness and determination to support the Aims and Objectives of the Charity, those living in the Island with the condition would not now be in the improved position they are today.

**Bill O'Brien**  
Chairman

# LIVING WITH DIABETES

## It should never hold you back

Whether you have lived with diabetes for a short time or for many years, hopefully you will find these tips, from the Diabetes UK publication “100 things I wish I’d known about living with diabetes”, inspirational, informative and helpful in everyday life.

- Bridget, 46 and Type 1, from London, suggests that if you need to stay in hospital for any reason, make sure you make it known that you have diabetes and that they record how you manage the condition on hospital charts. Your diabetes might not be clearly stated on your records, especially if you control it through diet and exercise alone.

While you are entitled to good diabetes care in hospital, please remember that not all staff are diabetes specialists. If you can, it’s always best to keep an eye on your treatment and blood sugar levels.

- Chris, 57 and Type 1, from Verwood, suggests that when testing your sugar levels, prick the side of your finger instead of the tip. Less nerve endings = less pain.
- Hazel, Type 2 from Carlisle, advises that feet tend to swell up during the day so always buy shoes in the afternoon for a better fit.



- Jocelyne, 54 and Type 2, from Brampton, suggest that even on a dull day, take your sunglasses with you when you go for eye screening – the dilating eye drops will make your eyes extra sensitive to light for a few hours after. She also reminds you that it is easy to forget things so use your mobile phone to remind you. Set your alarm to take medication and use the calendar alarm function to remind yourself about appointments.
- Richard, 67 and Type 2, from Carlisle, tells you not to feel guilty about your diagnosis. When he was first diagnosed, he felt that in some way it was his fault. It was only when he overcame this feeling that he could take control of the condition.
- Paul, Type 2 for London, advises that if you start losing the sensation in your feet, you may not always feel changes in temperature. To avoid getting burnt in the bath, use a floating thermometer.
- Lisa, 44 from Woking whose son was diagnosed when he was just 20 months old, told her son that his insulin pump made him bionic and pretty close to being a real life superhero – he loved that!
- Mick, 72 from Surrey, suggests that before testing, you wash your hands under warm water as this makes it easier to draw blood from your finger.
- Taz, 24 from Cardiff, suggests joining a diabetes group to make friends – it’s the easiest way to get the support you need when you’re living with diabetes.

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 [www.facebook.com/HealthyLivingFestivalci](https://www.facebook.com/HealthyLivingFestivalci)

**IF YOU ARE INVOLVED IN ANY OF THE ABOVE AND WOULD LIKE TO PARTICIPATE AT THE FESTIVAL PLEASE REQUEST AN EXHIBITORS PACK FROM [ian@barnespublishing.com](mailto:ian@barnespublishing.com)**

**Diabetes Jersey**  
living with diabetes

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THEIR STAND

## Kirsty Moseley's Challenge

Late last year Kirsty, whose son Rhys is a young Type 1 patient, set herself another challenge to raise funds for the charity. This was to run five kilometres each day for a year. At the time of going to print, she has raised over £3,000. Kirsty has requested that the funds raised are specifically used to fund two events planned for later this year. The first event is to host the United Kingdom's only licensed T1 professional boxer Muhammad Ali, who will visit the Island in the autumn to give a talk to those with T1 diabetes. The planning for the weekend is now being undertaken by Liz Freeman and further information will be provided when the itinerary has been agreed. (See separate article on back page)

Kirsty's fundraising will also be applied by the charity to host the Children's Christmas Party this year.

Diabetes Jersey is extremely grateful to Kirsty.

Would you like to support Kirsty by donating?

If so, please use the link to her JustGiving page.

<https://www.justgiving.com/fundraising/kirsty-moseley2>



## Dine4Diabetes

Dine4Diabetes will take place at the Merton Hotel on Saturday 13 November. Tickets are priced at £80 but bookings should be made with organiser Collette Labey by contacting her on 07797 729 163 at the earliest opportunity. More than 250 of the 320 available spaces have already been taken!

Collette says: "The planning is well under way to deliver another successful fundraising evening for Diabetes Jersey. Whilst I cannot go into the detail, Sheer Bliss will be decorating the room, Jersey Bounce will provide the music together with a DJ and Casino Tables will also be present.

"I do have a couple of appeals to make. Firstly I am still seeking prizes for the Grand Raffle and I intend to commence selling tickets, priced at £10 each from July. If you are able to provide a prize for the Draw or can sell some tickets that would be great.

"Secondly, I want to hold an Auction on the night and am seeking suitable lots. If you feel that you can help me in any way, please call me on the above number, or contact Bill O'Brien on 07797 826 508. Without your support this event could not take place and I thank everyone who helps me in any way."

**For those attending, the evening promises to be another outstanding success**

# THE NORTH2SOUTH WALK

## The Walk will take place on Sunday 29 August 2021

One of Diabetes Jersey's most popular fundraisers, the annual North2South Country Walk, was a victim of the coronavirus last year and, like so many other similar events, had to be cancelled. This event is organised to support Diabetes Jersey's ongoing commitment of around £150,000 annually to support people in Jersey with the condition and to ensure that all persons in the Island with diabetes receive the best possible attention.

However with the threat of 'cancellation by Covid' becoming (hopefully) a thing of the past, plans are already in hand to hold the event on Sunday 29 August, the day before the August Bank Holiday. The walk usually attracts as many as 600 participants who tell the Charity how much they enjoy discovering some of Jersey's hidden lanes and this success leads to an income to the charity of several thousand pounds.

The route for 2021 strictly speaking will be a 'north to southwest' rather than a simple north to south. It is planned for the route to start on the North Marine Drive (the public car park near Les Fontaines Tavern) and work its way steadily south-westwards until arriving at Corbière at the public car park adjacent to the Radio Tower. Once again, the route will be around eight miles with much of it along Green Lanes as well as some narrow footpaths which, unfortunately, make it unsuitable for wheelchairs and pushchairs although still pet-friendly. The route promises aspects of the west of the Island that the organisers hope will be new to many.

As ever there will be a £10 fee per person for joining (£25 on the day), coaches will be available from the start and the finish and the event will be extensively promoted in the media and online.



# A FITTING TRIBUTE TO ALAIN DU CHEMIN



In his relatively short tenure in the Optometrics Department at the General Hospital, Alain was largely responsible for revising the data base so that the waiting time for retinal testing could be dramatically reduced. His work has already led to a substantial improvement in reducing waiting times.

Sadly some time ago Alain was diagnosed with an inoperable brain tumour and passed away recently, but his contribution to improving the lives of all those with diabetes is now commemorated in the Department's Du Chemin Suite which Alain himself duly commissioned at a brief ceremony on Monday 12 April. Last year Diabetes Jersey donated two retinal cameras to the General Hospital with the intention of dramatically reducing the waiting list for eye tests for those with the condition who ideally should have their eyes tested on an annual basis.

Between them the cameras cost £38,000 and these particular cameras have a significant benefit, they are portable and can function satisfactorily at other locations.

## Advice Received From the Association of British Insurers (ABI) regarding Insulin Dependent Drivers

As referred to in the Chairman's Report, the Charity has contacted the ABI in regard to insulin-dependent drivers being strongly advised to test their blood sugar levels prior to commencing any journey and additionally, during the course of a lengthy journey.

The advice received from the ABI is as follows.

As you will be aware, drivers with diabetes need to report the condition to their Parish Constable and should also advise their motor insurer.

In general, insurers are unlikely to require evidence that drivers have undertaken testing of blood sugar levels prior to a claim/incident. However, claims procedures and commercial practices will differ between insurers, so we recommend drivers contact their insurer directly to clarify the position.

## Driving Licences

In the coming weeks, Jersey will be adopting certain aspects of United Kingdom law in regard to those Islanders holding driving licences. These amendments to the local law are designed to place additional requirements on drivers who have specified medical conditions such as epilepsy, visual impairment, addictions as well as individuals who are insulin dependent. The Charity has been working with officers of the Driver & Vehicle Standards Department, who have promised that there will be further consultations now the amendments have been approved and before the new law takes effect later this year.

If you are an insulin-dependent driver, please look out for updates on our social media pages in the coming weeks.

## Senior Citizens Christmas Lunch

A provisional booking has been made with the Hotel Ambassadeur, St Clement, for the Senior Citizens Christmas Lunch to take place on Friday 26 November. Further information will be provided in the next Newsletter.

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## FRIENDS OF DIABETES JERSEY Donations Scheme



### Bingo Evenings

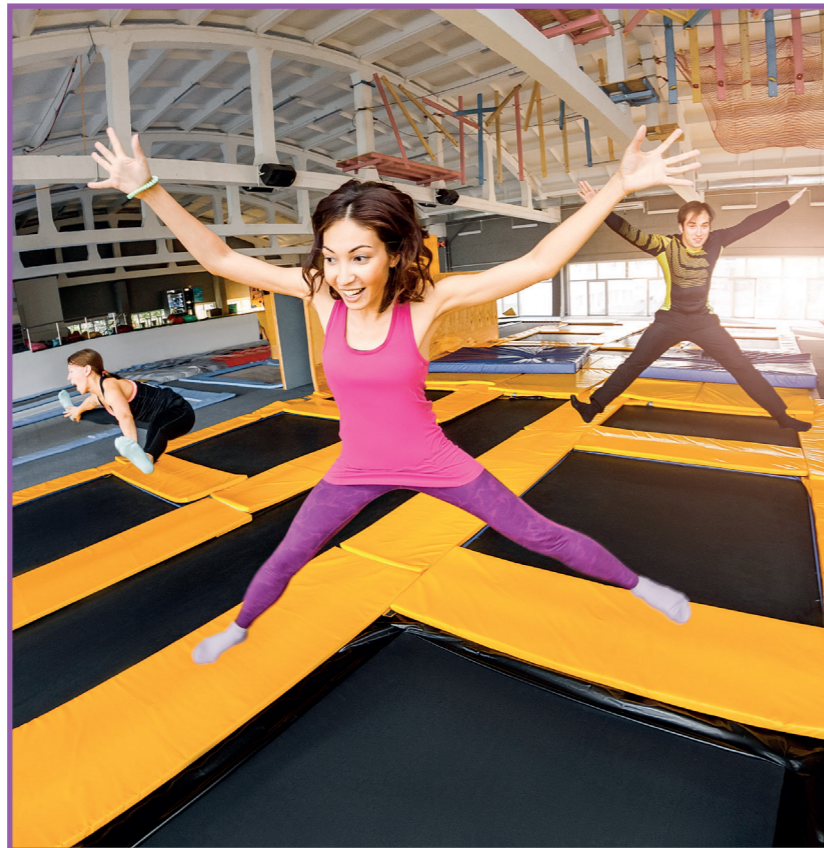
Should restrictions allow, we hope to re-start the ever-popular Bingo Evenings on Friday 2 July.

Look out for further updates on the Charity's social media pages in due course.

### Children's Events

Subject to any Covid-19 related restrictions in place at the relevant times, the following events for children will be held

- Summer Event at Jump Jersey on Saturday 3 July with exclusive use of facilities between 3.00 and 5.00 pm, followed by a Buffet
- Christmas Gathering at the Merton Hotel during the morning of Saturday 4 December, followed by lunch.



Liz will be sending letters out to parents/guardians in early May.

### Island Wide Diabetes Strategy

When the Strategy has been accepted by the Council of Ministers, there will be an opportunity for patient feedback to be provided by the Charity. This will be an excellent opportunity to provide your views on how and what services should be delivered moving forward. Please give this serious consideration to assist the Charity in the Strategy's development.

If you are interested in being involved, please make contact as follows:

**Type 1 Patients: Liz Freeman, email 'betsff@yahoo.co.uk'**

**Type 2 Patients: Bill O'Brien, email 'wobriendj@gmail.com'**

Diabetes Jersey is the only charity which supports those with the condition of diabetes in Jersey.

The Charity has been responsible for raising huge sums for running the screening programme for over 14,000 local residents; the moving and refurbishing of the Diabetes Centre to Overdale; improving awareness of the condition through regular publicity in the Media; reducing waiting lists and improving the service that those with the condition receive by supporting the Hospital service with necessary funds so that they can employ the correct amount of staff required when Public Funds are not available. **Our current annual requirement is circa £150,000** and more is required if we are to maintain the 'Service of Excellence' that we strive to achieve especially when **1 additional person with the condition is diagnosed every day.** (Over 350 per annum at the moment)

As a part of our fundraising programme to meet such a commitment we are asking for support of the "Friends of Diabetes Jersey Scheme" by asking for a donation on an annual or monthly basis a sum of money, 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 kindly 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

	£150	£75	£30	£25
January	283	568	40, 457, 546	101, 205, 314, 359
February	269	600	11, 94, 476	71, 337, 342, 588
March	83	145	39, 251, 587	59, 136, 345, 470
April	599	344	364, 528, 581	233, 460, 566, 571

## Retinal Screening Appointments

Some patients have expressed concern, believing that they are overdue an appointment. If you are such an individual, please either email 'retinalscreening@health.gov.je' or telephone 444590 to make an appointment.

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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](mailto: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.....



Registered Jersey Charity No: 110

# 10th North2South Walk

## Sunday 29 AUGUST 2021

**ROUTE - from the parking area on La Route du Nord, St John (opposite Les Fontaines Tavern) to Corbière – the public car park adjacent to the Radio Tower (approximately 8 miles) and featuring more of the fascinating Jersey countryside.**

This event is organised to support Diabetes Jersey's ongoing commitment of around £150,000 annually to support the people in Jersey with diabetes and to ensure that all those people receive the best possible service and attention.

**USE THIS REGISTRATION FORM OR REGISTER ONLINE AT**  
**<https://race-nation.co.uk/register/north2south-walk/north2south-walk-2021>**

Please complete clearly and in block letters - only one entry per form.

Name: .....

Address: ..... Post Code:.....

Mobile Tel No: ..... E-mail:.....

A free Coach Service will leave the Steam Clock for La Route du Nord at 8.00am and 8.30am	YES/NO
A free Coach Service will leave Corbière Car Park for St Helier at 11.15 am and 12.30 pm	YES/NO
A free Coach Service will leave Corbière Car Park for La Route du Nord at 11.15 am and 12.30 pm	YES/NO

**DECLARATION - PLEASE READ AND SIGN BELOW:**

Please register me for the 10th Diabetes Jersey – North2South Walk on Sunday 29 August 2021. I, the undersigned, agree to abide by the rules of the event. I understand that participation is at my own risk and the organisers cannot be held responsible for any injury or loss incurred before, during or after the event. I also agree to observe the Country Code at all times. I agree that all moneys I raise in sponsorship will be donated to Diabetes Jersey and that Diabetes Jersey may/may not\* retain my details for future events (*Please delete as applicable*)

**THIS DECLARATION MUST BE SIGNED**

Signature of entrant: .....

Age of entrant if under 16 years of age on 29 August 2021 (who must be accompanied by a person over that age):

Signature of Parent or Guardian if entrant is under 16 years of age: .....

An N2S baseball cap (cost included in registration fee) will be available at the start of the Walk

Please send the completed form with your £10 Registration Fee (£25 on the day) cheques made payable to Diabetes Jersey to:

North2South Walk, c/o Diabetes Jersey, Apt 16, The Carlton, Havre des Pas, St Helier JE2 4HP  
Email: [n2swalk@gmail.com](mailto:n2swalk@gmail.com)



Jersey Charity Commission No: 110

**APPLICATION TO JOIN THE DIABETES JERSEY 600 CLUB**

Title.....Forename(s).....Surname.....

Age.....Address.....

Postcode.....Email:.....

Telephone.....

I wish to purchase.....ticket(s) at £20 each and enclose a cheque payable to 'Diabetes Jersey' or Cash in the amount of £.....

If available, I would prefer ticket number(s).....

**Confirmation of Terms and Conditions**

I agree to the terms and conditions and by declaring my age and signing below, confirm that I am aged 18 years or over. I also confirm that any gift of a ticket that I make, will be to an individual aged 18 years or over. (Required by the Jersey Gambling Commission).

**Please See Overleaf**

Signed.....Date.....

Please tick the appropriate box(s)

I would like to be contacted in due course to renew my membership of the 600 Club

I do not wish to be contacted in regard to renewing my membership of the 600 Club

I would like to receive a copy of the charity's Newsletter by Email  or  Post as and when published.

Please return the completed form and payment to: Diabetes Jersey, 7 Amitie Court, La Rue A Don, Grouville JE3 9DB



**DIABETES JERSEY**  
**600 CLUB TERMS AND CONDITIONS**

1. The 600 Club is a Lottery with two Draws per month between July and December. For each Draw there are prizes of £150, £75, 3 of £30 and 4 of £25, and an additional prize of £600 and 2 of £60 offered in the second Draw in December.
2. The total number of tickets offered is 600 tickets, each priced at £20 and valid for 12 Draws.
3. You must be 18 or over to purchase a ticket or tickets.
4. Diabetes Jersey reserves the right to undertake age verification checks believed necessary to comply with the law and Jersey Gambling requirements.
5. Payment for any ticket(s) must be received prior to entry in any Draw.
6. Ticket holders are responsible for advising the charity on a change of contact details by either email to 'wobriendj@gmail.com' or writing to Diabetes Jersey, 7 Amitie Court, Links Estate, La Rue A Don, Grouville JE3 9DB
7. The Draws take place at Costa Coffee, Liberty Wharf at 8.30am on the first and third Friday of each month, unless prior notice of a change is provided on both the charity's website and Facebook, at least 48 hours in advance.
8. An individual may hold more than one 600 Club Ticket.
9. Prize winners will be notified by letter within two weeks of the Draw.
10. Results of each Draw will be published on both the charity's website and Facebook page and in its Newsletter, as and when published.
11. Diabetes Jersey will only use your personal data for the purposes of administering your participation in the monthly Draws. To comply with the requirements of the Jersey Charity Commission, the charity has to retain all financial records, which in part will include personal data, for a period of 5 years.
12. All tickets and any subsequent winnings must be in the name of the purchaser. If you wish to purchase a ticket as a gift, it needs to be in your name and you will be responsible for distributing any prize won to the individual concerned.
13. To purchase a ticket(s), please complete the Application Form and return, together with a cheque or cash to:  
Diabetes Jersey, 7 Amitie Court, Links Estate, La Rue A Don, Grouville JE3 9DB

**Applications for the 2021 600 Club**

To comply with the Gambling Regulations, it has been necessary to change the period of time for which the 600 Club is registered. Therefore, commencing in July, there will be twice monthly Draws, with additional cash prizes for the second Draw in December. At the time of going to press there is still a considerable number of tickets for sale. If you are interested in joining the Club, please read the Terms & Conditions before returning your signed application form and payment.

<b>Ticket No:</b>	 Registered with the Jersey Charity Commission No: 110	<b>Registration: CR-1758-21</b>
<b>600 CLUB TICKET FOR 2021</b>		
<p><b>The Price of this ticket is £20.00 and entitles it to be entered in the 12 draws to take place at Costa Coffee, Liberation Square at 8.30am on the first and third Friday of each month, between July and December 2021</b></p>		
<p>Details of the winning tickets for each draw will be displayed on <a href="http://www.diabetesjersey.com">www.diabetesjersey.com</a> and the charity's Facebook page within 2 weeks of the draw and also in the charity's newsletter as and when published.</p>		
<p>Cheques will be sent to the winners at the address they have provided on the Application Form.</p>		
<p>This Lottery is authorised by virtue of Diabetes Jersey being registered with the Jersey Gambling Commission</p>		
<p>Promoter: Bill O'Brien, 7 Amitie Court, Links Estate, La Rue A Don, Grouville, JE3 9DB</p>		
<p>Website: <a href="http://www.diabetesjersey.com">www.diabetesjersey.com</a> and <a href="https://www.facebook.com/diabetesjersey">www.facebook.com/diabetesjersey</a></p>		

**Resignation of Honorary Secretary**



It is with sadness that we report the resignation of Katherine Toudic who had served as the charity's Honorary Secretary for over ten years.

Katherine provided tremendous support to the Committee and was a founding member of the N2S Walk Sub Committee.

She will be sorely missed but has indicated that at some time in the future, she would like to return to the Committee.

We are currently seeking a replacement for Katherine to provide a vital role on the General Committee. If this appeals to you, please contact Bill O'Brien at 'wobriendj@gmail.com'

## NEW FUNDRAISING CO-ORDINATOR



The charity is pleased to announce that Raine Corley has accepted an offer to co-ordinate the charity's fundraising activity. Speaking of her appointment she said 'I'm looking forward to getting involved in bringing people together in the organising of events as restrictions begin to ease and working with the rest of the Fundraising Committee members. We also need to work on and develop new fundraising opportunities'. If you wish to discuss any fundraising matters with Raine, you can contact her on 07797 766 769.

## VISIT OF TYPE 1 PROFESSIONAL BOXER MUHAMMAD ALI



Behind the scenes, the charity's Type 1 representative Liz Freeman has been organising a visit to Jersey in the autumn by Muhammad Ali who will speak about his diagnosis of Type 1 diabetes at the age of five, becoming a successful amateur boxer and his tribulations with the British Boxing Board of Control to obtain a licence to become a professional in the sport. A provisional date of Saturday 23 October has been set. As space is limited, this talk is aimed at those with Type 1 diabetes.

Further details will be posted by Liz on the charity's social media pages in due course.

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