

# DIABETES NEWS

AUTUMN 2021

**Nikita Connan (Right)** is an amazing lady and fundraiser for Diabetes Jersey. See inside for how she was motivated to be so.

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Senior Citizens Christmas lunch is now on Friday 26th November. See inside for further details.

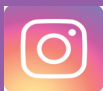
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**[www.diabetesjersey.com](http://www.diabetesjersey.com)**  
**for the latest information**

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

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# COMMENT

## Autumn Newsletter

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It is difficult to address any situation in Jersey these days without being aware that, although its impact on our lives has diminished to a point where we can almost imagine that everything is back to normal, Covid-19 still lurks among us. I suspect, and imagine that most of us do, that the coronavirus will be with us from now on in some shape or form, just like flu.

However, just as we were hoping that the shelves of our supermarkets would cease to have the gaps we had become used to, it seems that Brexit, largely ignored because of everyone's preoccupation with the pandemic, has reared its multi-faceted head and that a shortage of HGV drivers has now replaced Covid to keep goods off those self-same shelves.

However, it's not all bad news.

At a very recent meeting of Our Hospital's Community Liaison Group (which the Chairman Bill O'Brien and I have recently joined as members) and which concerns itself with the progress towards the new hospital, it was confirmed, in response to a question from our chairman, that a diabetes centre will be sited within the new hospital at Overdale, albeit it will get there having travelled via the former Les Quennevais School.

It's probably still appropriate to suggest that our readers take care of themselves and keep keeping safe.

Peter Tabb  
Editor  
peteretabb@gmail.com

# DIABETES CENTRE UPDATE

## Background, Podiatry & Recruitment

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The Diabetes Centre has continued to experience an increase in referrals, up by 80% on 2019 figures.

The Centre has also been working closely with Primary Care and has successfully migrated to the EMIS electronic patient record (EPR). A Data Sharing Agreement (DSA) has now been signed with Primary Care and other community partners to improve the care that people receive with up-to-date information. This combines the HCS medical records with primary care rather than having separate ones.

We envisage that this will reduce delays in referrals, diagnosis, treatment and access to the service or having the most up to date information on care offered to people between both the GP and the Centre on the management of their diabetes. Shared care arrangements are improved leading to improved outcomes for people accessing our service.

The Podiatry department have benefitted from a substantial donation for equipment which has now all arrived on Island. This has come to fruition through the unwavering support of Diabetes Jersey and will be used for the improvement of patient care and an official handover is to be arranged.

The team are making sure that they develop the appropriate competencies in the use of this equipment.

In terms of Recruitment, whilst managing existing demands, the Centre has benefitted from locum staff who have supported the team well (Consultant, podiatrist and nursing). The Centre is now in advanced stages of recruiting permanent staff for all areas in the Centre to ensure consistency of care.

Adverts are already out for the roles of Consultant in diabetes, diabetes dieticians and paediatric diabetes nurse specialist roles and interviews will follow soon afterwards. Other roles will be released.

With increasing cases of Covid-19 in the community, we understand people's anxieties in attending appointments, however, it is vitally important that people attend allocated appointments.

It is important for patients to attend offered appointments as it ensures that they get the right care they need be it annual reviews or any follow ups. The Centre now operates a strict appointment only service, so we are able to ensure appropriate social distancing and keep people safe at all times.





# myDiabetes

Helping you to manage your diabetes for a lifetime.

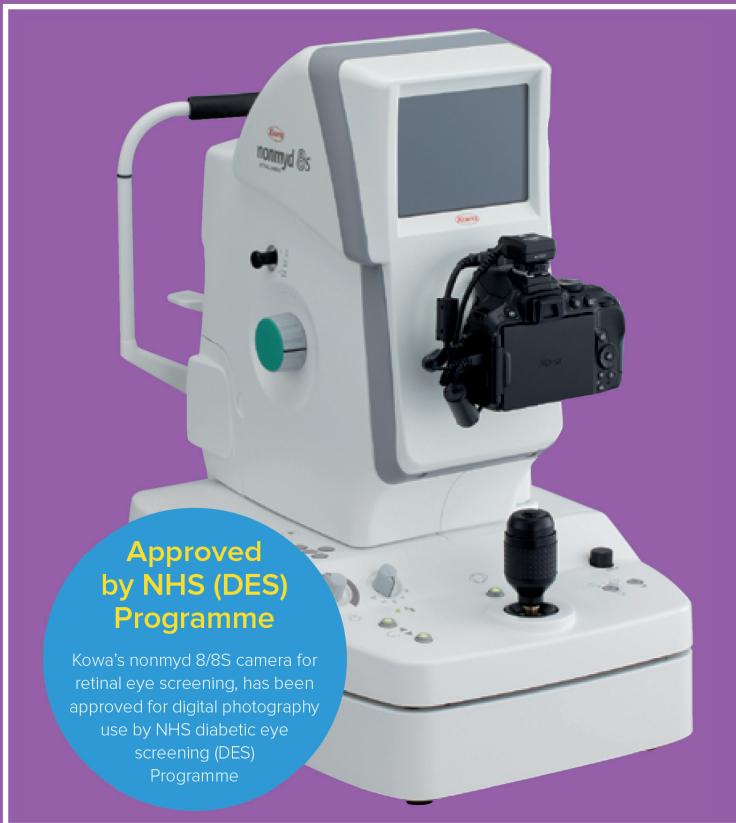
A powerful app,  
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- 
- ✓ Improve your knowledge
  - ✓ Monitor your diabetes
  - ✓ Manage your risk factors
  - ✓ Complete a Diabetes exercise & diet program
  - ✓ Reduce your risk of serious long-term complications
  - ✓ And much more!
-



# THE JERSEY DIABETIC RETINAL SCREENING PROGRAMME

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The Jersey Diabetic Retinal screening programme (JDRSP) is pleased to announce as of 18th August we are, for the first time in Jersey, running a complete programme including surveillance clinics. A slit lamp was purchased following a very generous bequest from Alain du Chemin, our previous programme manager. The slit lamp allows patients who do not have clear digital photos from their initial screen to be seen without the need for referral to ophthalmology, this has two main advantages, one it cuts down the waiting time for patients and secondly it reduced the burden on ophthalmology.

The service has employed specialist optometrist, Sarah Lake to run these clinics and these have been running since the end of July. August saw us start clinics using the OCT scanner, this allows 3D imaging of the retina (without the need for dilating drops) and allows us to monitor the majority of diabetic retinopathy without the need for input from the ophthalmology department in Jersey.

A combination of both these clinics mean that the vast majority of diabetics can be managed within the JDRSP, with only those with active disease or those requiring onwards treatment to be referred to ophthalmology.

In addition to the above we are increasing the number of routine digital screening slots until the end of the year by at least 200 a month to try and ensure all patients are seen in a timely manner.

We hope to welcome you all to our clinics in the near future.

Any questions or queries please contact Sarah Evans 443509, [sa.evans@health.gov.je](mailto:sa.evans@health.gov.je)

# MEET THE DIABETES CENTRE NURSING TEAM



*From left to right, Franki, Sally, Angela, Gemma, Keertee & Sonia*

## **FRANKI HEYES**

Franki qualified as a registered nurse in 1985 having trained at Kingston Hospital. She returned to Jersey in 1990 and after completing her diabetes training at St Georges Hospital. She has worked as a diabetes specialist nurse (DSN) in the Diabetes Centre since 2002 when the department was based in Kensington Place. At that time she supported Debbie Pike and Judith Hopkins who have both since retired. Initially this was a part time post in combination with community nursing. Working in both primary and secondary care enabled her to work collaboratively with what is now the Care Federation to set up training for health care assistants to undertake blood glucose monitoring and insulin administration in the community. This work led to the award of the William Glasson prize. She attained her degree in clinical practice at Southampton University. Prior to this Franki worked at Jersey Hospice Care.

Professional interests include managing diabetes in palliative care, community nurse liaison, teaching the diabetic foot, complex care, clinical audit, practice development and working with the practice nurses providing education and support. As the most experienced nurse in the Diabetes Centre Franki supports the nursing team by covering their roles during annual leave, sickness and training. Franki is a non-medical nurse prescriber and has been instrumental in managing the diabetes clinic last year during COVID 19 while other staff were redeployed or working from home.

## **ANGELA BUESNEL**

Angela qualified as a registered nurse in 1992 having trained at Southampton General and Jersey General Hospital. She has worked in many wards in Jersey General Hospital as well as working at Jersey Hospice Care and community nursing for Family Nursing and Home Care. Angela worked in major trauma surgery in New Zealand. Having developed an interest in diabetes whilst working in the community Angela took over the training programme teaching diabetes skills to the Islands health care assistants. She is now busy rewriting this programme to include virtual education. Having moved to the Diabetes Centre in November 2016, Angela is now the lead nurse for the Diabetes Centre. She is working closely with the Information Technology team and has been instrumental in the implementation of the new electronic medical information system 'EMIS'. Her current responsibilities include liaising about the writing of the Jersey Diabetes Strategy and the proposed move to the Les Quennevais site. Angela is in the process of completing her BSC in clinical practice with Chester University.

Additionally Angela has been involved in multi-disciplinary team working with the joint senior dietitian and consultants to set up group education sessions to commence GLP-1 therapies for people with type 2 diabetes. She is also involved with the transition of paediatric patients to the adult diabetes service and acts as the main liaison with the community nurses. Professional interests include the diabetic foot, teenagers with diabetes and complex patients with type 2 diabetes. When COVID 19 struck, Angela was redeployed to the Urgent Treatment Centre for a short time. During the pandemic Angela managed diabetes clinic patients via telephone or video conference call. 'teams'.

## **KEERTEE BEEJMOHUN**

Keertee is the Paediatric Diabetes Specialist Nurse (PDSN) and qualified in 2005 in paediatrics nursing at Middlesex University. She then worked in St Gorges Hospital, London before coming to work on Robin ward in Jersey. Having a keen interest in diabetes, Keertee completed Paediatric Diabetes Management course in Leeds University before moving to the Diabetes Centre in 2019. She has completed her degree with Chester University.

Keertee manages a caseload of 40 children (0-17 years) & 6 young adults, (over 17 years old) with Type 1 Diabetes in collaboration with two paediatric consultants & a senior specialist dietitian. Duties include working within the multidisciplinary team to provide expertise, education to the children and their families, carers, school staff, after-school staff, and other health professionals. Keertee organises clinic appointments four times per year including an annual review, (as per NICE guidance 2020). Patients are followed up via email, phone, video-link 'Teams' and face to face to support, monitor & implement any changes to their treatment plans. During the Coronavirus pandemic Keertee was able to continue running clinics via Microsoft Teams, ensuring continuity of care and reassurance to patients and their families.

The Paediatric Diabetes Service has made enormous progress in the use of technologies such as Flash Glucose Monitoring (FGM - Freestyle Libre) and Continuous Glucose Monitoring (CGM: Dexcom and G6 Guardian). In 2020, despite the Coronavirus pandemic, Keertee was able to introduce the Continuous Subcutaneous Insulin Infusion (CSII- Insulin pump) to children with diabetes.



## **GEMMA IBBERSON**

Gemma qualified as a registered nurse in 2006, graduating with a HE/diploma in Adult Nursing from Manchester Metropolitan University. She has since converted to a BSc honours degree and is due to complete her Masters degree next year. Gemma worked in different areas of nephrology including the acute setting, maintenance haemodialysis and patient education for Central Manchester University Hospital Trust. Having moved to Jersey in 2013 Gemma worked on different wards in Jersey General Hospital for 18 months including the renal unit before starting at the Diabetes Centre in October 2016. Gemma's role is varied, including General Hospital ward liaison, delivery of patient education to new patients and those with existing diabetes in group or face to face settings. She runs a weekly nurse led clinic which includes glucometer training, reviewing blood glucose levels, initiating medication and insulin, travel advice and giving general support. More recently a weekly telephone clinic has also been set up.

Gemma leads on pregnancy and diabetes, supporting ladies with gestational diabetes and those with pre-existing diabetes who fall pregnant. This includes weekly review of their blood glucose levels, ensuring they have bloods taken at the right time and that they have the additional support they need from the MDT including, dieticians and retinal screening. Recently Gemma set up a weekly joint diabetes/antenatal clinic working closely with the antenatal midwives and Obstetric Consultant Mr Famoryio enabling joint reviews by Gemma and the obstetric team.

This joined up approach aims to ensure the best possible care for a pregnant patients and their unborn babies. When COVID 19 struck, Gemma volunteered to help out in the renal unit.

## **SALLY SOMAY**

Sally qualified as registered nurse in 1996 having trained in Worcester. After a brief period working in A&E, she moved into primary care as a practice nurse and specialised in diabetes care in 2001. Sally undertook her diabetes training in Warwick in 2002 Sally joined the Diabetes Centre in 2019 initially as a bank nurse.

Sally is the lead nurse for adult type 1 diabetes and over the last 24 months has set up the insulin pump service having attended the Bournemouth insulin pump course. Sally works closely with Diane Coppins (type 1 Senior Dietitian) in joint clinics, has a weekly type 1 clinic and is available on the phone or TEAMS to review data remotely whenever required. Sally is currently studying for her BSc in clinical practice.

During COVID 19 restrictions, type 1 diabetes care has continued virtually and all clinics sustained via TEAMS with face to face appointments where necessary, such as after diagnosis. All people with type 1 diabetes are entitled to use the Abbot Freestyle libre system and the advantage of this is that data can be reviewed remotely, removing the need for people with diabetes to attend all appointments in person.

Technology in type 1 care is rapidly advancing with a range of insulin pumps and continuous glucose monitoring systems available. Use of this technology is proven to improve overall glucose levels ('time in range'), but more importantly it can hugely reduce the daily burden of diabetes.

## **SONIA SCHORAH**

Sonia has worked in community care homes and community nursing backgrounds for the Diabetes Centre as a Senior Health Care assistant for the past 18 months. Sonia supports the nurses, doctors, dietitians and podiatrists as well as placing stock orders and other administrative duties.

She has a special interest in foot care and also teaches patients how to use glucometers and freestyle libre devices as well as providing a translation support for Portuguese speakers.

## **SIMON GYAPONG**



Simon is currently working in our nursing team as an Agency Nurse.

He worked in London and his home is in Enfield.

We have been fortunate to have Simon as a valued member of our team for nearly a year, answering our voicemail and attending to patient queries and inpatient queries.

## **Importance of attending Meetings**

It is very important to attend appointments. We understand that it may be necessary to change appointment times with busy pressures of life.

However we would ask all our patients to let the centre know if they cannot attend for any reason so that others can utilise any cancelled clinic slots.

We all look forward to shaping diabetes care in the future and welcome any suggestions our patients may have for service improvement.

All patients can access a free diabetes education and self-management app: [Mymhealth@gov.je](mailto:Mymhealth@gov.je) Contact details for the diabetes nurses are:

Voicemail: 444547

Email: [H.Diabetesnurse@health.gov.je](mailto:H.Diabetesnurse@health.gov.je)

# CHAIRMAN'S REPORT

## Recruitment of Additional Staff



It is nine months since the States Assembly approved the recruitment of additional staff to work at the Diabetes Centre. This was further supported by the Health & Community Services (HCS), when it agreed to fund a part time post for a dedicated psychologist to support those with diabetes. Whilst this funding followed a submission made by Diabetes Jersey, it has always acknowledged the acute shortage of health professionals to work within these specialist areas of care.

Notwithstanding my comments, the recruitment process has in my view been slow, to the extent that very few posts have been filled at the time of providing this update.

In the interim, having identified a void in the provision of education and awareness by Government, to prevent the onset of Type 2 diabetes, Diabetes Jersey has been working towards establishing a charity-funded post to fill this gap. Supported by both HCS and Education, the Charity is developing a programme for a health professional to (a) work in both primary

and secondary schools, (b) support those individuals identified by their GP as being 'pre-diabetes' and (c) to raise the awareness of diabetes within the wider community.

The target set by the Charity is to have a suitable person in post by next March. It is the intention of the Charity to be responsible for setting of the post's direction, whilst relying on HCS to have oversight of governance and to be responsible for employment issues.

I have no doubt that the work to be undertaken in this area is long overdue and can only be of benefit to all within our Island community. In its role of being the 'voice of patient', Diabetes Jersey has been invited to join the 'Our Hospital' Community Liaison Group to provide input on the facilities required for the care and management of diabetes within the new hospital plan.

The final draft of the Island wide Diabetes Strategy is now being considered and is due to be considered by the Minister for Health & Social Services in the coming weeks.

The Charity intends to release the Strategy on its website at the time that it is to be considered for implementation.

A handwritten signature in black ink that reads "Bill O'Brien".

**Bill O'Brien**  
Chairman

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# OVER 500 JOIN DIABETES JERSEY'S WALK



Diabetes Jersey's popular North-to-South Country Walk, cancelled in 2020, took place on Sunday 29 August and raised more than £13,000.

The event was the 10th organized by the charity and held in memory of the late Brian le Marquand MBE under whose chairmanship the fundraiser was devised.

Since its first event, the walk has now raised more than £100,000 for the charity.

The route took walker from the public car park on La Route du Nord to the public car park at Corbière, a distance of around ten miles.

"I suspect that like many other charities we were concerned that, in the current circumstances, we might not achieve the support the walk has received in the past," said Diabetes Jersey's chairman Bill O'Brien. "In the event we had a similar number to the last N2S Walk in 2019 and raised slightly more.

The walk has brought much needed funds to the charity and we're very thankful to the parochial authorities for their support and help, our team of marshals and, above all, those very generous 500 and more walkers who joined us."

The 2022 N2S Walk is already booked for Sunday 1 May and details of the route, etc. will be made available in due course.



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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## Kirsty Moseley's Challenge

On 13th November Kirsty Moseley will complete her challenge of running five kilometres each and every day for a year.

To put this into perspective, this is the equivalent of completing nearly 43 marathons.

As of mid-September she has raised the incredible amount of £3,772 for Diabetes Jersey. 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>



## Fun Race Night



**FUN RACE NIGHT**

FRIDAY 5TH NOVEMBER - MERTON HOTEL  
DOORS OPEN AT 18:00 FOR 19:00 START

TICKETS £8 - UNDER 12'S £4  
AVAILABLE FROM BILL O'BRIEN 07797 826 508

6 HORSE RACES + 1 SURPRISE RACE



QUIZ



ROCK AND ROLL BINGO

My Way Frank Sinatra	Laura Scissor Sisters	Its not unusual Tom Jones
Your Beautiful James Blunt	Love Machine Gilly Alford	Just Dance Lady Ga Ga
When the going gets tough Boyzone	Parklife Blur	27 Lily Allen

**PERSONS UNDER THE AGE OF 18 ARE NOT PERMITTED TO PURCHASE ANY GAMING TICKET & MUST BE ACCOMPANIED AND SUPERVISED BY AN ADULT**

FOOD AVAILABLE FROM BONETTI'S

KINDLY SPONSORED BY 

The Fundraising team have arranged for a fun Race Night, which will feature games of RockNRoll Bingo, a short quiz and seven races, to be held at the Merton Hotel on Friday 5 November.

Doors open at 6.00 pm and the event commences at 7.00 pm. Food will be available from Bonetti's until 8.30 pm This is always a fantastic evening, enjoyed by people of all ages. Tickets are £8 and £4 for children. Why not make up a party? For tickets, please contact Vicky Birch (07700 713546) or Bill O'Brien (07797 826508)

People attending who are under the age of 18, need to be accompanied by a parent/guardian, but cannot purchase any gaming ticket.

These transactions, including the collection of winnings or prizes, must be undertaken by the supervising parent/guardian.

# NIKITA CONNAN

## How she was motivated to be an amazing fundraiser

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In 2017 when my grandad passed away suddenly, I decided I would set a challenge for each year to raise funds for charities that had a close connection to him or my family. I set out with the goal to be a Marathon in 2020.

My Papa was diabetic and I always wanted to support the charities that aren't as well known or supported so contacted Bill back in 2017 and asked if it would be possible to do the Jersey Marathon for Diabetes Jersey in memory of my Papa. I decided to run the marathon as it was going to be a massive challenge for me as I hate running knew it wasn't just going to be a physical challenge but mental challenge.

While fund raising for a previous event, I organized and hosted a speedquizzing night to help raise funds in memory of a friend who sadly passed away. As I got more funds by hosting the quiz night than I would normally just having a link I decided to push and host a bigger and better one for my Marathon fund raising. With roughly 80 people confirmed for the quiz night this is almost double the size of my last one.

In my fund raising efforts I have managed to surpass my original goal of £1,000. The Quiz night managed to raise £1,500 alone and with the additional donation made on JustGiving as it stands I am just over the £2,240 mark. To say I am pleased is an understatement. To be able to do this in memory of my Grandad and have his legacy live on is so special. I would like to say a massive thank you to everyone who has supported me by donating, those coming to cheer me on at the Marathon and everyone who came to the quiz. Without your support, donations and help I couldn't have done this all.

### **Dine4Diabetes**

A reminder that the Dine4Diabetes dinner takes place at the Merton Hotel on Saturday 13 November.

There are still a limited number of tickets available at a cost of £80 per person. If you would like to attend, please contact Collette on 07797 729163 for further information.

During the evening, the D4D Raffle will be drawn. There are still 100 tickets priced at £10 each available for sale, and these can be obtained from either Collette or Bill O'Brien by calling him on 07797 826508 or email at 'wobriendj@gmail.com'

On behalf of Collette, the charity would like to acknowledge the donation of raffle prizes and Auction Lots from both individuals and locally based businesses.



# DRIVING LICENCE MEDICAL REQUIREMENTS

## General

Updates to the legislation governing the issuing and renewal of driving licences are being introduced in order to harmonise it with other licensing authorities and provide the Parishes as issuing authorities with a robust medical framework in support of their role.

It will also ensure that Jersey requirements match the UKs which will in turn ensure that guidance material available from the DVLA in the UK will give medical professionals on the island the information they require when dealing with driving licence medical issues.

The legislation passed its first approval stage with the States Assembly in March 2021, and work continues between Government and Parish officers to progress the necessary work to the support systems before the second stage of legislative approval can be completed, which is currently planned for the end of this year.

The main changes will be that vehicle categories will fall under 2 Groups. Each of which will entail the requirements that an individual will be required to meet to drive a vehicle in that group. Those being:

Group 1: Categories A1, A, B1, B, B+E, F, H, K & P

Group 2: Categories C1, C, D1, D, C1+E, C+E, D1+E & D+E

Licences will continue to be valid for a period of 10 yrs, until a driver reaches the age of 45 when their Group 2 entitlement only, will be on a reduced validity of 5 yrs.

## Diabetes Specific Changes

For drivers who are diagnosed to have Diabetes the main changes focus on the individual's awareness of hypoglycaemia, and ability to control their condition. Drivers will be required to declare control of their condition by either Insulin or tablets and provide a medical report from their GP to support the application. The main change is that if using Insulin to treat the condition a driver will be able to hold Group 2 entitlement. For these drivers the following will apply:

Have undergone treatment with insulin for at least 4 weeks,

Have full awareness of hypoglycaemia,

Not had an episode of severe hypoglycaemia within a year,

Monitor their condition regularly under the directions given by a registered medical practitioner overseeing their treatment.

Further advice and guidance will be available from DVS and through Parish Halls ahead of the changes coming into force. There is also some very useful guidance material available which is produced by the DVLA in the UK and although any legal references should be disregarded, the medical content remains relevant. This can be accessed via the following link:

<https://www.gov.uk/government/publications/information-for-drivers-with-diabetes>

**Piers Tharme, Assistant Manager, Driver & Vehicle Standards**

# DIABETES FOOT CARE GUIDELINES

**Inspect your feet daily.** Check for cuts, blisters, redness, swelling or nail problems. Use a magnifying hand mirror to look at the bottom of your feet. Call your doctor if you notice anything.

**Bathe feet in lukewarm, never hot, water.** Keep your feet clean by washing them daily. Use only lukewarm water—the temperature you would use on a newborn baby.

**Be gentle when bathing your feet.** Wash them using a soft washcloth or sponge. Dry by blotting or patting and carefully dry between the toes.

**Moisturize your feet but not between your toes.** Use a moisturizer daily to keep dry skin from itching or cracking. But don't moisturize between the toes—that could encourage a fungal infection.

**Cut nails carefully.** Cut them straight across and file the edges. Don't cut nails too short, as this could lead to ingrown toenails. If you have concerns about your nails, consult your doctor.

**Never treat corns or calluses yourself.** No “bathroom surgery” or medicated pads. Visit your doctor for appropriate treatment.

**Wear clean, dry socks.** Change them daily.

**Consider socks made specifically for patients living with diabetes.** These socks have extra cushioning, do not have elastic tops, are higher than the ankle and are made from fibres that wick moisture away from the skin.

**Wear socks to bed.** If your feet get cold at night, wear socks. Never use a heating pad or a hot water bottle.

**Shake out your shoes and feel the inside before wearing.** Remember, your feet may not be able to feel a pebble or other foreign object, so always inspect your shoes before putting them on.

**Keep your feet warm and dry.** Don't let your feet get wet in snow or rain. Wear warm socks and shoes in winter.

**Consider using an antiperspirant on the soles of your feet.** This is helpful if you have excessive sweating of the feet.

**Never walk barefoot.** Not even at home! Always wear shoes or slippers. You could step on something and get a scratch or cut.

**Take care of your diabetes.** Keep your blood sugar levels under control.

**Do not smoke.** Smoking restricts blood flow in your feet.

**Get periodic foot exams.** Seeing your foot and ankle surgeon on a regular basis can help prevent the foot complications of diabetes.

## Island Walk



In June, members of the fundraising team and other supporters of Diabetes Jersey were out early to manage the first checkpoint at Longbeach car park for the Island Walk. Pictured is the checkpoint manager Vicky Birch and her team.

## Annual General Meeting

The Charity's Annual General Meeting is to be held at 6.30 pm on Tuesday 23 November at the Hotel Ambassadeur, after which a buffet will be available. Anyone wishing to attend should contact the Membership Secretary at 'carmeloc2201@gmail.com' or on 07797 733803.

Please make every effort to attend as this is your opportunity to express any view or to ask questions of the General Committee.

## VOLUNTEERS WANTED

DIABETES JERSEY RELIES ON VARIOUS FUNDRAISING EVENTS, PARTICULARLY BINGO, TO RAISE THE FUNDS IT NEEDS TO SUPPORT PEOPLE IN JERSEY WITH DIABETES.

DIABETES JERSEY DESPERATELY NEEDS VOLUNTEERS TO HELP OUT AT EVENTS - WITHOUT VOLUNTEERS MANY OF THESE EVENTS WILL NOT TAKE PLACE AND THE CHARITY AND THOSE IT SEEKS TO HELP WILL BE THE LOSERS. PLEASE HELP!

Contact BILL O'BRIEN Tel: 07797 826 508 email: wobriendj@gmail.com





## Senior Citizens Christmas Lunch

We are pleased to announce that the festive lunch will return this year and is being held at the Ambassadeur Hotel on Friday 26th November with a 1pm start.

To apply, as the person with diabetes, you need to be 60 years of age or over and you can invite one guest. The cost of the lunch is £19 and any guest will be charged £22.

We are restricted to 60 places and reservations will not be made until such time that the below application form, together with payment is received.

Name of Applicant.....Age.....

Contact Number.....

Address.....

.....

Name of Guest.....

Please return this form, together with payment to:

Mrs M Gicquel,  
Apt 20, Oaklands Manor,  
La Mont de la Rosiere,  
St Saviour  
JE2 7XL

Tel: 741093

# 600 CLUB RESULTS

	£150	£75	£30	£25
7th May	516	62	363, 432, 473	108, 156, 377, 474
<b>2021 CLUB</b>				
2nd July	238	343	311, 321, 570	61, 204, 459, 520
16th July	376	579	137, 194, 587	227, 267, 309, 491
6th August	398	526	49, 286, 448	24, 298, 332, 580
20th August	3	358	207, 318, 572	280, 357, 548, 558
3rd Sept	369	584	96, 257, 413	93, 151, 442, 462
17th Sept	376	148	331, 361, 510	14, 432, 433, 513
1st October	456	409	131, 263, 545	30, 62, 340, 470
15th October	67	77	168, 529, 578	35, 202, 224, 290

## animal kingdom

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# DON'T FREAK OUT! GUIDELINES IF YOU'VE BEEN DIAGNOSED WITH TYPE 2

With 21st century technology and care, we now know you can live a long and healthy life with diabetes. The diagnosis of diabetes is NOT a death sentence. Terrible outcomes, like blindness, amputations and kidney problems, are largely preventable. Thanks to modern medicine, people developing diabetes today have an excellent chance of living long, healthy lives, free from serious complications. With good care and attention, you can be one of those people.

Here are a few things you can do right now to set yourself up for success:

## Get on a Diabetes Warranty Program

Just like you take your car in for regular tune-ups, we recommend you include the following as part of your “regular health maintenance” program:

- Have an A1C test (at least twice a year) to measure your average blood sugar levels over the previous 2-3 months.
- Get a yearly dilated eye exam from an eye specialist who is knowledgeable about diabetic eye disease.
- Get a yearly kidney function test.
- Keep a close eye on your feet, especially if you have neuropathy or a lack of sensation, and have your provider inspect them at least once a year (more if you have neuropathy).
- Have your blood pressure checked every time you see your provider, and your cholesterol checked annually (more frequently if your levels are high).
- See your dentist twice per year for regular cleanings and prevent tooth and gum disease by brushing and flossing every day, not just one week before you go to the dentist!

<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>Vacant</i>