

DIABETES NEWS

WINTER 2020

Bringing you an update from Health and Community Services, plus the success of the CounterweightPlus Programme, another great poem from Juliette Hart, 600 Club Results and all the latest News from the last few months.

North2South Walk now booked for Sunday May 2nd 2021

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



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**THE NEWSLETTER
THAT INFORMS PEOPLE WITH
DIABETES IN JERSEY**



Diabetes Jersey
living with diabetes
Registered with The Jersey Charity Commission No: 110

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COMMENT

Winter Newsletter

Life is what happens to you while you are busy making other plans. That is a quote from Beatle John Lennon and despite that he wrote these words many years ago, it probably sums up in one sentence how we will remember 2020.

For instance, we call this a tri-annual newsletter intended to inform people in Jersey with diabetes, but this is only the second newsletter we have been able to produce this year.

Like for so much else in this bizarre 2020, we can blame Covid-19 which, when we went to press with the Spring edition, was something unusual that had surfaced in far distant China without any indication that it would become as widespread and with a much greater impact - thanks to all the advances we have made in the past 100 years - than the worldwide Spanish Flu of 1919/1920.

People with diabetes are classified as having an underlying medical condition and thus are deemed vulnerable, so even though there might now be a light appearing at the end of the tunnel, please take great care of yourselves and keep safe.

I'll end with another saying from John Lennon: Everything will be okay in the end. If it's not okay, it's not the end.

Peter Tabb
Editor
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WORKING THROUGH THE PANDEMIC

Update from Health & Community Services (HCS)

Our doctors and nurses have seen first-hand the enormous strain this pandemic has put everyone under. It has been a worrying, frustrating and difficult time for us all and we understand how acutely this has been felt by those with Diabetes. As you know, we have continued to see emergency patients and arranged telephone consultations, but due to Government guidelines we had to stop face-to-face appointments at the Diabetes Centre.

Throughout this pandemic, Diabetes Jersey and HCS have continued to work together on all aspects of the Diabetes pathway. A Task & Finish group was set up at the beginning of the year which has informed a business case, submitted to the Government of Jersey for consideration as part of the 2021 plan, for additional funding, with the areas of immediate concern being:

- improvements to the retinal screening programme
- workforce capacity
- structured education
- access to funded technology
- psychological support

Thank you to those of you who have inputted into shaping the present and future of care offered to people with Diabetes in Jersey.

The support we have had from Diabetes Jersey is invaluable and we have established a relationship based on trust, integrity and honesty. They continue to be an important partner and we look forward to working with them, and you, on the next phase of improved Diabetes care in Jersey.

Rob Sainsbury, Group Managing Director

Patrick Armstrong, Medical Director

Rose Naylor, Chief Nurse

COUNTERWEIGHTPLUS PROGRAMME

Successful outcome predicted for remission programme for local people with Type 2 diabetes



needed no medication a year later, while around 36 per cent of those individuals were still in remission after two years.

At this time, there are 11 participants on the Jersey pilot scheme who are at various stages of the programme and the early indications are that the result of the pilot will at least match the outcomes in other trials undertaken elsewhere in the British Isles.

One of the participants is Jeremy Field who is nearing the end of his programme during which he lost three stones in weight. Jeremy was not even aware he was diabetic until a routine medical examination revealed his high level of blood sugar but the success of the Counterweight Plus programme means that his Type 2 diabetes has gone into remission.

Although initially perceived to be costly, studies have shown that there is not only a significant cost benefit to government but, more so, the quality of life for those who are in remission is vastly improved.

So confident is Diabetes Jersey of the likely outcomes of the current pilot programme, the charity has now offered Health & Community Services funding for a further 12 people to participate in the programme. This offer has now been accepted at a cost to the charity of around £7,000.

Health and Social Services are working with Diabetes Jersey to explore funding options, so that sufficient resources are available for the continuation of this programme.

SINCE earlier this year, Diabetes Jersey has been funding a pilot scheme to enable Health & Community Services to provide what is referred to as the CounterweightPlus Programme. This programme is designed for individuals who have been diagnosed with Type 2 diabetes within the last five years and who meet pre-determined criteria, with the aim of bringing about their remission of the condition. It involves patients restricting to 800kcal per day and using total diet replacing products in the form of soups and shakes. During this period, critical support is provided by a specialist diabetes dietitian on a regular basis.

As has made headline news in the national media, in similar trials in the United Kingdom, 46 per cent of the participants with Type 2 diabetes

DIAGNOSIS:DIABETES:TYPE 1

Part 3 - Pandemic - A poem by Juliette Hart

Thank you, diabetes...

...for relentlessly reminding me of the fragility of health: how something unseen, such a small thing, can bring hostility and uncertainty, a sugar-coated sting.

It's a fact that it doesn't take much to affect the balancing act of this condition, but systemic limitation is the perfect preparation for a pandemic.

Restrictions? Abstinence? I'm used to that. I've got it covered. I'm not bothered by moderation, reduction or the introduction of endless instruction.

It's a misconception that diabetes is a doomed disease: if you digest the facts, react, there's much that you can do to delay destruction.

In the supermarket of my life I have to queue: list assess test inject before I eat, or wait for glucose levels to climb up, sometimes wait until they drop.

Panic buying? I'm guilty, but it's a medical fact that I really do need those Jelly Babies.

I wear a metaphorical mask to disguise the fear that's always there, I'm smiling but behind that mask is the worry of how to carry a chronic disease, I'm trying to live well with a hidden threat and so far I'm not failing.

With deference to my risk tolerance, it's making a difference.

Keep your distance and dodge the damage, whether that's staying a metre or two away or keeping blood sugar levels in range for most of the day.

Test and trace? For Type 1s that's always been in place. Stay safe.



Hi from Jonny Labey

Three years ago I remember walking out on stage to a packed Opera House filled with Jersey friends and faces. This turned out to be one of the best nights of my life, raising thousands of pounds for Diabetes Jersey.

This year I was hoping to have made a return visit but am deeply sorry to say that, along with the rest of the theatrical world, what I would have had in mind, because of the pandemic, simply could not be done in a manner where an audience would feel safe.

There is no doubt in my mind that we will see shows back on local stages in the future but, in the meantime, please support Diabetes Jersey however you can since many of the events the charity relies on for funds have had to be cancelled.

I send all my best wishes to everyone who supports Diabetes Jersey and I am looking forward to singing and dancing for you all again soon.

CHAIRMAN'S REPORT

Shortage of Specialist Staff



I am reminded that on the occasion of the recent World Diabetes Day, celebrated on Saturday 14 November, it was dedicated to the decisive input of nurses in both the prevention of Type 2 diabetes and, more generally, the general management of the condition in its various forms. In its report published in April, the World Health Organisation identified the severe shortage of nurses worldwide including the British Isles. The International Diabetes Federation has also acknowledged that some 60 per cent of the health-care workforce worldwide are nurses, who play a key role in the care for those who have diabetes and in the prevention of Type 2 diabetes in those at risk.

The shortages of specialist staff for the prevention, management and care of diabetes extends to European countries and within a local context, Health and Community Services (HCS) does find itself at times seeking to recruit from an ever-decreasing pool of suitable talent.

For the past year, Diabetes Jersey has been working collaboratively with the Minister for Health, his Director General

and her senior management team, to bring about much needed change to the services currently provided within secondary care. Some of the improvements sought by the Charity have not only been approved but have been implemented. One example of this successful approach has been the introduction in some cases and an extension in others, on the offering of technology to support those patients who are insulin dependent. This has had an immediate benefit, both in terms of the individual's care and management of the condition and also affording the health professionals more flexibility in delivering this aspect of the service.

Stemming from this collaboration, HCS has submitted a Business Case to the States Treasury for additional funding for permanent staffing, the provision of education programmes and consumables. At the time of writing this report, I feel confident enough to advise that all of the improvements sought by the Charity will be met and approved within the Budget request, to be considered by the States Assembly in December. Returning to my introduction, I would stress that if all of the additional posts are approved, given the worldwide shortage of specialist healthcare workers identifying and recruiting suitable staff to work at the Diabetes Centre may take some time to fulfil.

Being a reflective practitioner, my experience over the past 12 months of working with both the Minister and Director General to bring about a much-improved service within secondary care, has been an enriching and transparent one. I would also like to take this opportunity to acknowledge the support of my fellow committee member Peter Tabb, who has attended the numerous meetings with me, to the other members

of the General Committee and patients alike, who have all in one way or another, acted as critical friends in this process.

The charity is currently undertaking research to establish whether it should provide further financial support on a long-term basis, to promote education and awareness on a more structured basis. The consideration is to fund a specialist diabetes health professional who would work in a community setting to reduce the risks of being diagnosed with Type 2 diabetes. This would include the provision of education and advice to those on the cusp of such diagnosis.

Earlier this year the Charity funded a pilot programme aimed at people more recently diagnosed with Type 2 diabetes to bring them into a state of remission. This pilot, for which there are 11 participants and is yet to be completed, has already provided evidence of success which will at the very least match the results of similar pilots undertaken in the United Kingdom. So, confident of the eventual outcomes, Diabetes Jersey has since agreed to fund a further pilot commencing early next year at a cost to it of around £9,000. If both of these pilots are successful, it will undoubtedly provide HCS with sufficient data for it to consider providing future funding of this programme on the basis of it being cost effective in the long term and providing an alternative solution to the individual concerned.

The Charity has continued its discussions with senior management at the Driver and Vehicle Standards Department with regard to the imminent amendments to the legislation governing the issuing of Driving Licences. The purpose of these amendments is to bring Jersey into line with both the UK and European Union and this will have an impact on all of those drivers who have diabetes aged 45 years or more, as well as those individuals with other long term health conditions. It was noted that these proposed amendments to the Law were signed off by a Ministerial Order early last year and at the time, no consultation had been afforded to interested parties. More recently the Charity has met Constable Richard Vibert, a keen supporter of the charity, who has agreed to act on its behalf to ensure that any changes to the Law are equitable, while not diminishing the standard of driving required.

Like all other local charities Diabetes Jersey has suffered this year with its income generation, but through the prudent use of its financial resources over the years has been able to meet its obligations.

While this year's accounts will show that it has operated with a deficit, it is hoped that moving forward both its members and supporters will assist it to generate additional income.

In conclusion, the General Committee wish you a very happy festive period, hoping for a much-improved health environment in 2021.

Bill O'Brien
Chairman

NEWS

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



Fundraising By Jennie and Kirsty Moseley

Just days before his third birthday in March 2016, Rhys Moseley was diagnosed with Type 1 diabetes.

Since then, his family have undertaken a number of fundraising activities to raise money for the charity. The more recent activities have included his grandmother Jennie undertaking a 250 mile cycling challenge resulting in over £800 being raised.

Now Kirsty, Rhys's mother, has set herself a cycle challenge, to ride her bicycle 5 kilometres each day for a year. Whilst this challenge commenced a few weeks ago, she has already raised a significant amount of money. If you would like to support Kirsty, please visit the Diabetes Jersey JustGiving page to make your donation.

Donation of £500 From St Martin's Fete & Bonfire Committee

Despite having to cancel both the Gorey Fete and the Bonfire this year, the St Martin's Fete and Bonfire Committee undertook a Raffle to raise funds for local charities. Diabetes Jersey was one of the chosen charities to receive a £500 donation from the proceeds of this Raffle.

Pictured at the Presentation are Bill O'Brien, Lester Richardson, the Chairman of the Fete & Bonfire Committee, together with the Constable of St Martin Karen Shenton-Stone.



Senior Citizens Christmas Lunch

The Christmas Lunch has also been cancelled but should be returning next year. Organiser Margaret Gicquel said, "I am sure that everyone will understand the reason for the cancellation. I usually start the planning in July and taking into consideration the number of those regular attendees and their ages, who are at a higher risk should they be diagnosed with Covid-19, believe the right decision has been made"

Children's Events

It was unfortunate that both the summer gathering at Jump Jersey and the Children's Christmas Party had to be cancelled. Arrangements will be made shortly to book these events for next year.

Bingo Evenings

Subject to Covid restrictions, we hope to re-start on Friday 5th February at the Mayfair Hotel.

Race Nights

Both events at the Merton Hotel were cancelled this year and we await confirmation from the hotel of available dates in May and November next year.

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FUNDRAISING BY STAFF OF AZTEC FINANCIAL SERVICES LIMITED



Chairman Bill O'Brien said: "This donation is very much appreciated since the charity, like so many others in the Island, has faced a bleak year with all of its traditional fundraising activities cancelled. Thus it is very important that organisations such as the Aztec Group are so generous to us. As a charity with significant commitments, all of which are designed to improve the lot of those with diabetes and substantial donations such as theirs will help us maintain our commitments until we are able, once more, to embark on fundraising from the general public."

During the pandemic, the charity has also received a donation valued at £10,000 from an individual who wished to remain anonymous. These funds too, are very much appreciated.



Postponement of Dine4Diabetes & Grand Raffle

Collette Labey was very disappointed to postpone this event which has been so successful in the past and generated a very significant amount of money for the charity.

She said, "After much soul searching and consideration, it was necessary to make an early decision which for understandable reasons has led to the postponement of 'Dine4Diabetes' and associated Raffle. There had been a tremendous response for tickets with around 250 people wishing to attend. Fear not, the event has been re-scheduled for Saturday 13th November next year"

Although the new date is some time in the future, Collette still seeks a major sponsor for the evening, together with Raffle Prizes and Auction Lots.

If you feel that you would like to support Collette, please contact her on 07797 729163

THE NORTH2SOUTH WALK

The Walk will take place in 2021 - Covid 19 permitting!

One of Diabetes Jersey's most popular fundraisers, the annual North2South Country Walk was a victim of the coronavirus this year and, like so many other similar events, had to be cancelled.

It is hoped that by next May the threat of 'cancellation by Covid' will be a thing of the past and plans are already in hand to hold the event in 2021 on Sunday 2 May, the day before the May 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 will be the one devised for 2020 and 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 (adjacent to Les Fontaines Tavern) and work its way steadily southwestwards until arriving at Corbiere by Le Phare Restaurant. Once again the route will be circa eight miles with much of it along Green Lanes. All of it will be wheelchair and pet friendly and promises aspects of the west of the Island that the organisers will be new to many.

As ever there will be a fee for joining and the event will be extensively promoted on line.





Retirement of Joan Cadoret

At our recent Annual General Meeting we bade farewell to Joan Cadoret, a stalwart of the General Committee.

Joan had spent in excess of forty years supporting Diabetes Jersey in various capacities.

At the meeting and on behalf of all members of the Committee, Joan was presented with a suitably engraved cut glass vase.

Grants Whisky Bottle Fundraiser

Can you help us to fill this 1 gallon whisky bottle with £2, £1, silver coins or banknotes to be used in a competition next year?

If you would like to help, please contact Bill O'Brien (07797 826508), Liz Freeman (07797 725728), Vicki Birch (07700 713546) or Margaret Gicquel (07797 730266).

Any donation will be most appreciated.



Tips for winter feet

The nerves which detect temperature, particularly in the feet, can be damaged by diabetes. This is called neuropathy. If you have neuropathy you may not be aware that your skin is being damaged. Heat damage can lead to blisters which can become infected and ulcerate.

Keep your feet warm with socks, make sure that the seam does not cause pressure or irritation to your toes - you can turn them inside out or buy seamless socks. Also, try to avoid tight elastic around your legs as this can restrict blood flow and result in swelling.

Never apply direct heat to your feet. Do not use hot water bottles, electric blankets, heated socks, wheat bags or heat pads to keep your feet warm. Never put your feet onto a radiator or heater, keep a safe distance from fires and be aware of the foot-well heater in the car. This can get hot enough to burn your feet.

Check your feet at least once every day - twice is better! This is because neuropathy can also mean that you do not feel pain. If you cannot see to check your feet, ask someone else to have a look or use a mirror to look underneath.

RETINAL SCREENING

Purchase of two Retinal Screening Cameras by the charity

In October, the charity formally handed over to Health & Community Services the two portable Retinal Screening Cameras it had purchased for £35,000. This will enable the department to eventually offer appointments within a community setting.

It is acknowledged that the current service provided needs immediate improvement and HCS are committed to providing sufficient appointments by the end of January. On your behalf, the charity is committed to monitoring the position.



GENEROUS GIFT

Podiatry Equipment from Le Gallais Real Estates Ltd

Representatives of Le Gallais Real Estates have approached the charity to assist it in purchasing specialist podiatry equipment to the value of £10,000 on the understanding that it will be kept at the Diabetes Centre and primarily used for the benefit for those with diabetes.

The charity, working with Health & Community Services have now identified the equipment required and it is now being ordered.

Chairman, Bill O'Brien commented, 'This gift provides a fantastic opportunity

for some state of the art items to be used for those with podiatry issues and in many cases, will enable a speedier resolution to the issues involved'

Tim Le Gallais, managing director of Le Gallais Real Estates Limited said, "Having had a personal interest in the impact of diabetes especially in the area of podiatry, we were very happy to support the charity in this particular initiative which we are confident, as is the charity, that it will be of great benefit to those with the condition."

600 CLUB RESULTS

	£150	£75	£30	£25
March	270	134	13, 245, 508	285, 443, 447, 581
April	207	532	182, 285, 287	69, 196, 220, 288
May	492	122	292, 370, 522	39, 266, 482, 549
June	240	475	369, 405, 600	42, 163, 481, 594
July	553	546	1, 84, 448	187, 195, 196, 479
August	326	249	64, 246, 495	161, 243, 403, 471
September	560	428	140, 352, 439	111, 119, 219, 430
October	316	235	1, 159, 201	258, 304, 310, 589
November	365	407	34, 463, 531	143, 397, 399, 492
December	338	328	24,96, 317	28, 33, 75, 342

December 1st Prize winner of £600 was 544 and extra £60 Prizes 141 & 440



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

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animal kingdom

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PRESENTATION OF IPADS TO THE CENTRE



Diabetes Jersey recently presented iPads to the Diabetes Centre for use with their paediatric structured education.

Seen here being presented with them is Diane Coppins and Kertee Beejmohun.

Keerte said that the iPads are going to be very useful for our patients at diagnosis & the ongoing educational support that will be required.

SAY HI TO THE DIABETES JERSEY COMMITTEE



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