

# Reading Diabetes UK Group NEWSLETTER

September 2014

Welcome to our second newsletter of 2014. It includes information on local improvements in diabetes care (p.1,3), how you can get involved in helping diabetes research locally (p.2), and the Group's forthcoming meetings programme (p.3).

Now is the time to join our 100+ club for the next year. If you have never joined before, read all about it on p.4.

This year we have started having some afternoon meetings, particularly for those who cannot easily get to the hall in an evening. Our first one, in May, was very successful and well attended. By the time you read this, we will have had another in July, which we hope will be equally successful. We have a third one planned for 16 October, 2-4 pm. Why not come along and join us for free tea and cake, a talk, and a chat to others with diabetes. Bring a friend too!

To mark Diabetes Week in June, we took part in the Tesco Big Collection at the large Tesco on Oxford Road. Thank you to all those who volunteered to make this possible. On the Saturday morning we were even joined by the local MP (see photo below). We collected £390 for Diabetes UK.

We had an excellent evening meeting in June where Richard Lane, President of Diabetes UK, talked about his experiences - and we all enjoyed strawberries.

We are hoping to have an information day in Reading during September.

Finally, we are still looking for a chairperson. If you think this could be you or you know anyone who would be interested, please speak to one of the committee (details on the back page).

*Jennifer Ackroyd, Acting Chairperson*

GP, resulting in a much more informed and empowered time spent planning the next move. Two foundation courses and three advanced courses in diabetes for GPs and nurses have been rolled out with good participation. In addition, there is a website [www.berkshirwestdiabetes.org.uk](http://www.berkshirwestdiabetes.org.uk) with lots of information on it; there is a monthly newsletter for healthcare professionals to keep information levels high; a community diabetes specialist has been appointed (Dr Ian Gallen); 'virtual clinics' in GP surgeries have been established where GPs and nurses get specialist help from Dr Gallen; Diabetes Specialist Nurses (DSNs) have been deployed to the community; an advanced IT system is in place to provide information about what is happening across the patch; and a 'patient passport' system has been launched giving people with diabetes the opportunity to access results in a secure way through the internet.

## But is all this making a difference?

YES! I am proud to share some preliminary results which show we are making an impact.

- The average HbA1c across the area has REDUCED from 60.5 to 55.1, an 8.8% reduction overall.
- The proportion of people with diabetes getting to 'target HbA1c' has gone UP from 46.5% to 57.6%.
- The proportion of people hitting the cholesterol target has INCREASED from 46.3% to 79.2%.
- The proportion of people with diabetes hitting the blood pressure target has gone UP from 66.2% to 78.0%.

## What does all this mean?

The reductions in HbA1c, cholesterol and blood pressure means people with diabetes are MUCH less likely to run into complications – foot, kidney and eye disease, stroke and heart disease. This is very, very good news. Many of you might be saying – 'well, about time too' – and you are absolutely right. It is a matter of regret that it has not always been like this. All I can say is that at least we are getting there now.

*Richard Croft*



## Collectors

(from left)

Mick Thompson,  
Jenn Ackroyd,  
Alok Sharma MP,  
Tesco Store  
Manager,  
Alan and Judith  
Smethurst



## Very Good News!

*Richard Croft, chairman of Diabetes Sans Frontières, the diabetes stakeholder network for Berkshire West, records the improvements in local services for people with diabetes, and the resulting improvements for long-term health.*

Two years ago it became clear that services for people with diabetes in Reading, Wokingham and West Berkshire were just not up to scratch. Measured by the National Diabetes Audit (NDA), some of our results – in particular, the average HbA1c measures which tell us about control of blood glucose – were among the poorest in the country. As a result, the

diabetes stakeholder network *Diabetes Sans Frontières* was formed, with the aim of improving services and, most of all, helping people with diabetes live healthier lives. Since then, there have been many initiatives and we have just got some very encouraging results.

Gold-standard education programmes for people with diabetes are in place: X-PERT for people with Type 2 and DAFNE for people with Type 1. In addition, there is a short 3-hour 'carb awareness' course for people with Type 1 including the provision of a smart glucometer. Care planning (see p.3 of this newsletter) is now the standard method of annual review in diabetes in 70% of practices in our area. This means that all the results and findings are sent out a week or two before the consultation with the practice nurse or

# Clinical Research Network: Thames Valley and South Midlands

## Delivering research to make patients, and the NHS, better

*Would you like to take part in local diabetes research? If so, read on.*

If you want to find out about taking part in local diabetes research studies in the Reading/Thames Valley and South Midlands area, the Clinical Research Network (CRN): Thames Valley and South Midlands can help. The organisation helps to enable research to take place in the NHS through its 30 research specialties, including diabetes and related conditions. Following the organisational restructure of the National Institute for Health Research (NIHR) Clinical Research Network, effective from 1 April 2014, the former Thames Valley Diabetes Local Research Network has continued its work as a part of the CRN: Thames Valley and South Midlands. The region covered includes Oxfordshire, Berkshire and Buckinghamshire.

### Our launch event

The CRN: Thames Valley and South Midlands Launch Event was held at the Unipart Conference Centre in Oxford on 18 July 2014. The event was attended by a mixture of health professionals and patient representatives who have been involved with its work, including two patient representatives from the Patient and Public Involvement Reference Panel (diabetes specialty). As Derek Stuart OBE, Associate Director for Patient and Public Involvement for the NIHR, said in his presentation, simply asking your GP or consultant at your next visit if there is a research study you can take part in is something everyone can do to help the research cause, whatever their role or profession.

### Why is research important?

Through research, better treatments, care and services can be developed for people with health conditions. Last year, 5600 people took part in diabetes-related research studies supported by the Clinical Research Network in the region and we are grateful to everyone who has taken part in research studies through their GP or local NHS Trust. We still need more people to get involved. Taking part in a research study is entirely voluntary. Participants may or may

not benefit personally from taking part, but everyone benefits from the results of research.

### Getting involved with research in the Reading area

Members of Diabetes UK in Reading may already know Julie Sutton, Senior Research Nurse with the Clinical Research Network: Thames Valley and South Midlands. Julie is based at The Centre for Diabetes and Endocrinology at Royal Berkshire NHS Foundation Trust in Reading. There are several diabetes research studies currently taking place at the Trust. Some studies are very simple and just involve providing information and samples. An example of a simple research study people with diabetes can take part in at the Trust is the DARE study.

### The DARE Study

This study aims to create a secure clinical database of people with diabetes in the Thames Valley area and collect updated clinical information on their diabetes. The information gathered will be used to identify the genetic and environmental causes of diabetes, to be used to help in the treatment and prevention of diabetes. In the future, all patients who have diabetes will hopefully benefit from the results. The study is open to patients with any type of diabetes, aged 18 and above, and involves just one visit. The patient agrees to allow researchers to collect their updated clinical information, non-invasive samples (e.g. urine), and an optional blood sample. Notes on their diabetes will be held on a clinical database and the patient may be contacted about further research projects in future.

Easthampstead Practice, Wokingham Medical Centre, Binfield Surgery and New Wokingham Road Surgery (Crowthorne) have all helped to identify patients who may be able to take part in this study. Eligible patients who attend Thatcham Medical Practice can now take part in the study at the Practice.

Other diabetes studies currently running at Royal Berkshire NHS

Foundation Trust:

**ADDRESS 2** Open to newly diagnosed Type 1 diabetes patients recruited from age 5 years to 60 years within 6 months of diagnosis and their unaffected siblings. Participants consent to having their details stored on a database, to be contacted for future studies, and to give optional blood samples - providing samples of DNA to be stored for research.

### YDX (Young-Adult Onset study)

Open to patients with Type 1 or 2 diabetes diagnosed under the age of 45 years. This study aims to establish more accurately the different types of diabetes occurring in young adults and to identify individuals with a genetic form of diabetes.

Research studies are also taking place at Heatherwood and Wexham Park Hospitals NHS Foundation Trust in Berkshire, and some GP Practices in the county are very involved with research, for example, Mortimer Surgery has research studies taking place for patients registered at the Practice (and has done so over the past 15 years).

Anyone interested in taking part in diabetes research studies in Reading/Berkshire can contact Julie Sutton, Senior Research Nurse, CRN: Thames Valley and South Midlands (0118 322 8929/mob 07787 128569, email [Juliesutton@nhs.net](mailto:Juliesutton@nhs.net)).

For more information about all research studies taking place at Royal Berkshire NHS Foundation Trust, contact Julie Foxton, Research Sister (0118 322 8593, email [Julie.foxton@royalberkshire.nhs.uk](mailto:Julie.foxton@royalberkshire.nhs.uk)).

Anyone interested in supporting the work of the CRN: Thames Valley and South Midlands, receiving our newsletter, or joining our patient contacts list should contact Alison Monk, Communications and Public Involvement Officer (01865 857149, email [Alison.monk@ouh.nhs.uk](mailto:Alison.monk@ouh.nhs.uk)).

To find out more about the work of the CRN: Thames Valley and South Midlands see [www.crn.nihr.ac.uk/thamesvalley](http://www.crn.nihr.ac.uk/thamesvalley)

**Alison Monk**

## Care Planning

### Another New Local Service

Care Planning has come, or is on the way, for all people with diabetes in Berkshire West. Here, **Claire Scott**, Care Planning Project Leader in Berkshire West, explains what it is and how it can help you to manage your diabetes.

#### What is care planning?

Care planning is a process that allows you to be actively involved in deciding, agreeing and owning how your diabetes is managed.

#### What does care planning involve?

The care planning process is linked to your yearly diabetes check-up and encourages you to think about what you might like to discuss once you have the results from your diabetes checks and measurements. Before your yearly diabetes appointment you will be invited to attend your GP surgery to have all of your checks and measurements completed. This will include your diabetes control blood test (HbA1c), blood pressure, cholesterol and blood fats, kidney tests, weight and body mass index, foot screening and smoking status.

The results of these checks will be sent to you in the post to arrive prior to your annual Care Planning review. Receiving your results in this way gives you the chance to think about what they mean to you and what you might like to discuss. Take time to read through your results letter and write down any concerns or issues you would like to discuss at your appointment. Think about what is most important to you.

At your appointment with the healthcare professional you will be able to discuss the results, share stories about your health and wellbeing, set goals and create an action plan to help you manage your diabetes. For example, if your weight has increased you may decide to agree a healthy eating plan.

#### Receiving care in this way

Care planning is not about making you do something that you do not feel comfortable with. It recognizes that some people will want more control than others. Care planning gives you the opportunity to take control of your own care and make informed

## Future Meetings Programme

The Group will meet on the following Thursdays (the 4<sup>th</sup> Thursday of the month) during the next year. All the meetings are open to everyone interested and admission is free, so do come long and join in. At each meeting, there will be a speaker/discussion on a diabetes-related topic. There is also time for chat, refreshments, a raffle and our 100+ Club draw.

#### 2014

- 25 Sep** **Jeni Tucker** *Meningitis Awareness*
- 16 Oct** **Afternoon Meeting** 2-4 pm Talk and Tea & Cakes
- 27 Nov** **Christmas Party** Come and join in the fun!

#### 2015

- 26 Feb** **Alok Sharma**, MP for Reading West  
+ **Annual General Meeting**
- 23 Apr** **Dr Ian Gallen**, Community Diabetologist  
*Update on Local Diabetes Treatment*
- 25 Jun** **Discussion Evening** on Diabetes-Related Topics
- 24 Sep** See Feb 2015 newsletter or website
- Where?** All our meetings are held at **St Andrew's Church Hall, Craven Road, Reading** - next to the Royal Berks Hospital. Parking is available outside the hall.
- Time?** **7.30-9.30 pm** (except 16 Oct)

► decisions in order to manage your diabetes more effectively.

You can see a short video about Care Planning by visiting [www.berkshirewestdiabetes.org.uk](http://www.berkshirewestdiabetes.org.uk) and clicking on 'Care Planning in Berkshire'.

Care Planning should be available in your practice in Berkshire West by March 2015. Ask your Practice Nurse or GP for more information.

**Claire Scott**

## From the Comments Book

We now have a comments book available at each meeting for members to tell us what they thought of it. Here are some from recent meetings.

On 24 April, the MP for West Berkshire, Alok Sharma was due to speak but at one-day's notice had to cancel. Instead we had a Diabetes UK quiz on *Living with Diabetes - Myths and Facts*. As well as questions on diabetes itself, it included some on travel, driving and employment law. The questions were multiple choice, and members tackled the quiz in twos.

- "Excellent quiz and very informative. Everybody very chatty. Lovely evening."
- "Everyone learnt something. It

would be useful to repeat again some -time, especially with new members."

- "A very good quiz actually, informative and entertaining."

Our next meeting was our first afternoon meeting, on 15 May. The idea was to provide a forum for those who had difficulty getting to an evening meeting. There was a talk/discussion on what all those results of diabetes checks mean, followed by lots of chat and refreshments.

- "My first ever meeting. I found it very informative and really enjoyable. It was good to talk with other people with diabetes."
- "It was a wonderful meeting. I thoroughly enjoyed it and it was nice to see everyone again. I also found it very informative."

- "A very good afternoon, but we need more people....really enjoyed it"

On 26 June, Richard Lane, President of Diabetes UK, talked on *The Ticking Time Bomb*. This was about the serious need to improve diabetes care, sprinkled with anecdotes of his own life - he was the first to have a beta-cell transplant.

- "A wonderful speaker. I could have listened all night."
- "Informative, interesting and very entertaining. I learnt a lot....good strawberries too."

# Committee

## Acting-Chairman & Secretary

Jennifer Ackroyd 0118 944 2228  
[jennifer.ackroyd@gmail.com](mailto:jennifer.ackroyd@gmail.com)  
7 Leyburn Close, Woodley  
Reading RG5 4PX

## Treasurer

Roy Mateer 0118 988 9223  
[roy.mateer@btinternet.com](mailto:roy.mateer@btinternet.com)  
47 Oatlands Road, Shinfield  
Reading RG2 9DN

## Minutes Secretary

Sue Hills

## Programme

Pat Taylor 0118 984 3112  
[taylorpat32@yahoo.co.uk](mailto:taylorpat32@yahoo.co.uk)

## Newsletter

Hilary Watson 0118 966 6910  
[hilarywatson@talktalk.net](mailto:hilarywatson@talktalk.net)  
11 Rosewood, Woodley  
Reading RG5 3QU

## Surgeries Liaison

Lindy Clay 0118 962 0501  
[lindy.clay@ntlworld.com](mailto:lindy.clay@ntlworld.com)

## Media Officer

Rosie Sweeney 07572 392099  
[rosie\\_swny@yahoo.co.uk](mailto:rosie_swny@yahoo.co.uk)

## Other Members

Elizabeth Bowden 0118 996 8862  
[ebowden@live.co.uk](mailto:ebowden@live.co.uk)

## Website

[www.readinganddistrict.diabetesukgroup.org](http://www.readinganddistrict.diabetesukgroup.org)



We are sad to announce that **David Turner** died on 28 March. He was chairman of our Group for 17 years until the end of 2012 when had to resign on health grounds. Throughout all those years he attended countless diabetes events and meetings, and gave talks

and manned stalls to help spread information about diabetes. Group members joined friends from his other lifelong interests - cricket and Rotary Club - at a thanksgiving service in a very full church at Sonning. Donations made to the Group in his memory have been used to purchase an information screen for the downstairs waiting room in Melrose House. Our condolences to his wife, Anne.

## 100 Plus Club - Sep 2014 to Jun 2015

The **100 Plus Club** is an important contributor to the Voluntary Group's fundraising. Of the money raised by the sale of 'numbers', 50% is paid out in prizes and the remaining 50% is used to meet the Voluntary Group's expenses (hall hire etc.) and to make a contribution to diabetes research. This is how the scheme works. Each year the Group sells 'numbers' for £5 each to anyone who wishes to contribute. A person may buy as many numbers as he/she wishes. A draw is made at each of our five Group meetings in the year, starting with the September meeting and ending with the June meeting in the following year. Numbers purchased at or before the September meeting

have five chances to win a prize. Winning numbers are awarded a prize ranging between £10 and £25. The number of prizes on offer varies to comply with the rule that 50% is distributed in prizes. Prizes are paid by cheque, which will be mailed to winners if they are not present at the meeting.

Please buy a number or, better still, more than one number - the chances of winning are much better than the National Lottery.

**The first draw of the club year takes place on 25 September, so please send your application in as soon as possible**

**Roy Mateer - Treasurer**

Reading Diabetes UK Group

### The 100 Plus Club: September 2014 - June 2015

Mr/Mrs/Ms ..... SIGNATURE .....

ADDRESS .....

..... Tel.No. ....

Each membership 'NUMBER' you buy costs £5. It is not possible to choose particular numbers. A draw is made at each Group meeting, i.e. five times a year

No. of 'NUMBERS' ..... **AMOUNT ENCLOSED** £ .....

Make cheques payable to : [Diabetes UK](http://Diabetes UK)

**Return to Roy Mateer, 47 Oatlands Road, Shinfield, Reading, RG2 9DN**

**DiABETES UK**  
CARE. CONNECT. CAMPAIGN.

The leading UK charity that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes. Registered charity no. 215199.

*This newsletter is published by the Reading Diabetes UK Group and has been distributed by Diabetes UK. Diabetes UK takes data protection very seriously. It will not pass your details on to other organisations. If you do not wish to receive further mailings from Diabetes UK about its work and that of its trading company, please contact Diabetes UK.*

**Large print available**