

DIABETES SUPPORT NEWSLETTER

RUSHCLIFFE

April 2021

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Welcome to your April issue of the Diabetes Support Newsletter, brought to you by DESMOND educators, Hannah and Suki.

This issue is all about support, packed with links to local support services, as well as information around self-management.

Support service updates

DESMOND

Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

- Group education programme for individuals with type 2 diabetes
- Aims to improve understanding and promote self-management of the condition
- Can be accessed by anyone over the age of 18 with a confirmed diagnosis
- Free to access and delivered across Nottinghamshire County
- Delivered over 6 hours, via video conference or in person once face-to-face education resumes
- Referral can be via a Practice Nurse/GP or self-referral

For further information on the DESMOND programme or to process a self-referral please contact us:

Telephone: 01623 484837

Email: desmondreferrals@nottshc.nhs.uk

Keep in touch with us via social media:



Twitter – [@DESMONDNotts](https://twitter.com/DESMONDNotts)



Facebook – [@desmondnotts](https://www.facebook.com/desmondnotts)

DIABETES SUPPORT GROUPS

The aim of a support group is to bring people together in our local area to share experiences of living with diabetes and to get practical tips from others about how to live well with the condition.

Peer support groups are defined as the help and support that people with actual experience of a medical condition are able to give to one another.

This may include social, emotional or practical support, but importantly, this support is voluntary and all people taking part are able to benefit from support whether they are giving or receiving it.

Talking, listening, exploring feelings and helping people to reflect and learn are all parts of peer support. However, for some people, just knowing that there are other people who are sharing some of the same experiences is most important.

Peer support is different from services provided by professionals. It does not try to find solutions to every problem or give direct advice. Peer support is about giving people a place and time where they can hear from other people in a similar situation and make their own choices. Mick, a regular support group member, says "Being a member of this group has saved my life, my diabetes was out of control but with the support of group members I am now back under full control".

Rushcliffe have active Diabetes Peer Support Groups, which are currently running virtually, and are due to resume in person as soon as possible.

If you are interested in joining, or to find out more, please contact John Burnett on 07814 924 670 or email john_burnett64@hotmail.co.uk

Please be assured all personal circumstances will be kept confidential.

Mental health and emotional wellbeing

Diabetes doesn't just affect you physically; it can also have an emotional impact.

Whether you've just been diagnosed or have lived with diabetes for a long time, you may need support for all the emotions you're feeling. This could be stress, feeling low and depressed, or burnt out.

Emotional and mental health problems (collectively referred to as psychological problems), such as diabetes distress and depression, are common among adults with diabetes and are associated with poorer self-management, diabetes-related complications, and reduced quality of life.

You may have many different approaches to managing your mental health and it's not a case of one size fits all.

However, if you feel you need more specialist psychological support please refer to the information outlined below:



Insight Healthcare

Available across Rushcliffe, Broxtowe, Gedling, Mansfield & Ashfield, Newark & Sherwood, Nottingham City

<https://www.insightiapt.org/>

0300 555 5582



Trent Psychological Therapies Service

Available across Rushcliffe, Broxtowe & Gedling, Nottingham City

<https://www.trentpts.co.uk/>

0115 896 3160



Let's Talk Wellbeing

Available across Rushcliffe, Broxtowe & Gedling, Nottingham City

<https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county>

0300 300 2200

Let's get walking

More and more people have been exploring and walking in their local area over the past year, but do you know why walking is good for us? The DESMOND team have outlined some of the benefits of walking as well as some ways to make walking more interesting.

Physical activity of any kind, including walking, can provide a range of health benefits, such as:

- Management of day-to-day blood glucose levels
- Improving insulin resistance
- Weight management
- Reducing blood pressure
- Lowering cholesterol
- Improving mood

Remember, just 10 minutes of walking is enough to start having some benefit, but if you're looking to go a bit further or challenge yourself, walking groups, Parkrun and schemes such as walking

buddies can be a valuable resource. They're also a great way to socialise and make walking more enjoyable.

Parkrun: Free, weekly community events, open to all ages and abilities, from walking to jogging and running. 5km events are due to start again from 5th June (TBC).

www.parkrun.org.uk/

Local Walking Groups: A range of local walking groups are available across Nottinghamshire. Although most are suspended at the moment, schemes such as the Ramblers have recently started offering bookable organised walks again.

Some local examples:

www.nottsarearamblers.org.uk/

www.walkingforhealth.org.uk/walkfinder/best-foot-forward

<https://nottsguidedwalks.co.uk/>

What is Social Prescribing?

Hello from your Social Prescribers! We wanted to tell you a bit about the social prescribing service and how you can access it.

Did you know that a third of GP appointments are for non-medical matters? That's where we come in.

Our main goal is to give you time to tell us what's important to you and your continuing health care. Our priority is your health, wellbeing, and quality of life.

We can support you to access lots of different things like, counselling, benefit advice, weight loss services, community groups and referrals to specialist support, or just information about a certain condition or diagnosis. If you have always wanted to do something for your community, we can help look at volunteering opportunities. We also offer one to one goal-based support to maximise your wellbeing to help to make the changes you want to. The list is endless! We work closely with GP practices and we all keep each other up to date. If your GP or Nurse offers you Social Prescribing, please give it a go!

Myth busting: Eating well

Eating well can be confusing, especially when there are lots of myths surrounding food and diabetes. DESMOND have busted some of the common myths you might have heard:

Myth: People with diabetes can't have sugary foods.

Eating too many sugary foods is bad for our teeth and can contribute to weight gain, which is linked to insulin resistance. Many of us enjoy some sugary foods in our diet, and living with diabetes does not mean you need to cut sugary foods out completely.

It is important to recognise that sugary foods will directly impact your blood glucose levels in the short term, and indirectly in the longer term through possible weight gain. However, there are some things to bear in mind around sugary foods which mean they can be included as part of a healthy balanced diet:

- Frequency – consider how often sugary foods feature in your overall diet, and whether they could be had less often.
- Amount – consider the portion size of sugary foods and whether this could be reduced.
- Type – consider whether sugary drinks could be swapped for a diet or sugar-free version, for example, diet cola.



Myth: People with diabetes can't eat fruit.

Fruit can be included as part of a healthy balanced diet, including for those living with diabetes. Fruit does contain some natural sugar, fructose, which can impact blood glucose levels. Fruit also contains a variety of vitamins and minerals, as well as fibre, which are all essential for our health.

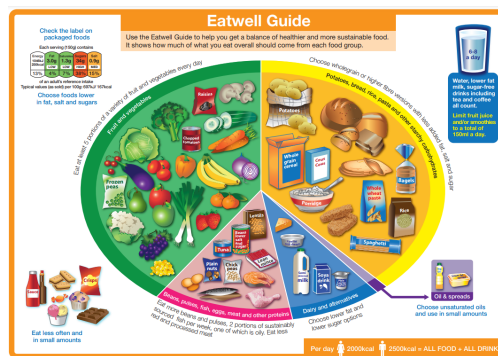
These are some considerations around fruit to help with blood glucose management:

- Choose whole fruit rather than fruit juice or smoothies.
- Spread fruit portions out across the day, having one portion at a time (80g, or a small handful).

Myth: People with diabetes must follow a certain diet.

There is no specific diet for people with diabetes. Instead, it is recommended that people with diabetes follow general healthy eating guidelines, with some extra considerations including:

- Eat two portions of oily fish per week.
- Be mindful of carbohydrate portion sizes.
- Try to choose carbohydrates which are lower Glycaemic Index (GI).
- Aim to maintain a healthy weight.



More information and support around eating well, please refer to:

DESMOND

See support service updates.

Your Health Your Way

Available across Rushcliffe, Broxtowe, Gedling, Mansfield & Ashfield, Newark & Sherwood

<https://yourhealthnotts.co.uk/>
0115 772 2515

Dietitian

Nottingham City patients can request a referral to see a Dietitian if looking for support with weight management.

Healthcare essentials during Covid-19

Routine checks and appointments are a vital part of living with diabetes and it is important to still attend your diabetes appointments where possible. Here is an overview of what care to currently expect:

- 1** **HbA1c:** This test shows your average blood glucose levels over the previous three months, and it is important to still get this done at least once every year.
- 2** **Heart and kidney checks:** Your cholesterol is measured through a blood test and can be used, along with blood pressure, to check your heart health. A urine sample is used to check the health of your kidneys. Your diabetes care team will be able to advise on when you will need these checks.
- 3** **Eye screening:** This test should be carried out every year, but you may find that your appointment is postponed or cancelled for now. Some priority groups, such as pregnant women and those with vision changes, will still have appointments so look out for an appointment letter.
- 4** **Footcare:** Foot checks are usually done at least once per year by a nurse, but these may be postponed or cancelled for now. It is important you continue to check your own feet at home daily and contact your diabetes team or GP if you notice anything unusual or are concerned about any changes.
- 5** **Medication:** If you have any concerns about your medication you can speak to your pharmacist or GP. Most surgeries are offering telephone appointments with a GP to stop too many people attending the surgery.
- 6** **Weight:** You can continue to measure your weight at home if you wish, or another measure such as waist measurements or making a note of how your clothes fit. These results can be discussed with your diabetes team over the phone if you are concerned.
- 7** **Emotional support:** It is important to look after your mental health. Even though most face to face services are not currently available, a lot have adapted to virtual support and can be accessed via self-referral. See our article on 'Mental Health and Emotional Wellbeing' for more information.
- 8** **Other concerns:** If you have any other concerns around your diabetes care, it is important to speak to your GP surgery as they will be able to advise an appropriate mode of care for you, whether that is by telephone or virtually, or an appointment in person.

Adapted from Diabetes UK

Vaccine update

The vaccination programme continues to make excellent progress across Nottingham and Nottinghamshire.

Individuals with a diagnosis of diabetes are currently eligible for the vaccine and the NHS is urging anyone who qualifies for a jab but has not yet received one to book an appointment as soon as possible.

If you are eligible, you can book your Covid-19 vaccination appointment by visiting the local [booking link](#) or call the local booking line on **119**.

For individuals who have already had their first dose of the vaccine it is vitally important to have the second dose. Getting both doses maximises your ability to receive immunity from it. Receiving only one dose does not provide you with as much protection and does not give you the full effectiveness of the vaccine.

For more information please see the link below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>