

NORTH STAFFS LOCAL GROUP

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DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



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Rotary Club



Your Free Newsletter
Issue 117
Autumn 2025



WELCOME TO THE AUTUMN EDITION OF OUR NEWSLETTER

World Diabetes Day - November 14, 2025

Back in 2010 it was estimated that by 2025 there would be more than four million people with diabetes in the UK. It is now estimated at 5.8 million

It looks like winter is coming on fast. Hope you will keep warm and safe over these next few months. In this issue we will give you a few suggestions on different things that are available to help.

Your surgeries have been having their Winter Wellness events. I hope you were able to attend and have both your blood pressure and heart checked. A number of tables were at each event giving out information to help you over the winter.

Please do not forget our wonderful Christmas Fayre on Saturday, 22nd of November. A Santa's Grotto will be available for the children. There will also be the usual Bottle Tombola Stall available.

We are asking for donations please. If it is in a bottle, it will be welcome. Whiskey or water, shampoo or sauce, gin or ginger beer, lager or lemonade. Donations required by Monday 17th of November 2025.

There will be no TableTop/Jumble Sale in December or January. The next one will be February 21, 2026



On behalf of all of us, we would like
To wish you a Very Merry Christmas
And a Happy and Healthy 2026

Our next Issue will be
out in
February 2026

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Our vision is a world where diabetes can do no harm.

www.diabetes.org.uk

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This Newsletter was designed, edited and produced by Diabetes UK - North Staffs Local Group

Apple Strudel—Filo pastry stuffed with cooked spiced apples and sultanas. Makes a light and fragrant dessert.



Ingredients

4 medium apples, unpeeled, cored and chopped (500g)

2 tbsp water

25g sultanas

25g dried apricots, chopped

1 tsp ground cinnamon

1 tsp almond extract

1 tbsp granulated sweetener

grated zest **1** orange

3 sheets filo pastry

7 squirts spray oil

Method

Step 1

Preheat the oven **180°C**/gas mark **4**.

Step 2

Add the apples to a pan with the water, cover, then simmer gently for **15** minutes, stirring regularly until just soft.

Step 3

Add the sultanas, apricot, cinnamon, almond essence and half the sweetener. Mix well and set aside.

Step 4

Place a layer of pastry on a board and spray with two squirts of oil, then sprinkle with a third of the remaining sweetener. Lay another piece of pastry on top and repeat with two more sprays of oil and another third of the sweetener. Finally, repeat with the last sheet of pastry, oil and remaining sweetener.

Step 5

Spread the apple mixture over three-quarters of the pastry, leaving the top quarter free, then sprinkle with orange zest.

Step 6

Fold the top length of pastry over the apple mixture and roll the strudel over to completely cover the filling. Fold in the edges to prevent the filling from leaking out and roll the strudel over again, so the fold is at the bottom. Place on a baking sheet and spray with oil.

Step 7

Heat in the oven for **20–25** minutes, until the pastry is lightly browned.

Step 8

Serve with a dollop of yogurt, or non-dairy soya alternative, and a sprinkle of cinnamon.

TELEPHONES/HEALTHCARE ALARMS

IMPORTANT: Some healthcare alarms, medical pendants and security systems will not work with the new Digital Home Phone upgrade. If you use any of these devices, such as emergency response alarms, wearable fall detection devices (like wrist or neck pendants) or burglar alarms, please get in contact with your equipment provider to check if your device will work when you switch to Digital.

Also your home phone will not be able to make calls, including calls to 999. This is because Digital Home Phone works by using your broadband, which needs power. The same would happen if you had a cordless phone plugged into a power socket. We recommend you to keep a fully charged mobile phone handy for emergencies. If you do not have a mobile or are in an area with no signal please call your telephone provider. (taken from EE)



HOW YOU CAN REGISTER YOUR KEY SAFE BOX NUMBER AND IT'S LOCATION

STAFFORDSHIRE POLICE:

Via a Local Officer - individuals may contact their local neighbourhood police officer or Police Community Support Officer who can arrange to visit the property and submit the key safe information directly via radio into the system.

Via the Local Authority – a representative from the Council can email our Storm Bureau (our central incident recording system) requesting that key safe details be attached to the relevant address comments.

THE WEST MIDLANDS AMBULANCE SERVICE:

Send an email to: cad.admin@wmas.nhs.uk (anyone can send this email on your behalf)

The email should contain your name, your full postal address, the location of the key safe on your property and finally the key safe code.

The ambulance service are working towards implementing a formal registration form but this email will be fine for the time being.

THE STAFFORDSHIRE FIRE AND RESCUE SERVICE:

In the event of an emergency situation the process operational fire fighters take would be the same with or without a key safe. Standard Operational Procedures are followed which allows them to gain entry in emergency situations.

However, residents can book a Home Fire Safety Visit. At this visit key safe details can be taken. To book a Home Fire Safety Visit please telephone 0800 0241999

TYPE 1 DIABETES WARRIORS - NORTH STAFFS

We will be doing our annual Halloween fun day at Hazel Trees in Fenton on Monday 27th October. Children, parents or carers are invited to dress up. This is for the whole family including siblings. There is no Christmas Party planned as yet. Keep a look out for other things that may be planned. The annual Diabetes Camp is booked for half term May 2026. This is very popular and enjoyed by all that attend.

There will also be a Tubing Day at Stoke Ski Centre for February 2026 half term. This will be at a reduced cost to the child.

The ELSA Study (Diabetes UK)

Screening children for type 1 diabetes in the UK

Type 1 diabetes is a serious and lifelong condition.

The ELSA Study is testing children for Type 1 diabetes. We are testing antibodies (protein markers found in the blood). A simple blood test will tell us if the antibodies for Type 1 diabetes are present.

Every child and family who takes part is helping us to learn more about type 1 diabetes in its earliest stages. Screening helps to identify children at the highest risk, so we can offer education, follow-up and research trials aiming to delay the start of Type 1 diabetes.

Any child aged 3 to 13 years who does not already have Type 1 diabetes can take part. The ELSA Study is open to families living in England, Scotland, Wales and Northern Ireland.

The majority of children will only need a simple finger-prick blood test. Less than 1 in 100 will need some further blood tests. The ELSA Study team will advise you if these are recommended.

You can do the finger-prick test with your child at home. We are also working with some schools, doctors surgeries and community centres to offer the screening test.

Taking part is completely voluntary and optional. It is funded by charitable donors—Diabetes UK and JDRF.

Please visit the website to find out more and complete the online consent and registration forms.

Contact Us: 0121 414 7814 (9-5pm Mon to Fri)
or www.elsadiabetes.nhs.uk



NHS App: (taken from NHS)

Know your NHS App

Download the NHS app to stay in control of your health and access a range of NHS Services on your smartphone or tablet, at a time convenient to you. You Can —

Check your symptoms using the health A-Z on the NHS website

Find out what to do when you need help urgently, the NHS 111 online

Depending on what your GP Surgery can offer, you may be able to:

Book and cancel your appointments

Order repeat prescriptions to your local pharmacy

Access your GP medical record

Speak to your GP Surgery through the NHS app messaging service



For help and support getting set up on the NHS app visit: www.nhs.uk/nhs-app

You will need your email address, password, mobile phone number, prove who you are e.g. photo ID such as passport or driving licence, they will guide you on an automated scan of your face which will be used to match your face with the photo ID, date of birth, NHS number. They will help you with all the processes.

Port Vale Foundation uses the power of Port Vale Football Club to improve lives and communities.

They deliver a range of projects under four core themes which are: Sport and Physical Activity, Health and Wellbeing, Education and Employability and Community Engagement.

To contact them to find out more telephone 01782 757066 or email foundation.trust@port-vale.co.uk

Activity Timetable:

Monday—Monday Motivation 1030am-12pm Clayton Sports Centre

A gentle 2 mile group circular walk around Lyme Valley Park—Free tea/coffee afterward

E-Bike Ride 1:30pm-3:30pm Apedale Heritage Centre

A group cycle ride using electric bikes only. Cycle longer distances with less impact than a standard bike. E-bikes available when booking your space.

Tuesday—Power Walk 8:30am-10am Lyme Valley (Meet at Morrisons on Goose Street)

A brisk 2 mile power walk through Lyme Valley Park

Wow— Women's Only Walk 10:30am-12pm The Brampton Museum

A 2mile circular group walk through green spaces

Wednesday—Wednesday Wheelers 10:30am-12:30pm Apedale Heritage Centre.

A dynamic 5.8 mile group cycle ride, using shared paths and cycleways.

Wednesday Walkers 1:30pm-3pm Newcastle Library

A gentle 1.5-2mile group walk to the Brampton Free tea/coffee afterwards

Friday-Walk into Apedale 10:30am-12pm

Apedale Heritage Centre—a 2 mile group walk through Apedale Country Park

Step into Silverdale 11:30am-1:30pm Cornerstone Community Centre. A 3mile circular walk along the greenway to Silverdale Country Park.

All of our activities are FREE, so why not bring a friend with you.



TIPS ON KEEPING WARM: (Taken from Beat The Cold)

The cold can increase the risk of social isolation and depression and the risk of heart attacks. Heat your home to at least 18 degrees to help prevent health problems.

You are more prone to chest infections and cold can trigger chronic lung disease such as Asthma or COPD.

Cold increases Blood Pressure and it may increase the risk of falls and worsen arthritis symptoms.



Make sure you have a stock of food and any medicines that you need in case you cannot get out in the bad weather.

Have your heating and cooking appliances serviced for safety and also to save on the running costs. If you lose heating or hot water, we may be able to help. Give Beat The Cold a call. 0800 389 2258/01782 914915 Beat The Cold services include Energy Saving Advice, Billing and Tariff Support, Access to Financial Assistance, Energy Efficiency, Community Advocacy.

Stay as active as you can - try to move around at least once an hour (but speak to your GP before starting any exercise plan).

Wrap up warm inside and out. Several layers of thinner clothing work better than one thick layer. If you go outside, put on your hat, scarf, gloves and a good pair of shoes.

Take care of yourself and look out for frail neighbours.

Energy Saving Tips: Keep the heat in by insulating (you may qualify for free or discounted loft and cavity wall insulation), check if you are on the best tariff, block those draughts, switch off appliances instead of leaving them on standby, washing clothes at 30 degrees, turn thermostat down by just 1 degree if safe to do so, close curtains at night, light the way efficiently with low energy LED bulbs, save water and energy taking showers instead of baths. Cook smart using microwave, air fryer or slow cooker which is cheaper than oven. Do you qualify for Warm Homes Discount.

NHS LAUNCHES NATIONWIDE ONLINE GP APPOINTMENT SYSTEM FOR PATIENTS

The NHS introduces online GP appointment requests across England from 1 October 2025, helping patients book care quickly while reducing pressure on phone lines. Patients can request GP appointments online throughout the day rather than calling their surgery or visiting in person at any participating practice in a significant step towards ending the 8am scramble. The lines are required to be open from 8am to 6.30pm, Monday to Friday.

Patients will be able to request appointments, ask questions and describe symptoms online throughout the day rather than calling or visiting in person. This will help free up practice phone lines for those who need them most and make it more convenient to access appointments. To make sure those most in need are prioritised, GP's are now also being incentivised to identify patients who would benefit most from seeing their regular doctor each time. (from Gov.UK)



Useful Contacts:

If you smell gas in emergency	0800 111 999
Official List of Gas Engineers	0800 408 5500
Power Cut	0800 6783 105
Priority Service Register	0800 096 3080
Beat The Cold	01782 914 915
Staffordshire Fire & Rescue Service	0800 0241 999
Citizens Advice	0800 144 8846



advice@casns.org.uk

Staffordshire Cares (Community Help Points) 0300 111 8010

If you do not have a history of stroke, heart disease, diabetes or kidney disease, you can get a free **Health Check** if you - are aged 40-74 and have not had an BHS Health Check in the last 5 years. Book your check

With EVERYONE HEALTH Staffordshire: Text Heart to 60777 or call 0333 005 0095

Box of Trix (items for disabled/blind) [Lee.Owen1@ Staffordshire.gov.uk](mailto:Lee.Owen1@Staffordshire.gov.uk)

Green Doctor—helpful impartial advice on what can really make a difference in reducing bills and saving energy — www.groundwork.org.uk/getenergyhelp

Diabetes 8 Team 0300 1234302 (can carry out Annual Review)

Samaritans 116 123 day or night

Staffordshire Mental Health Helpline 0808 800 2234

DVLA information: www.gov.uk/driving and Transport/Driving Licences

Reminder: If you are over 70 or will be 70 in the next 90 days renew your licence online for free

Newcastle Community Transport - A transport service for the local and surrounding community made

Possible by volunteer drivers and the local community. 01782 627770 or 07534 777697

Alzheimer's Society - 0333 150 3456

Learning Disability Nurse—A team of Nurses working to improve access to Primary Care Services for people with learning disabilities. Visit NHS

Healthwatch Staffordshire— They listen to your views and experiences on the way that health and social care services are delivered and use your views to influence how services can be improved. 0800 0518 371

Lung Screening Lung Health Checks are for people aged 55-74 who are current or ex-smokers even if you quit years ago. Contact your GP or the NHS

Approach Staffordshire run activity groups and carer support groups for people with mild to moderate Dementia in the local community. 01782 214 999

Potteries Moneywise is a project within Citizens Advice to help support with maximising income, benefit entitlement checks, water bill discounts, and debt advice. 01782 408 685

Have you been diagnosed with type 2 diabetes in the last 6 years?

Are you...

- ☒ Living with obesity or overweight?
- ☒ Aged 18-65?

You may be eligible to join the NHS Type 2 Diabetes Path to Remission Programme.

The NHS Type 2 Diabetes Path to Remission Programme is a treatment available for some people living with type 2 diabetes and obesity, or overweight.

Research trials have shown that a programme including a 3-month specially formulated 'soup and shake' diet followed by healthy lifestyle support helped people living with type 2 diabetes and obesity, or overweight, to lose over 10kg in weight, improve their blood sugar levels, reduce diabetes-related medication and, in almost half of participants, put their type 2 diabetes into remission.

To access the service, please speak to your GP and ask to be referred

Service provided by

Reed Wellbeing

A Snip-it Of Information From The Lancet Report on Type 2 Path to Remission

In 2020, the NHS established the Low-Calorie Diet Programme, which was subsequently renamed the Type 2 Diabetes Path to remission (T2DR) programme based on service user feedback, to support weight loss and maintenance, reduction in glucose-lowering medication, and potential remission of Type 2 diabetes.

The programme draws upon the evidence from the DIRECT and DROPLET randomised controlled trials, implementing a low-energy Total Diet Replacement intervention in a community setting.

Using data from the first 2 years of the programme, the aim was to assess whether interventions delivered at scale in the community (rather than a clinical controlled setting) could lead to remission of type 2 diabetes.

58% of people referred to the programme between 2020-2022 started Total Diet Replacement.

For those who had a full 12 month opportunity to undertake the programme and had two subsequent Hb/a1c measurements recorded, 27% had remission with a mean HbA reduction of 12.0 mmol/mol and a mean weight loss of 13.4% or 14.8kg. This is the first study to show that remission of type 2 diabetes can be achieved through at-scale delivery outside of research setting.

For more information: Visit: reedwellbeing.org.uk/healthieryou or call 0800 092 1191

ACKNOWLEDGEMENTS

For the period of 1st February 2025 to 31st September 2025

DONATIONS

Balfour Beatty, Mrs. Ann Charnock, Mr. & Mrs. C. Dunn
Newcastle-under-Lyme Ukulymies, Mr. John Porter,

DONATIONS IN MEMORY OF

Mrs. Jen Ann Egan, Mr. Eric Evans,
Etruria Park Bowling Club – Mr. Barry Tatton,
Ann Field, Mrs. Jean Margaret Johns,
Dr. Mahindra Kumar Rohatgi

***The Officers and Members of Diabetes UK – North Staffs Local Group
Wish to thank all, for their kind donations***

Dates for your diary...

**FREE PARKING FOR ALL EVENTS -
Main car park to the side/rear of the
building.**

Saturday, 22nd November 2025

Christmas Fayre 2:00pm
Bradwell Lodge 30p Entrance Fee

Bottles are required
for the Bottle Stall please

Sunday, 7th December 2025

Betty's Vintage and Handmade Fayre
10:00am to 3:00pm Bradwell Lodge

Any unwanted Christmas gifts
please donate to us.

We will be closing the centre from
Friday 19th December, 2025 until
Monday 5th January 2026

Saturday, 21 February 2026

Table Top/Jumble Sale 2:00pm
Bradwell Lodge 30p Entrance Fee

Betty's Vintage will resume in
March 2026

Reminder of AGM
11th March 2026
7:30pm



MERRY CHRISTMAS
AND
HAPPY NEW YEAR

Useful Telephone Numbers

Diabetes UK - North Staffs

Tel(01782) 861690
Text.....07841 347065

E-mail: office@diabetesuknorthstaffs.org

Facebook: @diabetesukNorthstaffs

Web: www.diabetesuknorthstaffs.org

Our Postal Address:

Diabetes UK - North Staffs Local Group
1st Floor, Bradwell Lodge, Bradwell Lane,
Porthill, Newcastle-under-Lyme,
Staffordshire, ST5 8PS

The Diabetes UK – North Staffs Local Group's
Information Centre is open as follows:

Monday 10:30am - 12:00pm
Friday 10:30am - 2:00pm

**Due to the office being manned on a
voluntary basis these times may change
without prior notice. If you wish to
volunteer in our North Staffs Local
Diabetes Information Centre, please
contact the centre to register your interest**

Diabetes UK - London

There is only one number you now need for
Diabetes UK and that is: **0345 123 2399**

Regional Office

Diabetes UK Midlands
(Regional Office).....Due to hybrid
working following the COVID-19 Pandemic,
please use the same number as above.

**Any donations towards fundraising events
would be kindly appreciated.**



HOW PEOPLE WITH DIABETES CAN BEFEBIT FROM THE PRIORITY SERVICES REGISTER

In the winter months cold snaps can see temperatures drop below freezing in the UK, but a free support service called the Priority Services Register is providing help for people with diabetes and those in vulnerable situations. The combination of Cold Weather and Diabetes can be challenging for several reasons, including making it harder to draw blood from cold fingers for finger-prick tests. It can be useful for people with diabetes to ask their energy supplier to be added to the Priority Services Register which can offer several benefits. You are eligible to be added to this free support service that you can call 24 hours a day. It provides help to people in vulnerable situations if there is a power cut or your gas or electric supply is interrupted.

The benefits include if possible, being given advanced notice of scheduled power cuts. This can be useful if you rely on your energy supply for medical reasons, such as storing insulin in a fridge, so you can plan to keep your medication safe. You will receive priority support in an emergency, and you will also receive priority support when calling your network operator.

You can contact your energy supplier and ask to be added to their register and to pass your details on to the network operator to add you to their register as well. (From News & Views, Diabetes UK)

BREAST SCREENING

When you are invited to your breast screening — Save the date, it could save your life.

Breast screening can detect cancer long before you can even feel it. Or more likely, put your mind at rest.

For more information visit nhs.uk/breast (Information from the NHS)

Be a Hero, Give an Hour or Two, Are **YOU** ready to make a difference and change a life - If so, why not volunteer for Diabetes UK - North Staffs Local Group

Could you help those with or caring for an individual that has Diabetes? In North Staffordshire, we have over 85,000 individuals with this long term condition.

We are actively looking for volunteers in all roles throughout the structure from Executive roles Finance, Secretarial, Educational, as well as Sorting, Displaying, Setting Up/Closing Events, Shopwork, Social Media and Outreach.

The filled roles, will help us to continue in our efforts to provide education and awareness, support and advocacy, prevention and promote the issues faced day-on-day by raising concerns to M.P.'s, NHS, Government and Integrated Care Boards.

If you think you could help, contact the office on **01782 861690** or email **office@diabetesuknorthstaffs.org**



Draw Prizes



"A Day Out at Longton Primary Care Centre"



Cheadle Winter Wellness



Our Summer Fayre

