

DiABETES UK

KNOW DIABETES. FIGHT DIABETES.

North Staffordshire Local Group

Supported by Wolstanton Rotary Club

Telephone No: (01782) 861690 or 07841 347065

E-mail: office@diabetesuknorthstuffs.org

Your Free Newsletter

Issue 101 - Autumn 2019

Charity Number: 215199

Inside this issue:

Recipe Spot - Chicken Casserole	2
Chair & Treasurer's Reports	3
Health Slot 1 - Emotional Wellbeing	4
Health Slot 2 - Coeliac Disease	5
Local Hero - Lucy	6
Brexit & Medication	7
Acknowledgements, Donations and In Memory Of	8
Our Address & Helpful Telephone Numbers	9
Upcoming Events for your Calendar	9
Local Hero - Graeme	10
Auction	11
Christmas Fair Word Search	12

Magnificent funds raised from charity auction!

See page 11 for full article!

Betty's Christmas Vintage Fair

Sunday, 8th December

10:00AM - 3:00PM

Bradwell Lodge

Free parking

Free entry

Advanced Notice:

Wednesday, 13th

November -

Social Meeting - 7:30PM -

Bradwell Lodge

Saturday, 30th November -

Christmas Fair - 2:00PM -

Bradwell Lodge

Funds raised in memory of young BMX rider

We have recently received a wonderful donation of £220 as a result of an event organised in memory of Lee Sheldon by his friend Joe Emery.

Lee died as a result of complications surrounding his Type 1 diabetes, and the event as well as being in memory of Lee also celebrated the opening of the new skate park in Brough Park Leek.

It is hoped the park will provide a focal for the young people in the area in terms of giving them something to do in the evenings and at the weekend.

If you are making a donation please ensure that all cheques are made out to "Diabetes UK North Staffs Local Group"

Thank you

Next Issue of the newsletter is due out in Winter.



Chicken Casserole - Adding pulses to a casserole adds extra protein and fibre



Ingredients

100g lean smoked back bacon, chopped
4 small skinless chicken breasts
1 large onion, chopped
2 cloves garlic, crushed
2 green peppers, seeded and chopped
2 tbsp fresh marjoram or half tbsp dried
1 x 400g tin chopped tomatoes
150ml chicken stock
1 x 420g can borlotti beans, drained and rinsed (optional)
2 tbsp tomato purée
 freshly ground black pepper

Method

1. Heat a large non-stick saucepan, add the bacon and fry for **2–3** minutes until beginning to crisp.

2. Remove from the pan, then add the chicken and brown on each side.

3. Add the onion, garlic and peppers and continue to fry for **2–3** minutes.

4. Return the bacon to the pan with all the remaining ingredients, stir well, bring to the boil cover and simmer gently for **40–45** minutes.

Chefs tips

This dish works well with lean cubed pork or turkey. You could use mixed beans or chickpeas if you prefer.

Freezing instructions: Suitable for freezing once cooked. Defrost in the fridge and reheat until piping hot throughout.

Each 378g serving contains (excludes serving suggestion)

KCAL	CARBS	FIBRE	PROTEIN	FAT	SATURATES	SUGARS	SALT	PORTION FRUIT & VEG
293	19.0g	9.0g	35.9g	6.0g	2.00g	9.2g	0.90g	3

For more recipes visit the [Diabetes UK Website](https://www.diabetes-uk.org/)





Chair's AGM Report

As I write this report we are now well into October and I have sneaked the central heating on a couple of times as it turned colder, I cannot believe how the weather has changed. I have 'sailed home' on several days as the floods have been really bad too. I enjoyed Bradwell Lodge's Fun Day in August and I judged the dog show; this was great fun. There were several classes of dogs, one of which was dog most like its owner.

August is a quiet time for the North Staffs Local Group, being the month of holidays but everything started again in September. I gave a talk to a group of former carers at the beginning of September, and a few days later I attended HealthVoice's AGM along with Linda Buckle. We had an information table and handed out literature as well as networking with other groups.

On 21st September we held a Table Top sale, which raised nearly £500 and then on 28th September we held our second Charity Auction; this was a great success raising over £1000. What a tremendous achievement! Events such as these could not be such a success without the help of our volunteers and also the kind folk who donated the items that were auctioned.

A BIG THANK YOU to everyone. The diary for future events is near the back of this Newsletter on page 9.



Treasurer's Report

Despite the summer supposedly being our "quiet time" we have had the whole range of fundraising events in the last couple of months. This has included a Jumble Sale, the Bradwell Lodge Fun Day, a Vintage Fair and a Table Top Sale.

We have also been one of six local charities which have each received a very generous legacy from the estate of the late Jean Mary Jones. There have also been a number of kind donations from individuals as well as the result of outside fundraising events.

The final event was the Grand Auction on 28th of September This raised £1215 in total, which was slightly down on last year but nonetheless was a wonderful figure.

Thank you very much to all those very kind people who gave us donations for the auction as well as a special thank you to Malcolm and Veronica Barber who did a lot of the organising. As usual my closing comments are my sincere thanks to everyone who supports us, whether in a physical or financial way.

We really are grateful as we could not continue to exist without it.

Health Slot 1 - Emotional Wellbeing

Talk about diabetes and how you feel

Talking about diabetes and how it's making you feel isn't always easy. It can be hard to get started, or find someone you think you can open up to. Maybe you don't feel like you need to talk about anything or you don't want to burden anyone. Offloading some of what you're feeling has so many benefits, both for you and for those close to you.

Coping with being diagnosed

Being diagnosed with diabetes can come as a shock. First reactions may be disbelief, feeling overwhelmed, even anger. Usually these feelings ease after a while and diabetes becomes part of life. Sometimes these feelings don't go away easily. If you feel this way, you're not alone.

Emotions and food

Diabetes can put more of a focus on food and diet. Having to pay close attention to what you eat and learn new ways to cook can be stressful. Some people find they eat more when they're stressed or eat less because they're feeling low.

Sometimes, it can mean more of a focus on weight and body image too. This can lead to an unhealthy relationship with food, something called disordered eating, or possibly an eating disorder. Bulimia is a serious eating disorder that people with Type 1 diabetes can develop.

Stress and diabetes

Everyone can feel stressed from time to time. But having diabetes to manage as well as everything else in life can feel very overwhelming. Stress can affect your blood sugar levels, so it's important you know how to recognise when you're stressed and how to deal with it. We can help you cope with stress when you have diabetes.

Depression and diabetes

Diabetes can be difficult to live with day to day and get you down, this is completely normal. But if these feelings won't go away, you might have depression. Having depression and diabetes is more common than you might think – people with diabetes are twice as likely to develop depression than people who don't have diabetes. We can help you know the signs of depression and how to manage it.

Taken from <https://www.diabetes.org.uk/>

Living Well - A free two day course for anyone affected by cancer

Saturday, 16th November and Sunday, 17th November 2019

10:00AM to 4:30PM each day

Katharine House Hospice, Weston Road, Stafford ST16 3SB

The Living Well with the impact of Cancer two day course is FREE and available for anyone living with cancer and their close supporter. The course shows how to take simple steps to live well with cancer.

To book:

Visit: <https://www.pennybrohn.org.uk/event>

Email: bookings@pennybrohn.org.uk Phone: 0303 3000 118

Health Slot 2 - What is Coeliac Disease?

Coeliac disease is a common digestive condition where the small intestine becomes inflamed and unable to absorb nutrients.

It can cause a range of symptoms, including diarrhoea, abdominal pain and bloating.

Symptoms of coeliac disease

Eating foods containing gluten can trigger a range of gut-related symptoms, such as: diarrhoea, which may smell particularly unpleasant

abdominal pain

bloating and flatulence (farting)

indigestion

constipation

Coeliac disease can also cause a number of more general symptoms, including:

fatigue as a result of not getting enough nutrients from food (malnutrition)

unexpected weight loss

an itchy rash (dermatitis herpetiformis)

problems getting pregnant

nerve damage (peripheral neuropathy)

disorders that affect co-ordination, balance and speech (ataxia)

What causes coeliac disease?

Coeliac disease is an autoimmune condition. This is where the immune system, the body's defence against infection, mistakenly attacks healthy tissue.

In coeliac disease, the immune system mistakes substances found inside gluten as a threat to the body and attacks them.

This damages the surface of the small bowel (intestines), disrupting the body's ability to absorb nutrients from food.

It's not entirely clear what causes the immune system to act in this way, but a combination of genetics and the environment appear to play a part.

Coeliac disease is not an allergy or an intolerance to gluten.

Coeliac disease and diabetes

Coeliac disease is more common in people with Type 1 diabetes because both are autoimmune conditions. Up to 10 per cent of people with coeliac disease also have Type 1 diabetes.

If you have Type 2 diabetes you're not at increased risk of coeliac disease as Type 2 diabetes isn't an autoimmune condition.

However, there are many people who have coeliac disease, but don't know it. Here, we answer all your questions about the symptoms, treatment and management of coeliac disease and diabetes.

Article taken from www.nhs.uk and www.diabetes.org.uk

Local Hero - Lucy Marquis

CONGRATULATIONS TO LUCY MARQUIS OF STOKE HEALTH CENTRE!

Lucy Marquis, an Advanced Diabetes Dietician who is based at Stoke Health Centre has recently been named by Diabetes UK as one of only 20 'Clinical Champions' in the UK.

Lucy works within the Midlands Partnership NHS Foundation Trust's community service to provide clinics and group education for adults with Type 1 and Type 2 diabetes.

Each of the 20 'Clinical Champions' was selected on the basis that he / she demonstrated that they possess the personal skills, clinical expertise, passion and integrity to deliver real and lasting improvements in the care for people with diabetes. The appointment will last for two years and during that time Lucy will be continually supported by Diabetes UK.

Lucy believes in patient-centred care and feels strongly that patients should be listened to and should be able to make informed decisions about options for their own treatment. One of her main areas of personal interest is how to support mental wellbeing, as well as the physical wellbeing, in those with diabetes.

TEASDALE HEALTHCARE

You will remember that last year Teasdale Healthcare, a company which provides Home Care & Domiciliary Services to the North Staffs community, kindly sponsored our newsletter for a whole year. Since then they have been inspected by the Care Quality Commission (CQC) and have earned an overall rating 'Good' and have moved to a new set of offices. Their new address is:

Teasdale Healthcare Ltd,
Festival House,
213 Etruria Road,
Stoke-on-Trent,
ST1 5NS

Telephone 01782 608477

Email admin@teasdalehealth.com

If you have any care needs why not contact Anthony or Nichola the owners of Teasdale Healthcare; they are sure to be able to help.

EMAIL FROM CHRIS ASKEW, CHIEF EXECUTIVE, DIABETES UK

"Dear Chris & members of your Executive,

I recently received your most recent newsletter in the post and just wanted to drop you a note of congratulations on your 100th edition; what an amazing and a testament to all 25 years of the Group's work. And such a great read also – with so much interest inside.

The work, passion and commitment to keep making such a big difference locally is huge, I know, so thank you to you all, and to your members, for continuing to work so hard to support those living with or near diabetes of all Types. And on top of all the hard work involved in running the group, a number of you have gone on to pass your NCFE Level 2 ! Huge congratulations...

Thank you again for all that you do – and for such a great 100th edition of the newsletter.

With best wishes

Chris."

BREXIT & THE SUPPLY OF INSULIN

You probably thought that the last thing that you would read about in our newsletter was Brexit, but we recently received the following information off Diabetes UK regarding Brexit and the supply of insulin and other diabetes medications.

In April the UK Government agreed a further extension of the Article 50 period with the EU until 31 October 2019. While the UK Government says that leaving the EU with a deal remains its priority, there remains a high degree of uncertainty about what will happen on 31 October.

Diabetes UK has been in regular contact with the Department of Health & Social Care for a number of months to ensure that the safety of people with diabetes is not compromised during this time, and that uninterrupted supplies of insulin and other medications are maintained. They have also been in touch with two of the main insulin manufacturers who supply insulin, Novo Nordisk and Sanofi, who have stated that they have increased their stock levels from the normal 6 weeks to 16 weeks to ensure that there will be no disruption to supply.

Diabetes UK does not believe that there is any reason to be concerned about medication shortages at this time.

For updated information Diabetes UK has started a Brexit Blog which can be accessed through its website and it suggests that this is the place for anyone with concerns to look.

For further information Diabetes UK also recommends that those with diabetes either contact your North Staffs Local Group, contact the Diabetes UK Helpline on 0345 123 2399 or contact them via email on helpline@diabetes.ork.uk

At the time of writing (end of September) we at North Staffs Local Group, have no further information regarding Brexit or any of the implications of a 'no deal Brexit', a 'Brexit deal' or anything else that might happen on or, or after, 31st October, however, if you have any concerns or queries please give us a ring on 01782 861690

Acknowledgements

For the period

18th July 2019 – 1st October 2019

The Officers and Committee of
Diabetes UK North Staffs Local Group
extend their thanks for the following generous
donations.

DONATIONS

Mr Alan Hansbury, Mr P McGarry,
Mr K W Ray,
Silverdale Slimming World.

IN MEMORY

Our condolences to the families and friends of
loved ones who are no longer with them.

Patricia Ann Clark, Rosaleen Mary Haskey,
Carolyn Yvonne Jackson, Alan Leslie Kay,
Legacy from the Estate of Mary Jean Jones,
Fundraising event by Mr Joe Emery in memory
of Lee Sheldon,

George Stewart Lee, Kenneth F T Smith,
Malcolm Stephen Taylor

COLLECTING BOXES

Den Engel

Donations in the memory of a loved one are
gratefully appreciated, to help us in our aims to seek a
brighter future for individuals with Diabetes.

Help us to:

- Educate those and their carers with Diabetes; in their
care and personal treatment of the condition.
- Try to prevent future Diabetes complications.

Please make cheques payable to:

Diabetes UK – North Staffs Local Group
(or DUKNS for short) and send them to our postal
address:

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

**(The North Staffs Local Group also
supports the
National Research Programme)**

Thank you to Slimming World

On 26th September 2019 Silverdale Slimming World
Group held a raffle to celebrate 50 years of Slimming
World. Prizes were donated by consultant Jules
Rose Diane and £60 was raised for our North Staffs
Local Group.

Group members at
Silverdale continued to
support us by passing on
their gifts for the 2019
Christmas Fair.

The photo on the left shows
Jules handing over the
monies raised to Alan
Carter on behalf of Diabetes
UK North Staffs Local
Group.

Helpful Telephone Numbers

Diabetes UK - North Staffs

Tel / Fax.....(01782) 861690

Mobile / Text.....07841 347065

E-mail: office@diabetesuknorthstaffs.org

Facebook: Diabetesuk Northstaffs

Twitter: DUKNorthStaffs

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

Diabetes UK - London

Customer Services.....020 7424 1000 option 1.

Care Line.....020 7424 1000 option 2.

Care Line Text No:.....020 7424 1031

Regional Office

Diabetes UK Midlands

(Regional Office).....01922 614500

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

Monday 10:30am - 12:00pm

Tuesday 10:30am - 2:00pm

Wednesday Closed

Thursday Closed

Friday 10:30am - 2:00pm

Due to the office being manned on a voluntary basis these times may change without prior notice.

Dates for Your

Calendar 2019/2020



Wednesday, 13th November -

Social Meeting - 7:30PM - Bradwell Lodge

Saturday, 30th November -

Christmas Fair - 2:00PM - Bradwell Lodge

Monday 23rd December to Thursday 2nd

January - Office Closed (reopens Friday 3rd January 2020)

2020

Saturday, 25th January -

Jumble Sale - 2:00PM - Bradwell Lodge

Wednesday, 12th February -

Social Meeting - 7:30PM - Bradwell Lodge

Saturday, 29th February -

Jumble Sale - 2:00PM - Bradwell Lodge

Wednesday, 11th March -

Social Meeting AGM - 7:30PM - Bradwell Lodge

Saturday, 28th March -

Jumble Sale - 2:00PM - Bradwell Lodge



FREE PARKING FOR ALL EVENTS

Main car park to the side/rear of the building

GRAEME SMITH'S ONE MILLION STEP CHALLENGE



Graeme Smith who is a 44-year-old father of two and lives in Trentham has recently completed the One Million Step Challenge for Diabetes UK a year after being diagnosed with Type 2 diabetes following a heart attack.

Graeme decided to undertake the challenge not only because he wanted to raise awareness of Type 2 diabetes, but he also wanted to encourage people to make healthier choices with their food and their lifestyle, including being more active.

The Diabetes UK One Million Step Challenge took place between 1 July 2019 and 30 September 2019, with the aim being to invite people to push themselves out of their comfort zone, by taking one million steps over the three months and by getting sponsored for every stride.

Graeme prepared for his challenge by walking along a canal near his home with his family and in order to complete the challenge he had to walk at least 10,000 steps a day to reach his million. Graeme explained that:

“Out of the blue I suffered a heart attack last year and my consultant asked me why I had not mentioned my Type 2 diabetes. That was the first time I realised I had the condition. I had experienced no symptoms like being thirsty or going to the toilet a lot and there was no family history. Shockingly my consultant told me that looking at the damage to my heart, he believed I had been living with diabetes for a number of years and this is what had caused the damage to my heart. It was lying in wait for me like a ticking time bomb and then exploded without any warning. I was a little overweight and my job is deskbound, so I certainly didn't do as much exercise as I should, but we eat healthily as a family and yet this was happening to me in my 40s. I had a triple heart bypass in August and since then I've started making sure I take regular exercise to get fitter and healthier, to manage my diabetes. I've lost two stone and have even inspired a number of his colleagues to also take on the challenge.”

On September 25th, 5 days before the end date of the Challenge, David sent the following message: -

“I'm now in the position where I've completed the million steps. The challenge was great in so many ways. I'm not the kind of person that would ever train for a long-distance run, and so having a challenge that I could incorporate in my everyday life, and to also involve my family in was fantastic. We've always walked as a family, but the challenge gave us even more reason to get out and enjoy time together. Being able to do this and help raise money for a cause which is so important to me has been very rewarding and it's allowed to me raise some awareness with friends and colleagues. I'll certainly look to do something like this again in the future.”

All at Diabetes UK North Staffs send our congratulations to Graeme on completing his One Million Step Challenge. Well Done Graeme!

CHARITY AUCTION – ANOTHER GREAT SUCCESS!

On Saturday, 28th September Diabetes UK North Staffs held its second Charity Auction at Bradwell Lodge and for the second year running the event proved to be a tremendous success with £1,215 being raised.



On the day over 60 bidders turned up to bid on the 200 lots that had been donated by supporters and the auction was run by our very own Malcolm Barber who once again used his skills to encourage bidders to part with their money. Our thanks go to the team of volunteers who supported us on the day in the main hall and the kitchen, but above all a huge thank you has to go to all of the supporters who donated items to sell and to all of the buyers who made the day so successful.



Believe it or not we are already planning next year's calendar with a possible auction – if you have any items we can auction please drop them off or let us know so that we can collect them.

Diabetes Word Search

I F T J Z E S F F A T S V N U U D
 Q Z Q A E B T Y T S E T T I E M H
 Y H T A P O N I T E R N D L S L Y
 M I M U L A C O L N A K W U I I D
 T N Q L L Q D Y X D E N R S C M I
 N J F H C C M N N Z I M F N R E E
 A E N J F X E E Y B D T T I E T T
 T C N W U S P R O Y I D Y A X F N
 L T R O V E F L N J A O B Q E O O
 U I R M D R G G U U B C E G D R I
 S O D K I A E E R W E T B P O M T
 N N L E M W C P S Z T O D A O I A
 O E N E B N O Y E Y E R A B L N T
 C D H L A L I I G W S H J X B E U
 S G U L Y H T A P O R U E N X N P
 Y D A U X P E Z G R O U P D K H M
 F B S T E L B A T K A H T R O N A

Can you find these words?

Balance	Test
Amputation	Blood
Ulcer	Exercise
Dependant	Tablets
Treatment	Metformin
Neuropathy	Diet
Retinopathy	Injection
Consultant	Insulin
Nurse	Diabetes
Doctor	
Work	
Friends	
Group	
Local	
Staffs	
North	
Hemaglobin	



**We would like to wish
all of our members
and supporters a
Merry Christmas and
a Happy New Year!**

**Can you help us beat
our record breaking
sum raised from our last
Christmas fayre? Then
come along and join
us!**

**We managed to raise
almost £500 at our last
Table Top Sale! Thank
you to all those who
helped.**

Thank you to The Association of Mirpur Welfare Fund



Three representatives from The Association of Mirpur Welfare Fund presented our chair Chris Bloor with a cheque of £250 following their fundraising activities during the year. Thank you to Mr. A.B. Khan, Quadrat Ullah & Mr F. Ghani for your generosity, it is much appreciated.

