

newsletter

SPRING 2011

Centre Parcs fun day out!

**Lots of Fun,
for everyone...**

FEB 11

Meet and greet and mingling at lunch, swimming, lots of - indoors and out. Round and round the rapids we went, relaxing in the salt pool - at night we were spent!

Watching the stars shining, wishing on a shooting star, watching the children duck and diving. In the ice cold plunge - from afar!

Bike rides and playgrounds, yummy buffet food galore, what an action packed day we had. Hope to go back again for more!

A Poem by **Hollie Rischmiller**
Age 9



Laser Quest challenge

SEPT 10

**On 19th September 28 people took part in a
Laser Quest challenge!**

At Quasar we kitted up with our guns and coats, split into 2 teams and ran around the arena firing at each other. The aim was to shoot the opposition and their base, whilst avoiding being shot by others (whatever the team!). After three games we were all absolutely exhausted, but we had an excellent time. We can't wait for the next one! - See events!



Snowtubing

FEB 11

**On 14th November 2010 and on 6th February 2011
the Diabetes Youth Group ran snow tubing mornings
at the dry ski slopes at Trowse.**

The weather on both occasions was beautifully sunny, making a change to the rain we could have had. As many had not been tubing before it was a fantastic experience and there was plenty of screaming and laughing! We even built up our confidence to go down in groups of fours! Thank you to Gail Howes who organised the event.



**See the latest news and updates - visit our website:
www.norwichdiabetesyouth.co.uk**

upcoming events 2011

Hunstanton Seal Trip

Saturday 14th May arrive 12 noon

Hunstanton Promenade

Adults & Children age 15 and above £14

Children age 2 - 14 £7.00

Child with Diabetes FREE

Contact Gail Howes on 01603 427595

Bewilderwood Family Fun Day

Tuesday 31st May

Meet at main gate 10 - 10.30am

Adults & Children over 92cm £8.50

Children under 92cm height go FREE

Child with Diabetes goes FREE

Contact Amanda Dodds on 01603 300925

Hilltops Activity Centre Activity Weekend

Friday 3rd - Sun 5th June

Arrive from 5pm. Action packed activities

include Zip line, High Ropes, Swimming

Pool, Super Swing, Climbing Wall,

Abseiling, Crate stacking, Assault Course

Campfire and BBQ

Children with Diabetes only for this

weekend Cost £80 per child

Contact Gail Howes on 01603 427595

Whitlingham Broad Day out

Saturday 16 July - 9.30am - 4pm

Whitlingham Lane Activity Centre

Katacanoe/Kayaking, Topper/Funboat Sail

and BBQ for lunch

£24 Adults £12 per child

Child with Diabetes goes FREE

Minimum age 8

Contact Francis on 01953 607016

QUASAR Laser Quest

Sunday 18th Sept 3-5pm

QUASAR St Stephens Street Norwich

£5 per person for 3 games including

pizza and squash.

Contact Gail/Paul on 01603 427595.

MORE EVENTS IN THE YEAR

An update from the Chairman

Welcome to our first Newsletter of 2011 where you will find what the youth group has been up to since the last edition, plus forthcoming events throughout the coming summer months.

In March we held our Youth Group Committee A.G.M....., where we had a few changes of committee personnel positions.

I would like to take this opportunity to thank Paul and Gail Howes as they stand down from their posts of treasurer and secretary, Paul has been treasurer for the last five years and has been looking after all the ingoings and outgoings and I can say he has done a splendid job keeping a good eye of the groups accounts and attending all the monthly meetings, Paul is now handing over the books to our ex-Chairman Rob Scott who has volunteered to take over the responsibility, So good luck Rob on your latest position.

A huge thank you also to Gail Howes for filling the secretary position for the last six years or more. Gail has been taking notes and minutes of every meeting and has been responsible for sending out letters of thanks to people that have donated to our group.

I'm sure plenty of you have already met Gail and realised she has organised lots of events for the children during her and Paul's ten years on the committee and have always done a great job with the Christmas Party Buffet. Both Paul and Gail are still committee members for another year, they will still be around to give a helping hand when required.

We now welcome Claire Rischmiller who now is our new secretary of the group, Claire has now taken over from Gail and is looking forward to her new challenge, So Claire - we wish you well on your new post.

As Committee members come and go we are always looking for new volunteers that can spare us any of their time and can help us out with fundraising and events. We normally meet up on the first Tuesday of every month at the Jenny Lind clinic so if you would be interested or have any ideas for us we would be glad to hear from you, why don't you drop me an email.

I have now completed my first year as Chairman and can say we have had another great twelve months of events and fundraising. During 2010 we held events like Hilltops, an Eaton Vale activity day, a river boat trip from Horning, Quasar, Snowtubing, Go Karting and our Christmas Party. During this year we received lots of donations which helps the group to continue support the Jenny Lind Diabetes Team, children with Diabetes and families and to provide the above activities.

Whilst boarding the Southern Comfort paddle boat in September I was delighted to be handed a cheque for £2000 from Arnolds Property Consultants, also our 2010 Summer Ball at Sprowston Manor raised £4200 for the group, Thanks to Amanda Dodds for organising that wonderful evening.

As you can see from our upcoming event list we have lots more planned for 2011, from a Seal trip from Hunstanton, to a weekend away at Hilltops, I hope to see you at some of these events and to see you continuing in supporting the group.

Last of all, another thank you to all the committee members who have given up much of their spare time to help keep our youth group running, without their help it would not be possible to run the events we provide, to produce this newsletter and updating the website.

Stephen Pizey - Chairman

Bowled over! Christmas Party highlights

DEC 10

MAR 11

Another well organised Christmas Party was held for the children and their families in December with almost a hundred people attending.

With Steves Disco entertaining the children with dancing, fun & games, parents were able to chat and get to know each other. Paul & Gail Howes done a splendid job again with the Buffet, There was a great buzz around the place and was really nice to see families meeting up again or for the first time.

Steve Pizey

Families were invited to join in with some Ten Pin Bowling, the lanes were booked as a private hire party so everyone who attended knew they were in company with other children with Diabetes and accompanying families.

Everyone had a great time on the lanes and lunch was also supplied for the children. Another session has already been booked for later in the year. The next Bowling event is **October 9th 10.30am - 12.30pm, Strikes, North Walsham.**



Jenny Lind NNHU NHS Trust news update

Changes to the NHS

As you know, times are hard, and the government is cutting back. Interestingly, though, they have decided to put more money into diabetes. Next year, they are offering more money to diabetes services, which offer improved services. The extra money will help us to help you. One thing we would like to do is to have an emergency diabetes number 24/7 for emergency diabetes advice. Another thing is to make sure we have enough appointments for everyone to be seen as often as they should be. What do you think we need to do to make things better? Please tell us what you want! The NHS moves slowly, but we are always ready to hear a good idea.

HbA1c is changing!

Sadly, I'm old enough to remember the switch-over to decimal money in 1971! The values for HbA1c are all changing this summer, so you will start to see different numbers when you come to clinic. In the past, we talked about an HbA1c target of 7.5%, but from the summer, we will be switching to a new target of 50 mmol/mol. We'll just say 50, to make it easier. We are doing a leaflet to tell you a bit more about the change, and why HbA1c is important. This change is happening all over Europe, so it's not just us.

14 Plus No more

I'm also old enough to remember doing the 11 plus exam! This was the exam which decided if you were brainy enough to go to Grammar school, or if you went to High School. The 11 + is no more, and soon the 14+ will be no more. We had an online poll last autumn, and the winner by some distance was Teen Diabetes Clinic. We hope you like the new name better than the old!

Comings and Goings

Sadly, Gill Ward has decided she is going to retire in the summer. We are planning bumps for the occasion, which Gill assures us she is looking forward to! Gill has been in the Jenny Lind ever since Jenny was a girl, and now feels the need to retire before the NHS pension is abolished!

New members of our team include Dr Jo Derisley, Consultant Clinical Psychologist, who started last summer. Jo was joined by Alison Coad (Cognitive Therapist) in the autumn. Another new face is Dr Jo-anne Veltman who joined last July to help Dr Thalange.

All of you will have met Lucy Findlay, our diabetes dietitian. Recently she has been joined by Joanne Arthur, who is helping us for a while. We have heard a rumour that we might get a further boost in our dietetics team, so that everyone can see the dietitian at least once a year. Fingers crossed!

Podcasts

Dr Datta has been developing a whole new batch of podcasts – downloadable from the hospital website. You might remember that we launched a series of podcasts for teenagers 2 years ago, and it was such a success that Dr Datta has followed it up with some new ones. These have useful hints and tips and cover important things like dealing with hypos, going on holiday, and managing illness. Look on the website for all the different ones.

Research

As you know, we are involved in lots of research studies. We think being involved in research keeps us up to date. We are very grateful to all of you who have helped us with research, especially those who have volunteered for 3 really important studies we are doing with Cambridge

University. Several of you have already helped with the Artificial Pancreas study. The initial phase involved going to Cambridge and staying overnight, but from this summer, they will be looking for volunteers for home trials of the artificial pancreas. Ask for details, if you would like to be considered for the study. The big one is AddIT - this involves giving treatment to teenagers, to try and reduce the risk of diabetic kidney disease in later life. If the treatment works, we may be recommending this treatment to lots of you in future. The other Cambridge study we are doing is a study of two different long-acting insulin treatments (Lantus or Levemir) in teenage girls to see which is better. We usually use Levemir, but is it the right choice? We shall find out! Another study we are doing at the moment is EPIC - it involves giving children information about diabetes that is targeted towards particular ages, and seeing whether the information helps. We were signed up to a really heavy duty study of immune treatment in new-onset diabetes, called Defend2, but sadly the study was cancelled at the last minute. The idea was that the immune treatment might rescue the beta cells in the pancreas and make diabetes much easier to manage. On a different theme, TrialNet is a huge study organised by the US National Institutes of Health in Virginia. We test relatives of children with diabetes to see if they are at risk of developing diabetes. The idea is that we may be able to identify a group of people who are at risk of developing diabetes, to see if we can stop it happening. If you are interested in helping us with these or any other studies, let us know.

Insulin Pumps

If you are thinking about an insulin pump, or your insulin pump is due for renewal, you would probably like to come to our Insulin Pump Fare on Wednesday 6th July. It starts at 4-30pm and finishes about 6pm. Each of the insulin pump companies will be there to demonstrate their products, and it will be a chance to see the pumps in real life, and talk through the advantages and disadvantages. We will be putting on a couple of talks - one for people thinking about a pump, and another for 'old hands'. We also hope to have someone from the Artificial Pancreas research team to talk about how the studies are going. Do come along if you are interested, and find out what's new!

Nandu Thalange - Jenny Lind Children's Diabetes Team

Jenny Lind Children's Diabetes Team Insulin Pump Evening

Wednesday 6th July

4-30pm - 6-45pm

**Education Centre, East Atrium,
Level One**

Are you interested in an insulin pump?

Is your old insulin pump due for replacement?

Do you just want to see what's new?

If you can, let us know you are coming (it helps us plan refreshments!). If you can't, don't worry - you can just turn up on the evening.

email: pdsn@nnuh.nhs.uk tel: 01603 287504
(Answerphone out of office hours)

Or let us know when you come to clinic.



Fund raising news - A big thank you

We would like to say **thank you** to the individuals and organisations who have kindly donated to us over the past year.

All will be fully recognised in the next issue of this Newsletter in August 2011.

Southern Comfort River Trip SEPT 10

A Luxurious trip on a double decker Paddle Boat called the Southern Comfort was arranged by the Committee back in September, and was well attended by many families from the Youth Group.

The river trip set sail from Horning and sailed the Norfolk Broads, The weather stayed good for us all and there were many great views of wildlife and luxury riverside homes. It was a great day, and fun for all!

Before we set sail there was a cheque presentation to our group from Arnolds Property Consultants, They had raised the amount of £2000 and Jo Wharton (who has a child with diabetes herself) presented the cheque to our Chairman Stephen Pizey.

Thanks to committee member - Phillip Hammond for organising the event.



Fund raising support and donations

Have you got any ideas for fundraising or activities you would like to do or see happening in the group, or can you help? Let us know, we would be pleased to hear from you!

If you would like to donate, please send cheques payable to:

Diabetes UK Norwich & District Youth Group, then send to: Paul Howes - Treasurer, Norwich & District Diabetes Youth Group, 5 Parkside Drive, Old Catton, Norwich, Norfolk NR6 7DP

Online donations: Acc. No: **0606644**, Sort Code: **30-98-58**

Blue book amnesty

The hospital and the group are unable to re-order the blue book that was previously given to newly diagnosed patients.

If anyone has copies of this book that are not being used and would like to bring them into the Jenny Lind FAO Jo Gibbons they will be re-cycled to new patients and for use on the diabetes trolley during clinics. The hospital will be sourcing a new book in due course which will continue to be funded by the youth group.

Come to our Committee Meetings or better still join the committee. Offer ideas, support or just to see what we do.

**First Tuesday of every month
Jenny Lind Children's Department**

Tuesday 3rd May	7.30pm
Tuesday 7th June	7.30pm
Tuesday 5th July	7.30pm
Tuesday 6th Sept	7.30pm



We need your email address, so we can contact you via email to reduce our costs. Please email chair@norwichdiabetesyouth.co.uk

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