

## Medical alert

We recommend that anyone with diabetes carry or wear some form of identification which informs others how to seek help for them in a medical emergency. Your diabetes nurse has a supply of id cards which can be carried in a pocket or bag. If you have a mobile phone you can set it up so you have medical information available for people who are trying to help you. There are also companies who supply medical alert jewelry as follows:-

**Medic-Alert Foundation** Tel: 0800 581420 [www.medicalert.org.uk](http://www.medicalert.org.uk)

**Medi-Tag Hoopers** Tel: 0121 200 1616 [www.medi-tag.co.uk](http://www.medi-tag.co.uk)

**WOW Bands** [www.wowbands.co.uk](http://www.wowbands.co.uk)

## General support for children and families

- Patient Advice and Liaison Service (PALS) for:-
  - ⇒ Shropshire Community Health NHS Trust:  
[www.shropshirecommunityhealth.nhs.uk](http://www.shropshirecommunityhealth.nhs.uk) Tel: 01743 277500
  - ⇒ Shrewsbury & Telford NHS Trust: [www.sath.nhs.uk](http://www.sath.nhs.uk)  
Tel: 01952 282888 (Princess Royal Hospital)  
0800 783 0057 (Royal Shrewsbury Hospital)
- Spiritual Support (Chaplaincy)  
[www.sath.nhs.uk/patients-visitors/advice-support/](http://www.sath.nhs.uk/patients-visitors/advice-support/)
- Interpreter/Translation Services  
[www.sath.nhs.uk/patients-visitors/advice-support/](http://www.sath.nhs.uk/patients-visitors/advice-support/)
- Social Care [www.shropshire.gov.uk](http://www.shropshire.gov.uk) Tel: 0345 678 9000
- Healthwatch - Shropshire [www.healthwatchshropshire.co.uk](http://www.healthwatchshropshire.co.uk)  
Tel: 01743 237884  
Telford [www.healthwatchtelfordandwrekin.co.uk](http://www.healthwatchtelfordandwrekin.co.uk)  
Tel: 01952 739540
- Benefits Advice [www.direct.gov.uk](http://www.direct.gov.uk) Tel: 0800 882 200

# Managing Type 1 Diabetes

## The Paediatric Diabetes Team

The Paediatric Diabetes Team is a team of Doctors, and a Dietitian employed by the Shrewsbury and Telford Hospitals NHS Trust and Nurses and Psychologists employed by Shropshire Community Health NHS Trust.

The Paediatric Diabetes Team follow Best Practice and National Institute for Health and care Excellence (NICE) Guidance, ensuring delivery of the best treatment, care and ongoing education for children and young people with diabetes, and their families.

Following your diagnosis of diabetes, you will be in frequent contact with the Diabetes Team, this may be daily. We will see you at home, at school/college/nursery and have a mixture of face to face, and over the phone contact. This will become less frequent as you become more knowledgeable and confident about managing Diabetes.

## Your Diabetes Team:

### Monday to Friday 9am - 5pm

Diabetes Doctors: Dr McCrea, Dr Sakremath and Dr Cowley can be reached via the Paediatric Secretaries on **01952 641222**, extension **5981**

Diabetes Nurses: Amanda Stephenson, Debbie Turner, Laura Bird, Michelle Taylor, Sean Petett, and Suzanne Digwood on **01743 450855 option 2**

Diabetes Dietician: Lynn Mander, **01952 641222** extension **4874**

Diabetes Psychologists: Clair May and Ellie James-Gibbs on **01743 730138**

Clinic Appointments: **01952 565980**

## In an emergency/out of hours - 01952 641222

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends:

All patients requiring advice should contact the Princess Royal Hospital switchboard on 01952 641222 and ask to speak to the paediatric registrar for diabetes advice.

## Support

All children up to the age of 16 years with diabetes have 24 hour open access to the Children's Ward at The Princess Royal Hospital, and can request support from any member of the Paediatric Diabetes Team without a referral from their GP.

Young people over 16 can still request support from any member of the Paediatric Diabetes Team without a referral from their GP, but if you need admission to hospital, either your Diabetes nurse, Diabetes consultant, GP (or A&E in an emergency) will request this admission.

Structured education will continue throughout your time spent with the Paediatric Diabetes team. This could be face to face, leaflets, group sessions, or online learning. Please let your Diabetes Nurse know what works best for you as everyone learns differently.

It can be daunting learning to live with diabetes. Having access to knowledge and other people who have been through a similar situation can help.

There is a family support group within Shropshire called **Shrewsbury Kids Voluntary Group** (Diabetes UK affiliated) who offer independent support to children and young people with diabetes and their families. They aim to bring those with diabetes together to make them aware they are not alone. They also try to raise awareness of diabetes in the local community. With money raised through fund raising events, the group also organises day trips, residential activity weekends and evening events for children, young people, their families and friends.

The current group secretary is Ann Griffiths, contact details are:

- **Email:** [Ann.griffiths1610@gmail.com](mailto:Ann.griffiths1610@gmail.com)
- **Website:** <https://shrewsbury-kids.diabetesukgroup.org/>
- **Facebook:** @duk.skid

## Useful Websites

There are several websites set up by charities such as Diabetes UK and the JDRF which provide information about diabetes in childhood.

- **[www.cypdiabetesnetwork.nhs.uk](http://www.cypdiabetesnetwork.nhs.uk)** West Midland Diabetes Network Group
- **[www.diabetes.org.uk](http://www.diabetes.org.uk)** Diabetes UK 08451202960
- **[www.jdrf.org.uk](http://www.jdrf.org.uk)** JDRF 020 7713 2030
- **[www.runsweet.com](http://www.runsweet.com)** Advice on exercise management
- **[www.childrenwithdiabetesuk.org](http://www.childrenwithdiabetesuk.org)** Online support & info

The book, 'Type 1 Diabetes in Children, Adolescents and Young Adults' by Ragnar Hanas is also an excellent resource.

## What to do if your Diabetes equipment fails?

If you have a piece of equipment which is faulty, it is best to contact the company who made it directly as they can often solve the problem over the phone. If not, they will send a replacement out by post.

If the company can't help, or you simply need additional equipment such as a spare blood glucose meter, contact your Diabetes Specialist Nurse or local Children's Ward as they have stocks of such items. Items such as insulin pens, needles, glucose test strips, insulin and lancets are all available free on prescription from your GP. There is no need to ever buy diabetes equipment.

**Abbott Diabetes** (freestyle optium/ libre meters) 0500 467466

**Roche/Accuchek** (Expert/nano/mobile meters) 0800 701000

**Bayer** (contour meter) 0845 6006030

**Sanofi Aventis** (BG Star meters) 0800 0352525

**Menarini Diagnostics Ltd** (GlucoMen meters) 0800 243667

**Advanced Therapeutic (UK) Ltd** (Dario meter) 01926 833273