

NEWSLETTER

South East Coast and London Region

March 2024 Newsletter

South East Coast and London Region

Regional Projects and Partnerships Helping us Push for Better Essential Care



It's a challenging time to be engaging the NHS, due to a range of ongoing funding issues and restructures. In amongst this, our regions and nations teams are on the ground and working alongside others to help deliver better care for people with diabetes. And we're learning lots that we can use as we build up our work around our [Essential Care target programme](#) – where our key ambition is to increase the number of people with diabetes receiving their nine essential care processes annually. Here are a few examples of recent projects, partnerships and what we've learned:

In Thanet, Kent, we held an educational event on care processes attended by 45 people with type 2 diabetes. Most attendees said they weren't previously aware of these, despite being diagnosed for varying lengths of time. And many said this was the most they had learned or heard about diabetes since diagnosis. Feedback from attendees was 100% positive, and turnout was higher than our target.

Through this event we learned that having an HCP directly text patients was a very effective way of generating interest and engagement. However, we need to make sure they include a booking system link so we know how many people are coming. Beyond this event, the team have been building new and stronger relationships with GP practices, pharmacies, care homes, Age UK, the local Roma link Health Visitor, and others, to help support our work on care processes.

This is just a snapshot of some of the work our teams are carrying out across the UK, including by working alongside healthcare professionals. From these and other projects we know that there is an appetite for change and to put effort in to make care processes better even in difficult times. We can also see how targeting based on health inequality works, and we know we can do more of this. We'll be taking these and other learnings forward to help us build our impact in 2024.

March Spotlight on Care Processes

Diabetes and Healthy Eating

This year we are focusing on care processes and the checks people living with diabetes are entitled to receive. We are focusing on diabetes and Body Mass Index this month.

(BMI) is a measure that uses your height and weight to work out if your weight is healthy. The BMI calculation divides an adult's weight in kilograms by their height in metres squared. For most adults, an ideal BMI is in the 18.5 to 24.9 range and healthy eating plays a big part in keeping within range. When you have diabetes, a healthy weight has a lot of benefits. It helps protect your [blood pressure](#) and [cholesterol](#) and reduces your risk of [developing serious problems](#) with your eyes, feet and heart. Most people say they feel and look better too.

Throughout March, we'll be supporting you on our social media channels with information and resources.

Please feel free to share our messages with your contacts.

You can also visit our website which deals with weight and BMI -

[What's your healthy weight when you have diabetes? | Diabetes UK](#)

Upcoming Events and Trainings

Online Event



EATING WELL WITH DIABETES

DATE: Monday 11 March 2024
TIME: 2.00- 3.30pm
WHERE: Zoom

Join Diabetes UK South East Coast and London for an online event for people living with and affected by type 2 diabetes, plus healthcare professionals.

We will be joined by Abby Iyer, Diabetes Specialist Dietitian at East Kent Hospitals Foundation Trust, who will be discussing diet and diabetes 'myth busting' and healthy eating guidelines.

This talk will also include time for questions from attendees.

Register for free at:
<https://eating-well-with-diabetes.eventbrite.com>
diabetes.org.uk

Scans here



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 255296) and in Scotland (no. SC209322) for Diabetes (4th 30/2013)

Together Type 1 Event



TOGETHER TYPE 1

16 TO 25 AND LIVING WITH TYPE 1 DIABETES?

JOIN US FOR A TYPE 1 CHAT TO TALK ABOUT
RELATIONSHIPS AND LIVING WITH
TYPE 1 DIABETES

WEDNESDAY 6 MARCH
7PM TO 8PM
ONLINE (ZOOM)



Want to come along?
Sign up using the QR code or contact:
rosie.newton@diabetes.org.uk



Volunteer Drop In Sessions

March Drop In Session:

We will be having a drop in session on March 19th from 6:30pm-7:30pm. This session we will be inviting our Head of Region, Jill Steaton to talk about Essential Care to Expect.

Check out our previous online events!

Our last online event was a huge hit! If you haven't seen it please check it out [here](#). A list of our past online events with recordings can be found [here](#). Please watch and distribute to any contacts as appropriate.

Upcoming Trainings

Please contact Clarrissa if you would like to be included in any of the upcoming trainings in the document I have attached here.

Volunteer Opportunities

Volunteer Opportunities

Please get in touch with emma.cobon-drummie@diabetes.org.uk to find out more information and/or to confirm your availability to attend.

Speaker:



Tuesday March 26th 10.30am-13.30am at Docklands Medical Centre 100 Spindrift Avenue E14 9WU (this will include a small information stall too)



Wednesday April 25th 11am-12pm, (Online via Microsoft Teams) for Network Rail and their Cultural Fusion Tea Break group



Monday April 29th 7-9pm, for St. John Ambulance Cycle Response Unit - 160 Borough High Street London, SE1 1LB



Monday (any in April) between 10am-12pm, at the community day centre - Sonali Gardens, 79 Tarling Street, E1 0AT



Wednesday (any in April) between 10am-12pm, at the community day centre - Raine's House, Rain's Street, E1W 3QQ

Stall:



Saturday March 16th 10am-3pm, for a health and awareness day - Church of Pentecost, Church Hall, 746 Green Lane, Dagenham, RM8 1YX (this will be supporting another volunteer)



Sunday March 17th 1-6pm, at Dar as-Islam Mosque, 61 Anson Road, NW2 3UY (this will be supporting or colleague Silvia)



Friday April 12th 10am-3pm, for a health and wellbeing day - Dartford Railway Station, Station Approach, Home Gardens, Dartford, Kent, DA1 1BP (this will not be a typical stall and will be more walking around the station with leaflets and talking to staff/customers)

Could we ask all of you to do a small task? If you're able, print out our services poster (in colour) and approach a business or organisation to display it.

Other News

Libraries Contact?

Our Communications Manager Helen is looking to start our libraries project where we want to have Diabetes UK resources up in libraries across the region. If you or anyone you know is linked with a local library in your area do let Helen Riley know at helen.riley@diabetes.org.uk

School Speaker Presentations

- Our updated School Presentations (Secondary and Primary Presentations) are now ready to share with school speaker volunteers.
- Presentations are on Assemble in the Document Hub – 5.Volunteering Resources – Speaker Resources. Direct links here:
- Primary Presentation: [Document Hub | Assemble \(diabetes.org.uk\)](#)
- Secondary Presentation: [Document Hub | Assemble \(diabetes.org.uk\)](#)

Sussex Campaign

We have started a campaign in Sussex regarding the provision of CGM for those living with type 2 diabetes where there is presently no provision. This has involved letter to ICB CEO (including chasing when no reply and submitting complaint); case study for

social media; engaging volunteers and Community in Action members to write to MP and ICB CEO. We have also secured a radio interview (Regional Head and Case Study) on BBC Radio Sussex - <https://www.bbc.co.uk/sounds/play/p0h7ykt7> (from 8.05 to 21.20). With help from the central team we are also working on getting presence on the 3 Health and Overview Scrutiny Committees that cover East Sussex, West Sussex and Brighton & Hove. If you live in the area and would like to support us please get in touch with jill.steaton@diabetes.org.uk.

Volunteer Shout Outs!

Rohit Patel and Mistura Yusuf



Rohit and Mistura attended an event on Feb 14th at Ashford Place hosting a stall and delivering an informal talk. Thank you for representing Diabetes UK on this day!

Social Media

Facebook facebook.com/SECandLondon/

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

Instagram instagram.com/diabetesuk.secoastandlondon/

Website diabetes.org.uk/in_your_area/south_east_coast_and_london

Linktree linktr.ee/diabetesuksecoastandlondon

How to Contact Us

Contact the **South East Coast and London** team at secoastandlondon@diabetes.org.uk

Contact **Clarrissa Morrill** from the volunteering team at Clarrissa.Morrill@diabetes.org.uk or ring 07590 734110.

Contact **Charlotte Burford** from the volunteering team at Charlotte.Burford@diabetes.org.uk or ring 07884865312.

Contact **Emma Cobon-Drummie** from the volunteering team at Emma.Cobon-drummie@diabetes.org.uk.

On behalf of the South East Coast and London team,
Clarrissa Morrill