

Newsletter

Parent support group

August 2007

Dear All,

Where has the summer gone??????

It is now time for our next meeting in September and the theme this time will be a Tasting Session. Bring along a favourite recipe of yours or make something and bring along for everyone to taste. A dietician will be present to discuss any dietary issues you may have and to help you modify any recipes.

**OUR NEXT MEETING WILL TAKE PLACE ON
WEDNESDAY 12 SEPTEMBER 2007**

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**THE DIABETES CENTRE, WEST SUFFOLK HOSPITAL FROM
19.00 – 21.00HRS**

RSVP by 10 September 2007, using any of the methods shown:

Phone 01284 713241 or write to

Diabetes Nurses

Diabetes Centre

West Suffolk Hospital

Hardwick Lane

Bury St Edmunds

Suffolk

IP33 2QZ or E-MAIL linda.whipp@wsh.nhs.uk

It is important to let us know if you will be attending because if we have no or very few attendees, then the meeting will be cancelled.

Our question and answer session at our last meeting was interesting and enjoyed by all, covering topics such as Continuous Glucose Monitoring System and feedback from the JDRF Conference.

DIETICIAN'S CORNER

Food Awareness and Carbohydrate Counting sessions continue and families who have so far attended have found them very useful. Feedback from these sessions from both parents and children said they have found them to be very helpful indeed. Some of the subjects covered were the carbohydrate value of fruit and portion sizes.

Look out for your next invitation by post, or speak to your diabetes team.

SuffDIG (www.suffdig.org.uk) DATE FOR YOUR DIARY

The new diabetes local interest groups first fundraiser will be.....

Musical Evening

Friday 30 November 2007

@ Christ Church, Moreton Hall, Bury St. Edmunds

All welcome – look out for times and how to get your tickets, nearer to the time or speak to your diabetes team for further information.

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USEFUL WEBSITE ADDRESS:

JDRF Juvenile Diabetes Research Foundation - www.jdrf.org.uk

Some parents have very kindly offered their phone numbers to be circulated for other parents - here they are:

Gillian & Simon Millyard	01359 242475
Elaine Sirrell	01284 767612
Joanne Blackman	01638 717806

**Many thanks
Diabetes Nurses**