

# Newsletter

Parent support group

May 2005

Dear All,

Almost half way through this year - where does the time go?

Our speaker at March's meeting was Glynis Tryon who spoke to us about 'Understanding and How to handle Challenging Behaviour', a hot topic at present; our TV's are full of advice and suggestions. Everyone who attended the meeting felt that they had taken something useful away with him or her about understanding children's behaviour.

She equipped us with some simple strategies, to help all of us make our lives enriched and more harmonious.

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## **NEXT MEETING**

**WEDNESDAY 08 JUNE 2005**

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

### **Bring & Taste**

This will be our theme for this meeting, bringing along with you some home-cooked tasty bites or buying your child's favourite snack for us all to share and discuss - we can't wait!!!!

If you feel that you are not the world's best cook or you have forgotten to bring something - don't worry.

Our meetings are very informal and friendly - we would love to see you.

Here is a quote from one of the children's parents who came along for the first time to our meeting ' it was very supportive to meet other parents in the same situation and she didn't feel quite so alone'

### **RSVP by 01 June 2005**

Phone 01284 713241 or write to

Diabetes Nurses

West Suffolk Hospital

Hardwick lane

Bury St Edmunds

Suffolk

IP33 2QZ or E-MAIL [linda.whipp@wsh.nhs.uk](mailto:linda.whipp@wsh.nhs.uk)

## **Dieticians Corner**

### **SARA & RUTH**

Looking forward to knocking up a little tasty dish / snack and what delights you have to offer. Tasting and talking about any dishes or packets you have in your cupboard that you want to discuss. Please bring along any favourite recipes well tried and tested, or new ideas.

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### **REMINDER**

Please can you consider sending your children on Diabetes UK family weekends and children's holidays? All the children who have been on these breaks really do enjoy them and it is a very good way of giving the children some independence. If interested please ask for future dates and venues - don't miss out!

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Some parents have very kindly offered their phone numbers to be circulated for other parents.

Gillian & Simon Millyard	01359 242475
Elaine Sirrell	01284 767612
Helen Taylor Brown	01638 712603
Joanne Blackman	01638 717806

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If you would like more information, or discuss anything in particular, then please do talk to your diabetes team.

If you would like something included in the next newsletter please send it to the above address.

Many thanks  
**Diabetes Nurses**