

ALL WALES DIABETES PATIENT REFERENCE GROUP

In partnership with



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diabetes
Diabetes
Implementation Group

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

NEWSLETTER FOR PEOPLE LIVING WITH DIABETES | MONDAY 18TH MAY 2020

WELCOME

This newsletter, designed by people living with diabetes to provide information for others living with Diabetes in Wales. We have been coming together to discuss the concerns, share knowledge and support others through the current Coronavirus pandemic. Please make sure you **stay safe** and find support. Take the time to read the attached resources so you can be prepared in case you become unwell. Please note that the situation and corresponding guidance is changing quickly, these newsletters will provide you with the latest information resources and guidance in Wales.

LOOKING AFTER YOU AND YOUR DIABETES

USEFUL LINKS

[Diabetes UK COVID-19](#)

[Diabetes UK Helpline](#)

[Pocket Medic Films](#)

[Latest UK Government](#)

[Updates](#)

[COVID-19 Children with](#)

[Diabetes](#)

[1bloodydrop.com](#)

DIET

We know it can be a challenge to look after your diet especially while we are all staying at home and out of our usual routines. Our diabetes dietitians have been working hard to help keep people with diabetes safe during these times. From working with food banks and food deliveries for people who are shielding to producing information sheets and posters, our dieticians have got us covered.

Please find attached below;

- ADULT HYPER HELPERS *NHS Wales*
- ESSENTIAL SHOPPING LIST FOR PEOPLE WITH DIABETES *All Wales Diabetes Patient Reference Group in partnership with Diabetes UK*

FOOT CARE

Prevention is better than cure. It is more important now than ever to be looking after your feet, with all services reduced to essential it means clinics are open for emergency and urgent foot care only.

Danger signs

New Smell from your foot | Foot feeling hotter than usual | Flu-like symptoms
New pain/throbbing | Discharge | New area of redness/inflammation/swelling

If you identify any of the warning signs or have any concerns, please contact your local podiatry service for telephone advice and urgent review.

If you wish to join our weekly online Patient Reference Group meetings or if you did not receive this email directly and wish to subscribe to our diabetes newsletters, contact;

Group Chair – Wendy Gane | wendygane@gmail.com
or Deputy Chair – Paul Coker | paul.coker98@gmail.com

LIVING WITH DIABETES DURING THE CORONAVIRUS PANDEMIC

This week we hear from Robert Lee from Cardiff living with Type 2 diabetes.

Diabetes, Covid-19 and “Somewhere over the Rainbow”

“Somewhere over the rainbow” is the song I have played on my Saxophone on our doorstep when we clapped the NHS. Some of these old songs like “We’ll meet again” seem like only dreams now. How are we all doing? It certainly feels like we are all under house arrest, locked down!

I hope you are not down to your last tin of baked beans, we have certainly had difficulty getting some foods like eggs for example. Isolation is stretching all of us right now.

I am a male, over 65 and have type 2 Diabetes. That means if I get SARS-CoV-2(Coronavirus), I am not likely to have a mild dose and there would be a strong possibility of me needing to be hospitalised. Therefore, I am isolating, and I am worried. I am missing my children and grandchildren, like crazy. I only venture out once a day to get exercise and walk my dog. I have organised the chemist to get my prescription for insulin and the rest of my diabetes medication and they have been wonderful. I was dismayed to see the health of Boris Johnson after being infected with Covid-19 and thought “I do not want that!”.



It is important to me to keep myself physically and mentally well, so my days are scheduled starting with a morning quiet reflection and then setting myself practical targets to achieve. This helps to keep me occupied and not hunting around the house / fridge for food! I am measuring my blood sugars more often, taking my medication and checking my feet daily.

Zoom, Facebook live and social media have been “God sent” keeping us all connected in what’s proving to be a new normal

Stay safe and well with Diabetes

- ROBERT LEE, CARDIFF

Adult Hypo Helpers

The following suggestions contain approximately 15-20g of fast-acting carbohydrate.

If you are currently struggling to find your usual hypo treatment, here are some other foods and drinks you could use instead.

Fastest acting carbohydrate

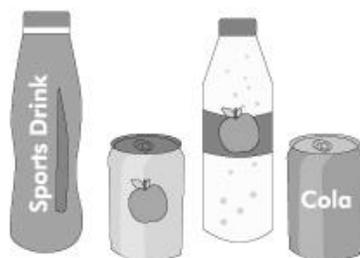
Pharmacy Aisle



How much?

Lift Glucose Chews	4 - 5 tablets
Lucozade energy tablets	5 - 6 tablets
Dextrose Tablets	5 - 6 tablets
Lift Glucose shot (60mls)	60mls

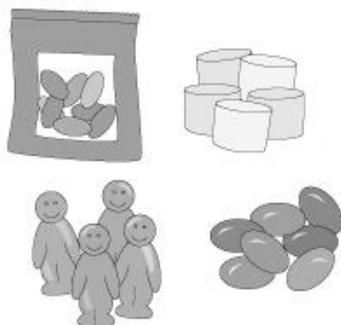
Fizzy drinks (non-diet)



How much?

Coca-Cola	150 - 200 mls
Pepsi	
Appletiser	
Lucozade Energy	200mls
Lucozade Sport	250mls

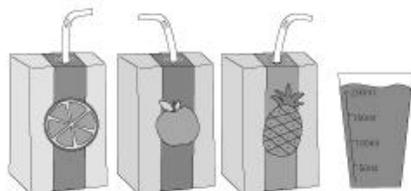
Sweets



How much?

Bassetts Jelly babies	4 sweets	Barratts Flump (20g)	1x 20g
Percy Pigs	4 sweets	Jelly beans	25g
Maynards Wine gums	4 sweets	Skittles (Fun size pack)	18g
Rowntrees Fruit Pastilles	6 sweets		
Rowntrees Randoms	5 - 6 sweets		
Jelly tots	10 - 12 sweets		
Large Marshmallows	5 - 6 pieces		
Rowntrees Random	6 - 7 sweets		
Foamies			

Fruit Juice



How much?

Orange juice	200 ml carton/ glass
Apple juice	
Pineapple juice	

Note:

- Be mindful of variation in carbohydrate content between brands
- Read the label if unsure
- Remember: Follow the 'Hypo Pathway'

ESSENTIAL SHOPPING LIST FOR PEOPLE WITH DIABETES

This list gives a selection of foods that those living with Diabetes can give to volunteers who shop for you – it has some basic essential foods with alternatives where possible. There are other foods which you may need for your diet so the essentials are marked in the **RED COLUMN**.

Please note: During this Covid-19 (Coronavirus) situation, your volunteer may find it necessary to substitute alternatives both by brand and size. Please tick the items you require, any additional items you may need can be written at the end overleaf. We hope you will find it useful. A varied healthy diet is recommended, and further information can be found on the Diabetes UK web site is: www.diabetes.org.uk
This list is not intended to cover every individual diet as every person's needs are different so please select what is appropriate for you.

Store Cupboard Items	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Rice (brown)		Long Grain Rice, Rice Biscuits, Pudding Rice
Pasta		Spaghetti or Lasagne, Noodles
Tinned Vegetables (in water)		Carrots, Peas, Beans Chick Peas Dahl
Baked Beans		Kidney or Borlotti Beans, Butter Beans
Milk UHT		Dried Milk, Evaporated Milk
Tinned Fish		Salmon, Tuna, Sardines, Pilchards, Mackerel
Porridge Oats		Weetabix, Shredded wheat
Tinned Tomatoes		Passata or Sundried Tomatoes,
Biscuits		Plain, Wheat
Pulses		Lentils, Split Peas Chick Peas
<i>*Gluten Free (some people may need these alternatives)</i>		Cornflour, Corn Meal Tapioca, Potato Starch, Corn Bread, Gluten free Bread, Biscuits, Pasta etc.
Bread	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Wholemeal Bread		Crisp Breads, White Bread, Bread Rolls, Tortillas, Poppadum, Chapatti, Naan Bread
Treats	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Preserves		Marmalade, Jam not 'Diabetic' variety
Dried Fruits (sultanas, cranberries, dates etc.)		
*Nuts (walnuts, hazel, almonds, pistachio etc.)		Crisps (low salt varieties), Plain Pop Corn
Jelly Babies		Wine Gums, Glucose Tablets, Fruit Pastilles
Refrigerated items	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Spreadable Fat		Butter, Ghee, Margarine (unsaturated)
Cheese		Cream Cheese (spreadable), Edam, Gouda, Cheddar, Goat, Feta, Cottage.

Vegetables/Fruit	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
(Fresh) Broccoli, Cauliflower, Potatoes,		Cabbage, Carrots, Courgette, Celery, Onions, Okra, Aubergines, Yam, Sweet Potatoes, Celeriac (or state choice)
(Fresh) Apple, Satsumas Plums		Pineapple, Banana, Strawberry, Raspberry etc.
(Frozen)		Roast Potatoes, Frozen Mashed Potatoes, Chipped Potatoes, Peas, Broad Beans, French Beans (or state choice)
Salads (any)	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Lettuce, Spinach, Cucumber, Celery, Tomatoes, Peppers		Other List
Dairy	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Milk (skimmed)		Semi-skimmed, Coconut, Soya, Oat, Almond
Plain Yoghurt		(Tip: add fresh fruit to taste)
Eggs		
Meat/Fish/Vegetarian alternative	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
(Fresh) Chicken, oily Fish, Tofu		Tinned or Frozen if Fresh not available
Drinks	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)
Apple, Orange, Glucose Drink, Natural Fruit Juices (no added sugar) for type2.		Tea, Coffee Coke/ Diet coke

This list is not exhaustive but hopefully it will help your volunteer make the right choices for you.

**If you have Coeliac Disease, Gluten Intolerance, Nut or other allergies or other requirements in addition to Diabetes, please ensure your volunteer is aware of your additional needs.*

Additional items you may require - food	Tick if required ✓	Alternatives (circle or list your preferred alternative in case your first choice is not available)

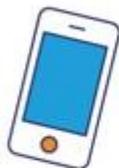
On printer settings try to remember to select 'double sided', 'portrait' in order to print this list correctly.

Do you have questions about diabetes?

Get the answers from our team of highly trained advisors who have an extensive knowledge of diabetes and counselling skills.

0345 123 2399

helpline@diabetes.org.uk
9am to 6pm, Monday to Friday



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