Blood Glucose Meters
The Diabetes Centre tries to restrict its meter use to only 5 different meters. We are currently using Glucomen PC, Freestyle Mini, Xceed, Contour and Advantage meters. The following contacts are happy to provide meters and training direct to surgeries. The companies also offer literature in several languages and other support for primary care.

<table>
<thead>
<tr>
<th>Name</th>
<th>Telephone</th>
<th>Company</th>
<th>Meter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sue Cameron</td>
<td>07887 654816</td>
<td>Menarini</td>
<td>Glucomen PC</td>
</tr>
<tr>
<td>Carol Edmonds</td>
<td>07899 065962</td>
<td>Abbott</td>
<td>Freestyle Mini</td>
</tr>
<tr>
<td>Carol Edmonds</td>
<td>07899 065962</td>
<td>Abbott</td>
<td>Optium Xceed</td>
</tr>
<tr>
<td>Martin Southern</td>
<td>07764 825993</td>
<td>Roche</td>
<td>Advantage</td>
</tr>
<tr>
<td>Helen Spriggs</td>
<td>07721 443325</td>
<td>Bayer</td>
<td>Contour</td>
</tr>
</tbody>
</table>

Weight Management Group
The Diabetes Dietitians are now running a weight management group. The group runs for 10 sessions over 20 weeks. The first group has started and referrals are being taken for the next group in the new year. Referrals should ideally be patient led and the groups are in English to start with.

If you have patients who wish to attend, please contact the Diabetes Dietitians on: 020 8510 5008

Expert Patient Programme
The Expert Patient Programme is a 6 week course (2 hours per week) for all people with chronic conditions. 2 courses are starting soon, one 17th October at John Scott Health Centre and one starting 31st October at The Sharp End, Hoxton. To make referrals and for details of future courses, contact Sam Shakes or Anita Connolly on 020 7683 4017 or e-mail Samantha.shakes@chpct.nhs.uk

“My Diabetes” Patient Held Records
The orders for the packs are coming in thick and fast, but we are having some problems with postage at the moment. Please be patient, you order has not been lost!

If you have not ordered any packs already, please fax the order form to: 020 8510 5015 FAO: Anna-Marie Jesson

Groups Education Sessions
The Diabetes Lay Educators are holding group education sessions Hackney Diabetes Centre. More sessions have now been set up including:
- Hindi/Urdu Education: 25th October
- Turkish Education: 8th November
- Punjabi Education: 29th November
- Gujarati Education: 6th December
- Vietnamese Education: 31st January

Please fax referrals for all language groups FAO: Pergul or Evrim to: 020 8510 5015

Gentle Exercise and Health
This is a new exercise group for women who speak Turkish or English and are over 50. Run by Eda, it is held at Stamford Hill library every Wednesday 11am-12pm. Cost is £1 per session. More information is available on 020 7739 7887

Get Active in Clissold Park
Vida Loca training are running walking groups in Clissold Park for all. The walks are on:
- Tuesdays 11am – 12pm
- Thursdays 12pm – 1pm

Meeting point is the Benches below the Café in Clissold Park
More details are available on 020 7249 1880, or just turn up at the meeting point