

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.



Name	Telephone	Company	Meter
Sue Cameron	07887 654816	Menarini	Glucomen PC
Carol Edmonds	07899 065962	Abbott	Freestyle Mini
Carol Edmonds	07899 065962	Abbott	Optium Xceed
Martin Southern	07764 825993	Roche	Advantage
Helen Spriggs	07721 443325	Bayer	Contour

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, your 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