16-25 Northumbria Diabetes Service

Issued by the Diabetes Service
Welcome to the Service

This leaflet is for people aged 16-25 years of age who have diabetes. It outlines what the service aims to provide, the support offered and details of clinic times and contact numbers.

The Team

• Doctor
• Diabetes Specialist Nurse
• Dietitian
• Clinical Psychologist
• Clinic Nurse (at North Tyneside General Hospital)

What does the service do?

We aim to

• Provide a safe and secure environment for you to discuss your diabetes
• Offer support and advice to help you independently develop skills to manage your diabetes
• Keep you up to date with new innovations in diabetes care
• Co-ordinate your annual review

When are the clinics held?

The clinics are held:

At North Tyneside General Hospital on the

• Third Tuesday of each month, 3.00-5.45pm.
• Third Wednesday of each month, 1.20-4.30pm.
At Wansbeck General Hospital on the

- Third Tuesday of each month between 1.30 and 4.00pm.

Who will I see?
You will usually be told in advance which member of the team you will be seeing. If you wish to see a particular member of the team you can request an appointment with them. If you wish you can choose to bring someone to your appointment.

How often are the appointments?
We usually offer appointments every 3 - 6 months, however if you feel you would like to be seen more often than this please mention it to us and we can tailor the appointments to meet your individual needs.

To make most effective use of your time we would encourage you to book an appointment which would be most convenient to you.

Please let us know if you are not able to attend your appointment. We can then offer that appointment time to someone else.

Is the service confidential?
Yes, you have the right to confidentiality; anything you talk about will not be shared without your permission unless you or someone else is being harmed or at risk of being harmed in some way and in need of protection. The things that you say and discuss with us will be treated with the greatest of respect. We will discuss what might be included in your GP summary letter.
What would you like to talk about?
You are welcome to discuss any issues about your diabetes and health in general. These are some of the topics you might wish to consider before your appointment:

- How do I feel?
- Insulin
- Blood Glucose Monitoring
- Alcohol
- Smoking
- Illness
- Food Choices
- Weight Management
- Pregnancy and Contraception
- Sport and Physical Activity
- Carbohydrate Counting
- Recreational Drug Use
- Travel
- Driving
- Leaving Home
- Foot Care
How to Contact us

A member of the team can be contacted for any questions or concerns Monday to Friday 9.00am-5.00pm.

North Tyneside General Hospital
Diabetes Resource Centre
Rake Lane
North Shields
NE29 8NH
Telephone: 0191 293 4085

Wansbeck General Hospital
Diabetes Department
Wansbeck General Hospital
Woodhorn Lane
Ashington
NE63 9JJ
Telephone: 01670 529368 or 01670 529322

Out of hours please contact your GP or NHS 111.

In an emergency you should attend the Accident & Emergency department at your nearest hospital.
Alternative Formats
If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118

Other sources of information

NHS 111

NHS Choices
www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)
www.nice.org.uk

Patient Advice and Liaison Service (PALS)
Freephone: 0800 032 0202
Text: 01670 511098
Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust
General Enquiries 03 44 811 8111
www.northumbria.nhs.uk

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