

Attending clinic

When you come to clinic please bring your blood glucose meter with you as we are able to download the data. You may want to bring your diary in case of any unforeseen problems with the technology.

If you do not see the same doctor, nurse or dietitian each time you come to clinic please do not worry as we do meet before and after clinics to share information and discuss your current and future care.

Further information

Useful website: www.diabetes.org.uk

Enquiries

Please use the following contact numbers for all urgent enquiries outside of office hours.

The James Cook University Hospital:

Children's Day Unit - 01642 854896

Ward 21 - 01642 854521

If your child requires a hospital admission for a diabetes-related problem you can be directly admitted via PDU or James Cook ward 21 without going to your GP or A&E.

Please do not hesitate in phoning for advice.

All the senior doctors and nurses are able to access specialised advice from an on-call consultant paediatrician 24 hours/day.

For non-urgent enquiries please contact:

Diabetes nurses on 01642 854660 between 9am and 5pm.

We hope you have found this leaflet informative.

Best wishes from your diabetes team.

Patient Experience

South Tees Hospitals NHS Foundation Trust would like your feedback. If you wish to share your experience about your care and treatment or on behalf of a patient, please contact The Patient Experience Department who will advise you on how best to do this.

This service is based at The James Cook University Hospital but also covers the Friarage Hospital In Northallerton, our community hospitals and community health services.

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

E: stees.patient.experience@nhs.net

The James Cook University Hospital,
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The Diabetes Team

Caring for children and young people with diabetes



Meet the team

The children's diabetes team at The James Cook University Hospital, Middlesbrough and the Friarage Hospital, Northallerton are committed to delivering a professional service. We offer care and on-going support to children and young people with diabetes and their families.

Our team are here to help if you have:

- recently been told you have diabetes
- a child or young person in your family has recently been told they have diabetes
- previously been told you have diabetes and recently moved into the area

Your care

Whilst under the care of the diabetes team you are likely to meet a number of other healthcare professionals such as qualified doctors developing a special interest in diabetes and nursing, medical and dietetic students - each of them play a valuable role in the care provided by our team.

Contact telephone numbers

First point of contact:

Diabetes nurses for children and young people

Alison Murray, Julie Stonehouse, Louise Finn or Christine McPartland - 01642 854660

Administration assistant

Sue Coles - 01642 854660

Consultants in children's diabetes

Dr. Burns - 01642 854869

Dr. Balasubramanyam - 01642 854115

Dr. Dammann - 01609 763909 / 07876 502674

Dr V Raman - 01642 852713

Secretaries

Marie Brown - 01642 854115

Hollie Richardson - 01642 854869

Victoria Stevenson - 01609 763022

Child and adolescent psychologist

Dr Shelley Boddy - 01642 282708

Dr Kerry Ferguson - 01642 282708

Dietitian for children and young people

Ruth Weatheral - 01642 854777

Hue Flannigan - 01642 854777

Victoria Steele - 01642 854777

As part of our commitment, we will offer:

- Four clinic appointments per year where you and your family will meet with a member of the medical, nursing and dietetic team. One of these appointments will be an annual review. At this appointment blood is usually taken and a more thorough examination takes place.

If your child has a high HbA1c they will need to be seen more regularly, these appointments will be explained to you in the specific clinic that notes the increase in HbA1c.
- A consultation with the clinical psychologist if you, your family or the team feel you may benefit from emotional support.
- Transitional Care to prepare you for transfer into the adult diabetes team.
- Telephone, email and text support from the diabetes team.
- 24 hour telephone support with admission to the children's ward at The James Cook University Hospital as needed.
- Group educational sessions and events where you will have the opportunity to meet other children or young people of a similar age and your parents will meet other parents of children with diabetes. This forms an essential part of your diabetes education and it is important that you attend.
- Educational and review meetings with the diabetes nurse at the hospital or in your own home.
- Educational and review meetings with the dietitian at the hospital or occasionally in your own home.
- Nursery and school visits to support teaching staff in caring for a child with diabetes.

In return we would appreciate it if you would:

- **Call us if you need us.** We would like to provide healthcare and advice when you need it, not when we think you need it!
- **Give as much notice as possible if you need to cancel an appointment.** Another child and family may then be seen at this time.
- **Give verbal or written feedback** on the service that we provide to you and your child. Your input, opinions and ideas are very important to the team.