

# Children and Young Person's Diabetes Service

## Introduction to the Paediatric Diabetes Service

The Diabetes team is multi-professional and includes specially trained Consultant Paediatricians, Paediatric Diabetes Nurses, Dietitians as well as Psychology services who will all work closely with you to provide the best possible care and support for your child.

### Consultant Paediatricians

Dr Shailini Bahl  
Dr Sonali D'Cruz  
Dr Ellie Day  
Dr Evelina Paraskevopoulou

### Diabetes Nursing Team

Maria Roberts  
Sophie Clarke  
Ann-Marie Peasey  
Leah Baxter



### Paediatric Dietitians

Sarah Pearson  
Cara Retief – Transition Service

### Diabetes Clinical Psychology Service

vacant

Additional team members who also may assist you and your child include:

### The On Call Paediatric Team

Paediatric Clinic Nurses  
Play Specialist Team

## Contact details for the Diabetes Nurses

Telephone: 01932 723314

All email enquiries: [asp-tr.generalpaeddiabetes@nhs.net](mailto:asp-tr.generalpaeddiabetes@nhs.net)

## The Paediatric Diabetes Service

The Paediatric Diabetes service offers a full range of diabetes care to meet the individual needs of our patients including:

- Outpatient clinics and follow up
- Telephone and email support
- Community diabetes care, including home and school visits
- Continuous Insulin Infusion Systems (Pump Therapy)
- 24-hour access to support and care
- Transitional Care moving from children's services to adult care
- Parent support network and training
- Educational meetings
- Virtual download clinics
- Psychology Support
- Dietetic Support

### 24-hour access to support and care

Telephone and email support is available Monday – Friday during working hours by contacting the Diabetes Nursing Team on **01932 723314** or [asp-tr.generalpaeddiabetes@nhs.net](mailto:asp-tr.generalpaeddiabetes@nhs.net)

The Paediatric Diabetes Nurses endeavour to reply to all calls and messages as soon as possible. However, please be aware, it is not an emergency service and responses will take place by order of medical priority.

### Urgent or out-of-hours support

If you require urgent diabetes advice outside of office hours, please telephone St Peter's Hospital switchboard on **01932 872000** and ask the switchboard operator to bleep the **on-call Paediatric Registrar**.

### Diabetes Outpatient Clinics

Paediatric Diabetes Outpatient Clinics take place on Tuesday mornings and Thursday mornings at The Stephanie Marks Diabetes Centre, St Peter's Hospital and monthly at Ashford Hospital. Children are reviewed by the diabetes team every 10 to 12 weeks or more frequently if necessary. Additional Dietetic and Nurse led clinics are also available. Virtual download clinics are also weekly, and no appointment is required for this service.



## Community Services

The Paediatric Diabetes Nurses may arrange to visit you at home to give advice and support as well as arranging visits to nurseries, schools, and other organisations to give specialist diabetes advice and support. Training can be offered virtually to schools, nurseries and colleges if required.

## Mental Health and Wellbeing

Your family can access support from our clinical psychologist or psychiatric liaison nurse at any point while they are under the service. If you feel that this would be beneficial, then please discuss it at your next clinic appointment or contact one of the diabetes nurses who can discuss this further with you.

## Transitional diabetes care

This service prepares children and young people to transfer, when appropriate, to adult diabetes services.

Preparation for transition is a long process and research suggests the earlier the process starts, the more successful transfer to adult services. Transfer to adult services usually takes place from 17-19 years and is based on individual need as well as age. Both Paediatric and Adult Diabetes Teams attend these clinics in order to help with the adjustment.

## Contact Details

### Paediatric Diabetes Nursing Team:

Office hours (excluding Bank & Public Holidays):  
Monday - Friday (08:00 - 16:00)

Telephone: **01932 723314**

All email enquiries: [asp-tr.generalpaeddiabetes@nhs.net](mailto:asp-tr.generalpaeddiabetes@nhs.net)

### Paediatric Dietitians:

Telephone: **01923 723937**

Email: [asp-tr.generalpaeddiabetes@nhs.net](mailto:asp-tr.generalpaeddiabetes@nhs.net)

Cara Retief, Transition Dietitian

Email: [asp-tr.dmdietitians@nhs.net](mailto:asp-tr.dmdietitians@nhs.net)



## Secretarial Team:

Telephone: 01932 722722 or 01932 722546

Email: [paediatric.three@nhs.net](mailto:paediatric.three@nhs.net)

## Paediatric Out-Patient Appointments:

Telephone: 01932 722508/2509

## Further Resources

Reference library at the Stephanie Marks Resource Centre

Digibete: <https://www.digibete.org/>

Diabetes UK: [www.diabetes.org.uk](http://www.diabetes.org.uk)

My life-for young people with diabetes: [www.diabetes.org.uk/Guide-to-diabetes/My-life](http://www.diabetes.org.uk/Guide-to-diabetes/My-life)

Juvenile Diabetes Research Foundation (JDRF): [www.jdrf.org.uk](http://www.jdrf.org.uk)

Continuous Insulin Infusion Systems - Insulin pumps: [www.insulin-pumpers.org.uk](http://www.insulin-pumpers.org.uk)

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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**We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.**



اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553