

DIABETES

Directory



A guide to diabetes support in Fife

Diabetes MCN

This leaflet was prepared by members of the local Patient Focus Group which meets quarterly.

If you would like to -

- help plan and improve diabetes services for patients in Fife
- work with NHS Staff to improve patient care

then maybe you would like to join our Group?

If you would, please contact the Diabetes Managed Clinical Network (MCN) Administrator on 01592 226736 or email fife.vascularmcns@nhs.scot

NHS Fife provides accessible communication in a variety of formats including for speakers of community languages or for those who require easy read versions. Formats are also provided for those who speak BSL or read Braille. A text messaging service is available for those who are Deaf or Hard of Hearing.

To find out more about accessible formats and the text messaging service contact fife.equalityandhumanrights@nhs.scot or phone 01592 729130.

SUPPORT

DIABETES UK SUPPORT FORUM

The Forum is an online community where you can share knowledge and experiences with other people with diabetes, family and carers.

https://www.diabetes.org.uk/How_we_help/Talk-to-someone/Diabetes-Support-Forum/

Diabetes Association for Fife Youngsters (DAFFY)

DAFFY is the support group for families of children with diabetes in Fife.

Find them on Facebook.

NHS Fife webpage

<https://www.nhsfife.org/>

Information and advice

NHS Inform has self help guides and lots of up-to-date facts on health, services and campaigns. Information is available online www.nhsinform.scot, over the telephone 0800 22 44 88 or via webchat.

Out of hours advice –111

NHS 24 - 111 - provides urgent care and advice when your GP, pharmacy or dental practice is closed. During normal working hours always contact your own GP for urgent advice and treatment.

If you think you need A&E, but it's not life-threatening or limb-threatening call 111

www.nhs24.scot

DIABETES SCOTLAND

Diabetes Scotland is a charity which aims to raise awareness, improve care and provide help, support and information for people living with diabetes and their families:

Diabetes Scotland

Telephone: 0141 245 6380

Careline Scotland: 0141 212 8710

Email: scotland@diabetes.org.uk

https://www.diabetes.org.uk/in_your_area/scotland



TRANSPORT

If you need help to get to an appointment, contact the Scottish Ambulance Service on 0300 123 1236

8am-6pm Monday to Friday.



Fife Shopmobility

Shopmobility is a scheme to lend manual and powered wheelchairs and scooters for assistance whilst shopping in shopping centres in Glenrothes, Kirkcaldy and Dunfermline.

Tel: 01592 803771

Fife-Bus Dial a Ride

Dial-a-ride is a minibus service that will pick you up from your home address and take you to a major shopping centre within your local area.

Tel: 03451 55 11 88

INFORMATION

mydiabetes my way

This website is the NHS Scotland interactive website for people with diabetes and their families and carers to help find diabetes information and resources.

People with diabetes can access their own results — not only is this a reminder as to what your last blood test results were but also allows you to prepare properly for your next consultation, compare the new results with the previous ones and have a meaningful discussion with the consultant. To register just log into www.mydiabetesmyway.scot.nhs.uk.



INVOLVEMENT

If you would like to be involved in helping to shape the diabetes care service, why not consider joining the Diabetes Managed Clinical Network (MCN) Patient Focus Group. The group meets 4 times a year and discusses any issues about care for people with diabetes. Health Care Professionals attend this meeting to update the group on issues and progress being made within Fife. If interested, please telephone 01592 226736.



APPOINTMENTS

It is very important to attend your appointments with your Health Care Professional.

ANXIETY

Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.

It is normal to have feelings of anxiety at some point in your life. For example, you may feel worried and anxious about sitting an exam or having a medical test or job interview.

However, some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily life.



Although feelings of anxiety at certain times are completely normal, you should see your GP if anxiety is affecting your daily life or is causing you distress.

In addition, the following websites may help: www.moodcafe.co.uk, www.stepsforstress.org, www.accesstherapiesfife.

BEST FOOT FORWARD

PODIATRY SERVICES

Diabetes can lead to foot complications such as neuropathy (altered feeling) and arterial disease which can result in foot ulceration and amputation.

Optimised diabetes management along with daily foot checks and good personal foot care can minimise these complications.



If you notice any breaks in the skin, any unexpected redness, local swelling or discolouration of the skin or nails, you should contact the Podiatry service for assistance.

If you already attend a local clinic, they should be called in the first instance.

If you do not attend a local clinic you can self-refer by completing a 'request for assistance form' available from your local clinic, GP surgery or on-line: <https://www.nhsfife.org/services/services-and-departments/podiatry-foot-health/request-for-assistance/>

For further information or to access an electronic referral form, logon to www.nhsfife.org and search [Podiatry](#).

EYES

DIABETES EYE SCREENING



Eye screening is a key part of your diabetes care. If you have diabetes, your eyes are at risk of damage from diabetic retinopathy, a condition that can lead to sight loss if it's not treated.

[Diabetic retinopathy](#) happens when diabetes affects small blood vessels, damaging the part of the eye called the retina.

Diabetic retinopathy is one of the most common causes of sight loss among people of working age.

However, you may not know that you have diabetic retinopathy as it does not usually cause any noticeable symptoms in the early stages.

Screening is a way of finding the condition early before you notice any changes to your vision.

If retinopathy is found early enough, treatment can stop it getting worse. Otherwise, by the time symptoms become noticeable, it can be much more difficult to treat.

This is why the NHS Diabetes Eye Screening Programme was introduced. Everyone aged 12 and over with diabetes is offered screening. You'll get a letter by post telling you about your next appointment.

The check takes about half an hour and involves examining the back of the eyes and taking photographs of the retina.

The contact for diabetes eye screening appointments is: **01592 226852** or email fife.drsadmin@nhs.scot

YOUR DIET

Following diet recommendations is one of the most important things you can do to look after diabetes.

What you eat helps you to be at a healthy weight and has an impact on your blood glucose, blood pressure and cholesterol levels.

If you are looking for support and a self management plan so your diet is helping you stay in the best of health, you can be referred to NHS Fife's Diabetes Dietetic Team, usually through your GP practice. There is information about the service and links about diet and diabetes on the NHS website: www.nhsfife.org/services/all-services/nutrition-and-clinical-dietetics/diabetes/

If you are looking for help with weight management you can also self refer through the NHS Fife website: www.nhsfife.org/services/all-services/nutrition-and-clinical-dietetics/adult-weight-management-and-type-2-diabetes-prevention-service/

Many of the websites already recommended in this leaflet include some excellent up to date and practical information.

Diabetes UK (www.diabetes.org.uk) offers the biggest range of information for people living with all types of diabetes, including an option to download an education pack. If you visit their "Learning Zone" you will find free tailored tips from people living with diabetes about managing day-to-day, along with videos and other interactive tools. There are also menu plans, recipes and a whole lot more.

EDUCATION

There are a variety of patient education classes throughout Fife for people with type 1 or type 2 diabetes. These classes are run by nurses, dietitians, or podiatrists, with expert knowledge of diabetes. The group setting gives you the chance to improve your skills and confidence for managing diabetes, ask questions and meet other people with diabetes. Evidence shows that people who attend these courses tend to have better control of their diabetes and experience fewer serious complications.

For information about dates of courses and venues, it may be possible to attend any of the courses anywhere in Fife that suits you.

Type 1 Diabetes: **01592 648001**

Type 2 Diabetes: **01592 226736**

My Diabetes My Way offer online courses www.elearning.mydiabetesmyway.scot.nhs.uk which explain in detail what diabetes is, what it might mean for your health and what you can do to manage it. There are sections to work through at your own pace. This is highly recommended if you have recently found out you have diabetes.

For courses on how to look after your feet, contact: **01592 643355**



EXERCISE

ACTIVE OPTIONS 2

Keeping fit and healthy can be a challenge if you live with a long term condition, such as diabetes. Physical activity has many benefits to your physical and mental well-being.

Active Options is a programme of physical activity classes run by specialist instructors, that are tailored to suit your needs and ability.



Further information is available from the Health & Wellbeing Co-ordinators on **01383 602209** or email healthwellbeing@fifeleisure.org.uk or ask your health care professional to refer you.

BUMS OFF SEATS

Free local walking opportunities in Fife.

Further information can be found online at: <https://active.fife.scot/activities/activity-pages/fitness-and-wellbeing/walking>

SMOKING CESSATION

PHARMACY SUPPORT

If you want to stop smoking, phone or ask your local pharmacy for more information.

SPECIALIST SUPPORT

Individual and group support sessions are available in various venues throughout Fife, including some GP practices.

For information on stop smoking services in your area, call **0800 025 3000** or email fife.smokingcessation@nhs.scot

SHARPS BIN

Needles should be disposed of in a Sharps Bin which can be obtained from your local pharmacy.

It is the safest way to dispose of used sharps. When full, the bin can be taken to the local pharmacy and exchanged for a new one.