

## NEWSLETTER



GIG  
CYMRU  
NHS  
WALES

Grŵp Gweithredu  
Diabetes  
Diabetes  
Implementation Group

# All Wales Diabetes Project Updates & Upcoming Events

## EXTOD PATIENT DAY EXERCISE FOR PEOPLE LIVING WITH TYPE 1 DIABETES IN WALES

AWDIG have teamed up with and funded EXTOD to create an all Wales virtual conference, split over 2 half days. This conference will be delivered by 8 NHS Wales health care professionals and 8 EXTOD professionals.

See full conference details in **Welsh and English flyers attached.**

### When?

Saturday 20/03/21 & 17/04/21 9am - 1pm

### Where?

Virtual conference, link to register on flyer

### Who?

96 available spaces for adults (18+ only) living with type 1 diabetes in Wales ONLY.

Delegates must be on multiple daily injections or insulin pumps who exercise regularly or are planning to start to train for a specific event.

**Exercising with Type 1 Diabetes  
2021 Virtual Event**  
20th March and 17th April • 09.00 – 13.00

**Calling all people with Type 1 diabetes who want to improve their exercise and nutrition**

Exercising for Type 1 Diabetes (EXTOD) have joined together with the All Wales Diabetes Implementation Group to offer an education programme focusing on exercise and diet for adults living with Type 1 diabetes in Wales.

**Who should attend?**  
Adults living with Type 1 diabetes who live in Wales and are on multiple daily injections or insulin pumps who exercise regularly or are planning to start to train for a specific event.

**Why should you attend?**

- Develop your knowledge
- Learn new ideas to put into practice
- Develop knowledge and tools to use on any activity/exercise in the future
- Access to online learning materials and videos

**This education programme will be delivered as two interactive online workshops on 20th March and 17th April 2021 as well as supporting materials and online videos.**

**Find out more and REGISTER NOW at**  
<http://extod.education>

\* Subject to attendance at the meeting and completion of the evaluation form  
This event is being managed by Red Hot Irons Limited. Red Hot Irons is limited company registered in Scotland and operating throughout the UK (Company Number SC 229685). VAT registration number: 751 2839 28. Registered office: Grubly, Warratock, Luskadee, DG11 3EY

## DIABETES AND EATING DISORDERS

On Thursday 25/03/21 2pm-3.30pm there will be an opportunity for clinicians from across Wales to meet informally to discuss clients within our services who have diabetes and an eating disorder. The purpose of this meeting is to offer each other support in undertaking this work, which can often be complex and challenging.

**More information and MS Teams link attached**



March 2021

## PRE-CONCEPTION PILOT NOW AVAILABLE ALL WALES



**FREE pre-conception advice and support available All Wales**

Do you have diabetes?

Would you like to have a baby?

For more information or advice by phone call, text or email  
**07870 873 903 | Alison.J.Ellis@wales.nhs.uk**

Alison Ellis, Diabetes specialist Nurse, began this AWDIG project in CAVUHB in 2020. Already hugely successful in improving care and supporting people living with diabetes through their journey of becoming pregnant, this project is now available All Wales.

Support is provided by Alison via phone calls, text messages or virtual chats to suit the individual. Please share and disseminate details of this project in your clinics, to your patients and diabetes colleagues. Contact Alison for more info.

**Flyer attached in Welsh & English**

## TYPE 1 DIABETES PEER REVIEW

The Peer Review programme is restarting virtually for type 1 diabetes services in Wales after delays due to COVID in 2020. Contact [lois.underwood@wales.nhs.uk](mailto:lois.underwood@wales.nhs.uk) for more info.

**Peer Review Timetable attached**

## CDEP LICENCE

CAMBRIDGE DIABETES EDUCATION PROGRAMME LICENCE RENEWED

How to register:

1. Access the website: [www.cdep.org.uk](http://www.cdep.org.uk)
2. Click on the link: SIGN IN/REGISTER
3. Under NEW CANDIDATE REGISTRATION enter your EMAIL address, and click CREATE ACCOUNT.
4. On the next registration page, choose a secure / memorable PASSWORD, then input the REGISTRATION KEY CODE: WALES

\*If this code is not entered, you will be automatically passed to CDEP's payment page. If this does occur, please contact CDEP for support.



# AWDIG WEBSITE

# COMING SOON!