

Welcome to the February 2008 MK Kids with Diabetes Newsletter.

2007 Fun Events

What an action-packed year! We ran many events thanks to kind donations of various organisations. Each event enabled:

- Children with diabetes to get to know others with the condition. A wide range of ages getting together.
- The combination of exercise and food . which have the potential to play havoc with blood sugars . so lots of ideas and mutual support.
- Opportunities for siblings to meet other siblings.
- Networking for parents to learn from each other . comparing the different treatment their children are on - from primitive one/two injections a day up to modern pumps, continuous monitors and carb counting.
- A chance for parents to work together to get the best out of schools and hospitals
- An opportunity to distribute literature and resources.

OK, so that's why we did these events. Here's what we did:



Thanks to a generous donation from Abbott Laboratories, we enjoyed two sessions . firstly a bowling session

at City Limits, Xscape. Then a month later a skating session at Planet Ice:

We had a swimming party at Middleton Pool, Newport Pagnell:



Late 2007, we ran two major events: a Tobogganing session at Xscape:



The Xmas party, Newport Pagnell:



These events were possible thanks to funding from the *Local Network Fund for Children and Young People* and *Milton Keynes Community Foundation*

Community Foundation

2008 What's to come

In February, Xscape are laying on a complimentary tobogganing session on 23 February.



On 1st March, MK Dons Vs Chester at MK Stadium:
Children with

diabetes free, parents/guardians £5 each and siblings £1.

In 11th March, in partnership with MK Hospital we are providing a cheese and wine evening with guest speakers covering the art of carb counting. This will be at the County Arms, Newport Road, New Bradwell.

On 19th April we are running another swimming party . me with Viking Boat inflatable and bouncy castle.

We have organised a trip to Drayton Manor Adventure Park For the 14 June £10 . Amusement park.

That's just family activities for the first half of the year. See the planner for the full list and put the dates in your diary so you don't get double booked! You are also most welcome to come to any of our monthly parents/committee meetings and also our Mums and Dads nights out.

If you are not already on our member list, please contact Dawn on 01908 630 433. Once you're on our list, we can keep you updated. Also check out our website, www.mkkidswithdiabetes.org which will be updated very soon.

Campaigning

All we ask is that your local hospital offers the full range of modern diabetes regimes such as pumps and continuous monitors to meet NICE Guidelines that have been in place since 2004.

We want all parents to try their best to learn to carb count. Once you learn it, it is hard to imagine how you managed diabetes without it.

We need more hospital staff. One full-time equivalent diabetes nurse is not enough.

We will continue to campaign for these improvements.