

Hot topics

It's really important to ask a member of our team if you have any questions about your diabetes.

Topics might include:

- Driving.
- Leaving home.
- Travel.
- Career choices.
- Finances.
- Sex, relationships and family planning.
- Body image.
- Tattoos and body piercings.
- Menstruation.
- Alcohol, smoking and drugs.
- Stress and anxiety.
- Exercise.

Useful online resources

- www.diabetes.org.uk
- www.bertie-streetwise.org.uk
- www.jdrf.org

Sharing your feedback

What do you think of the service, care and support we have provided you during transition? Please share your feedback with a member of our team – you can speak to us directly or complete our questionnaire in print or online: <http://bit.ly/2KIPeJF>

Contact us



0300 303 806

(Monday to Friday 9am to 5pm)



sc-tr.diabetescareforyouteamya@nhs.net

Email is checked daily during working hours and replies will be sent within 3-5 working days. Please do not email us in an emergency or if you are sick. Please seek advice from your GP or call 111 if your surgery is closed.



Follow us on Twitter: [@sct_diabetes](https://twitter.com/sct_diabetes)

Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:



Service Experience Team, Sussex Community NHS Foundation Trust, B Block, Brighton General Hospital, Elm Grove, Brighton BN2 3EW



01273 242292



sc-tr.serviceexperience@nhs.net



www.sussexcommunity.nhs.uk/pals

Please ask any member of the team caring for you if you need this information in large print, Braille, easy read, audio tape, email. Or if you need help with understanding this information or require this in a language that is not English.



Sussex Community
NHS Foundation Trust

Diabetes Care For You

Young Adult Diabetes Service

Empowering you to manage your diabetes around your life, not your life around your diabetes



Welcome to our young adult service from Diabetes Care for You

Our community diabetes service, Diabetes Care for You, provides a service for young adults aged 18-25 years who live in Brighton & Hove, and the High Weald, Lewes and Havens areas of East Sussex.

You may be in the process of moving over from your Paediatric Diabetes team (called transition), have just moved into the area, or you may have been recently diagnosed with diabetes.

There are likely to be many changes happening at this time of your life, such as leaving home, attending further education, starting work or travelling. These changes can impact on how you feel about and manage your diabetes. We are here to support you through these changes, and empower you to manage your diabetes in a way that suits you and your life choices.

Our team consists of consultant diabetologists, diabetes specialist nurses, diabetes dietitians and diabetes psychotherapists.

You can also be referred for podiatry and retinal screening.

We can plan to see you face to face in a clinic, or can keep in touch via text or email in-between appointments – let us know what suits you best.

However, please note that if you use an insulin pump or are pregnant, you will be cared for by your local hospital diabetes team and not Diabetes Care for You.

Clinics

We hold clinics at the following locations:



Moulsecoomb Health Centre

Hodshrove Lane
Brighton
BN2 4SE



Conway Court

Clarendon Road
Hove
BN3 3WR



Newhaven Rehabilitation Centre

Church Hill
Newhaven
BN9 9HH



Meads Medical Centre

Bell Farm Road
Uckfield
TN22 1BA



Crowborough Memorial Hospital

Southview Close
Crowborough
TN6 1HB

Top tips to manage your diabetes

- Learn how to manage your diabetes. Become skilled at testing and tracking your blood glucose, and adjusting your insulin.
- Ask and answer questions about your diabetes and how it's treated.
- Learn the names of your insulin types and other medications, why you need them, how much and how often.
- Meet with members of our team by yourself, with a friend, family member and/or carer. You can invite them in for the whole appointment or for part of it, whatever feels best for you.
- Keep track of hospital appointments and prescriptions.
- Keep in touch with your feelings. Managing change can be stressful at times. It can help to talk to someone you trust or you can keep a journal.
- Spend time thinking about what you want in the future. Set some short-term goals that will help you get there and give you confidence.
- Make healthy eating and physical activity a part of your daily life. We can help you with carbohydrate counting and insulin dose adjustments.
- Learn how illness affects you and what to do when you are unwell.
- Know your treatment targets for HbA1c, weight, blood pressure and cholesterol.