



The children's diabetes service

showing
we **care**

The diabetes service

Our team provides support to help you and your family understand and manage your child's condition.

We will explain your child's diagnosis and how diabetes will affect them. We will also teach you and your child how to manage their condition on a day-to-day basis.

Providing a link between your specialist centre – Evelina London Children's Hospital – your GP, local hospital, school nurse and any other healthcare professionals involved in your child's care.

Contacting the diabetes team

Diabetes team, email:

PaediatricDiabetesTeam@gstt.nhs.uk

Diabetes nurse specialists

General enquiries, **tel:** 020 7188 4617,
Monday to Friday, 9am-5pm

If we cannot answer your call, please leave a message (including your child's name, a contact number and your enquiry), and we will contact you as soon as possible.

If it is about an appointment, or you would like to speak to a specific member of the diabetes team, please contact the diabetes co-ordinator who can help you during working hours.

Diabetes co-ordinator

tel: 020 7188 7188, extension 53102

Diabetes consultants' secretary

tel: 020 7188 7188, extension 56129

Dietitian, tel: 020 7188 4614

Clinical psychologists, tel: 020 7188 4686

Evelina's appointments centre,

tel: 020 7188 4000

Clinics

Our clinics are in Ocean level at Evelina London. We offer face-to-face and/or virtual appointments.

Consultant diabetes clinics

- General clinic: 1st and 3rd Wednesday of every month (morning only on the 1st Wednesday, and morning and afternoon on the 3rd Wednesday)
- Transition clinic: second Thursday of every month (afternoon)
- Fourth Thursday of every month (afternoon)

Combined nurse/dietitian-led clinic

- 2nd, 4th and 5th Wednesday of every month (afternoon)

Annual Review clinic

- Every first, third and fifth Thursday of the month (afternoons)

Young Adult Diabetes clinic

- Every Monday afternoon in the Diabetes Centre at St Thomas' Hospital or in the Diabetes Centre at Guy's Hospital.

Out-of-hours contact

Please call the diabetes on-call telephone service.

1. Dial **020 7188 7188** for the Guy's and St Thomas's switchboard.
2. When the call connects, press '0' to go directly to an operator
3. Ask the operator for the **children's diabetes on-call clinician**.
4. The operator will ask you for your name and phone number and the clinician will call you back shortly.

In a medical emergency, please dial 999 for immediate help.

Further sources of information

The more you know about diabetes the easier it is to manage it well. These are useful resources where you can find out more about diabetes:

Recommended reading

'Type 1 diabetes in children, adolescents and young adults', by Dr Ragnar Hanas
ISBN 9781859591536

'Diabetes through the looking glass: seeing diabetes from your child's perspective', by Dr Rachel Besser
ISBN 9781859592090

'Carbs & Cals', a visual guide to carbohydrate and calorie counting for diabetics, by Chris Cheyette and Yello Balolia
ISBN 9780956443052

Phone app

Carbs & Cals: Diet & Diabetes (small charge)

Diabetes UK Family Support Group, offering help, support and advice for young people and families living with type 1 diabetes in Lewisham, Lambeth and Southwark.

web: <https://lslfamilysupportgroup.diabetesukgroup.org/>

email: DUKllands@gmail.com

Diabetes UK Careline, staffed by trained counsellors, for support and practical advice, Monday to Friday, 9am-5pm,

tel: 0845 120 2960,

web: www.diabetes.org.uk

email: careline@diabetes.org.uk

(You can also listen to recorded information about diabetes on this number 24 hours a day. Includes a translation service for more than 100 languages.)

Juvenile Diabetes Research Foundation

(JDRF), a charity researching and fundraising to find a cure for type 1 diabetes and its complications, **tel:** 020 7713 2030,

web: www.jdrf.org.uk , **email:** info@jdrf.org.uk

Disability Living Allowance (DLA)

Children with diabetes are entitled to claim this tax-free benefit.

Benefit enquiry line, **tel:** 0800 882200

Patient UK, for health information and advice,

web: www.patient.co.uk

DigiBete, run by Leeds Children's Hospital, hosts lots of educational videos to help you understand more about diabetes,
web: www.Digibete.org

Children with diabetes, an online community for children and adults with diabetes, and their families, **web:** www.childrenwithdiabetes.com

T1 resources, resources and peer support,
web: www.t1resources.uk/home/

Leaflet number: 2338/VER5

Date published: February 2021

Review date: February 2024

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A list of sources is available on request



Guy's and St Thomas'
NHS Foundation Trust