

# Diabetes

## Services for people in Cumbria



Happier | Healthier | Hopeful

**Early diagnosis, treatment and good control of diabetes are vital to reduce the risk of developing complications. Cumbria Diabetes helps people in Cumbria over the age of 16 years to control their diabetes and maintain good health.**

### Managing your condition

Complications arising from diabetes can affect eyes, heart, kidneys, nerves and feet. Your health professional will:

- guide you through the lifestyle changes you need to make
- work with you to help you achieve the level of control that you want
- help you maintain your health.

If you have complex needs, you may be referred to a diabetes specialist team.

### Cumbria Diabetes Service User Group

This is a group of people who live with diabetes or care for someone with diabetes. The group ensures that the Cumbria Diabetes service is influenced by the needs and views of people with diabetes and those who care for them. If you would like to tell us anything about the service you have received or would like to discuss any issues, please contact Wendy Forster on 079205 77479 or [wendy.forster@cumbria.nhs.uk](mailto:wendy.forster@cumbria.nhs.uk)

### Routine health checks

You should expect routine checks at least annually. To help you reach your targets, request a copy of your test results before your appointment with your health professional. This will help you jointly plan your care, explore ideas and concerns.

See [www.diabetes.org.uk](http://www.diabetes.org.uk) for 15 Essential Health Checks.

### Retinal screening

Retinal screening checks your eyes for signs of complications that diabetes may cause. The retinal screening service will be available in a location near your home. You should expect to receive an invitation annually to make an appointment. If you have not received an invitation, please contact the retinal screening call centre telephone number **0845 0500 109**.

### Find out more

**Diabetes UK** [www.diabetes.org.uk](http://www.diabetes.org.uk)

Guides for managing and living with diabetes

**NHS Choices** [www.nhs.uk/Conditions/Diabetes/](http://www.nhs.uk/Conditions/Diabetes/)

Find out about the different types of diabetes and how to manage them



## Confidentiality

**‘The Trust’s vision is to keep your information safe in our hands.’**

We promise to use your information fairly and legally, and in-line with local and national policies. You have a right to understand how your information is used and can request a copy of the information we hold about you at any time.

For further information contact the Information Governance Team on 01228 608998 or email [Information.Governance@cumbria.nhs.uk](mailto:Information.Governance@cumbria.nhs.uk)

## Contact us

This factsheet has been produced by the Diabetes Service. If you have any questions about diabetes, please speak to your health professional.

Carlisle and Penrith	<b>01228 814780</b>
Workington and Whitehaven	<b>01946 523002</b>
South Lakes and Furness	<b>01229 404445</b>

## Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: [PET@cumbria.nhs.uk](mailto:PET@cumbria.nhs.uk) Tel: **01228 602128** Freephone: **0800 633 5547**

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

**01228 603890**

E: [communications.helpdesk@cumbria.nhs.uk](mailto:communications.helpdesk@cumbria.nhs.uk)

Or write to Engagement and Communications  
Voreda House | Portland Place | Penrith | CA11 7QQ



**Happier | Healthier | Hopeful**

ID: SP002

Version: 2

Issue date: July 2017

Review date: July 2019

© 2016 Cumbria Partnership NHS Foundation Trust