



Referrals or contact to the Diabetes Transition Service can be made directly by:

Telephone: **01932 872000**

Extension **3633** or **6683**

Email: debra.lake@asph.nhs.uk

GP/Healthcare Professional referral letter to:

Diabetes Transition Service,
Oak Ward, St Peters Hospital,
Guildford Road, Chertsey Surrey KT16 0PZ

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email patient.advice@asph.nhs.uk. If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Debra Lake – Lead Nurse Diabetes Transition

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the text relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.
ने उद्युत उचनमे दी लैज वै डां बिचया बखे हिस नैबर उे डेन बवे: 01932 723553
اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر کم اس فون نمبر 01932 723553 پر رابطہ کریں
Se precisa de uma tradução por favor contacte: 01932 723553
আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553
यदि आपको अनुवाद की ज़रूरत है तो कृपया हम नंबर पर फोन करें: 01932 723553
Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Ashford Hospital
London Road
Ashford, Middlesex
TW15 3AA
Tel: **01784 884488**

St. Peter's Hospital,
Guildford Road
Chertsey, Surrey
KT16 0PZ.
Tel: **01932 872000**

Website: www.ashfordstpeters.nhs.uk

Diabetes Transition Service



Diabetes Transition Service

The Diabetes Transition Service supports children, young people and their families prepare for transfer from children's diabetes care to adult diabetes services.

This process is called 'transition' and it can start from around the age of 12 years and continue until transfer, usually when the young person reaches the age of 19 years. The service aims to integrate children's and adult services and provide support for young people until the age of 24 years to empower them to manage their diabetes successfully.

It is recognised children and young people with diabetes often need extra help and support to help them cope with their condition especially during this time.

All the usual changes are taking place that go along with growing up, puberty, changing schools, exams, starting college or university, decisions on what to do with their life and career. As well as finding a job, starting relationships, moving away from home, learning, to drive, and becoming more independent from parents to name but a few.

Having diabetes and transferring to adult diabetes services can make this a difficult and worrying time.

The Diabetes Transition Service aims to provide help, support and education to enable transition and transfer to adult services to be as straight forward and stress free as possible and keep young people engaged in diabetes care.

We provide information to help ensure young people achieve good diabetes control and reduce their risks of developing diabetes associated complications.

The Diabetes Transition Service provides all aspects of specialist diabetes care and support for young people with either Type 1 or Type 2 Diabetes including:

- Monthly Consultant Transition Clinics
- Weekly Diabetes Transition Nurse clinics
- Telephone and email follow up
- Diabetes Specialist Dietitian
- Clinical Psychology
- Out of clinic appointments
- Home visits
- Diabetes Transition Coordinator

- Education and Advice on Sexual Health, Pre-pregnancy, Smoking and Alcohol, Exercise and Weight Loss
- Staff Training and Education

We also work closely with education providers, local authorities, charities and support groups to support young people with diabetes with non clinical matters such as grants and benefits.

The Diabetes Transition Service is provided by:

Dr Sonali D'Cruz

Diabetes Consultant Paediatrician

Dr Helen Ward

Consultant Diabetologist

Dr Jacqueline Ince

Consultant Diabetologist

Debra Lake

Lead Diabetes Transition Nurse

Dr Caroline Dibnah

Clinical Psychologist

Emma Sweeney

Diabetes Specialist Dietitian

Sheryl O'Shea

Diabetes Transition Coordinator.