

# Diabetes Transition Service



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

[Asp-tr.generalpaeddiabetes@nhs.net](mailto:Asp-tr.generalpaeddiabetes@nhs.net)

GP/Healthcare Professional referral letter to:

Diabetes Transition Service,  
St Peter's 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 [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

Author: Jocelyn Hall

Version: 2 Published: June 2018 Review: May 2019



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.  
 ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 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 इस 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](http://www.ashfordstpeters.nhs.uk)



## 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 that 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
- Telephone and email follow up
- Diabetes Specialist Dietitian
- Clinical Psychology
- Out of clinic appointments
- Home visits
- 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

**Dr Caroline Dibnah**

Clinical Psychologist

**Emma Sweeney**

Diabetes Specialist Dietitian