

OVER TO THE KIDS

CARBOHYDRATES HOSPITAL HYPO

BLOOD GLUCOSE SUGAR

BM INJECTION INSULIN

PUMP LUZOZADE SNACKS

C A R B O H Y D R A T E S
 T F E C C Y U M P A C T K
 L M N V Q P I A M B I C I
 H G L U C O S E F B N O N
 A G M N B J P O L C S M J
 F U L O O L K W U I U S E
 S N B L O O D U C E L M C
 S R E C B I E X O K W U T
 N Z C E T H B F Z P N O I
 A A S A B N M J A P H I O
 C O G O F Y C V B T U O N
 K U T O I I O L E C T M P
 S I L A T I P S O H G D A

**Doctor Doctor
I feel like a
needle.**

Yes, I can see
your point!!

**Doctor Doctor
I've broke my
arm in two
places.**

Well don't go
back there
then!!

How do you feel about having Diabetes?

I'm used to it now; I've had it for so long?

Sometimes I get fed up of doing my
injections, but I know I need to do them.

It was a big shock at first, I thought I was
just unwell, but you adapt to your new way
of life. Now after a few years I can't
remember life without diabetes. I do
sometime get fed up when I can't just go
out, I've got to check that I've got all I need

**Doctor Doctor I
can't get to
sleep.**

Well lie on the
edge of this bed
and you'll soon
drop off!!



Welcome to our new look newsletter.

Please let us know what you think of our newsletter by leaving a message on our
guest book at www.ryda.org.uk. What would you like to see in the next newsletter?



Ryda was relaunched on 25th May with an evening at the Children's Clinic with special guests Dr El-Reftee, our diabetic nurse Sharron Gambles, Deputy Mayor Shaun Wright and his wife Deputy Mayoress Lisa Wright. A new web site www.ryda.org.uk was launched also, which gives details of our meeting dates, latest news, upcoming events, and a kid's page where they can log on and chat with other children with diabetes.

The Annual Diabetes UK Walk in the Park was held at Clifton Park on Sunday 13th June. We had a lovely morning catching up with others and managed to have a cupper before the rain came down! We also raised over £150. Well Done Everybody.

Meetings

We meet on the 3rd Monday of every month at the Fire station on Fitzwilliam Rd. 6.30-8pm. Come along and see what it's all about.

September 20th November 15th
October 18th

Up and Coming Events

JDFFF Walk to cure diabetes

Drayton Manor

Sunday 3rd October

Look on the Web site for more details www.ryda.org.uk

Family Fun Days

Rother Valley Park / Doncaster dome (if raining)

Wednesday 4th August. Meet 11am at cafe.

Cawthorne Maze Maize

Friday 27th August. Meet 11am at the car park.

Tips from our parents on.....

Carb Counting

Buy a small address book and alphabetically list the food your child eats, putting the carbs at the side of it.

Always weigh the food cooked and use the same serving spoon each time.

Buy scales that calculate carbs for you. There not cheap but worth it. Lloyd's chemists sometimes have

Coeliac Corner

Two of our members have children with coeliac and through the newsletter they will be sharing their experiences with us.

Coeliac Disease is an autoimmune disorder of the small intestine, which means you are unable to tolerate gluten such as wheat, rye, barley, malt and sometimes oats. Symptoms include foul smelling diarrhoea, distended stomach and wind. If diagnosed with coeliac a strict gluten free diet is needed for the rest of your life.

GLUTEN FREE YORKSHIRE PUDDINGS

Carbs per pudding 12.6

Ingredients

50g gram flour
50g rice flour
1 egg
7floz milk
2tbsp sunflower oil
Salt and black pepper

Preheat oven 230c/gas mark 8.

Place a small amount of oil in a bun tray and place in the oven

Put flour, egg, milk, pinch of salt and black pepper in food mixer and whizz.

Place in hot oil bun tray for 20 minutes until golden brown.

Taste lovely but they don't rise very much, so don't worry if they look a bit flat.