

Wow, it's nearly the end of 2014 and looking back, Youth With Diabetes (YWD) had a very successful and busy year. We hosted five weekend camps, two Day Camps, a national Youth Leadership Training Camp and our Annual Mother's Day 'elegant brunch'. YWD also contributed fun elements to the Annual CDE Postgraduate Forum in August this year where we asked delegates to not only design their own cupcakes, but also 'count the carbs'. This was to emphasise to health care professionals that youth living with diabetes are still able to make choices and control the amount of extra carbohydrates in their eating plans. In addition to all this, YWD also underwent a facelift in the form of new branding material to express our warm and colourful organisational philosophy better.

Youth With Diabetes Goes Camping

By Hester Davel, Diabetes Educator, **CDE**

In March, we headed off to Parys with our awesome teenagers from Johannesburg. We had great fun over the weekend participating in river rafting, lighting Chinese lanterns, and learning from one another in a fun, yet informative way. We are truly grateful to the moms from the Facebook group *Kids Powered By Insulin*, who donated funds for our bus snacks. Special appreciation goes to Lailah Martah who used these funds for a 'made with

love' lunch for each child. We were inspired by the new Accu-Chek® Health Coaching Programme to support patients in self-management and implemented a similar approach on this Camp. **Teens**

Johannesburg Camp



Moms Elegant Brunch



Stand at Forum

LIVING WITH DIABETES

had to plot their blood glucose values on the Accu-Chek 360° View Tool to identify their blood glucose trends in a personal and visual way. We coached and educated the campers on the variables responsible for hypo- and hyperglycaemia, including the type and timing of their insulin injections, food types, carbohydrate portions, exercise and 'chill' time. Campers soon started advising each other and came up with their own solutions to achieving better glycaemic control.



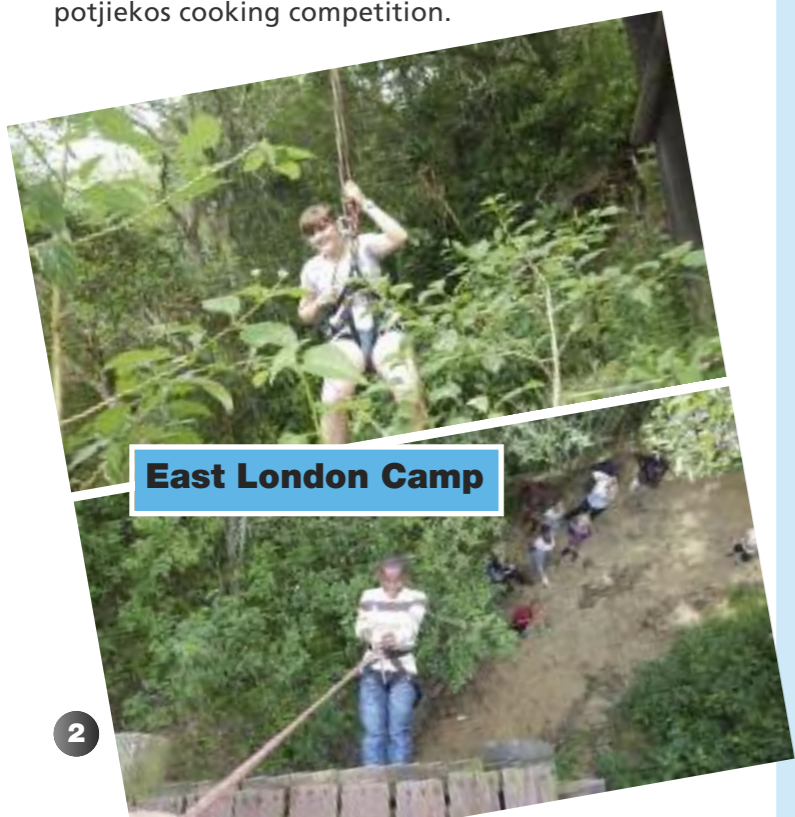
LIVING WITH DIABETES

Paediatric endocrinologist, Dr David Segal, who served as resident doctor on this Camp, had the following to say:

“The most amazing learning took place as teens gained insight into ‘their patterns’. Most importantly, they learned that “they controlled their blood glucose values through their choices”. To feel like they had some form of control over a condition that can seem so overwhelming was remarkable to them. Simple choices and behaviours like injecting before meals instead of afterwards, choosing smaller portions or exercising off extra carbs could have an immediate and dramatic effect on their blood glucose levels.

Camps offer teens and children the opportunity for peer-to-peer education in a non-confrontational and realistic setting. They offer opportunities for growth and campers leave feeling re-energized to tackle the daunting task of diabetes care”.

Dr Sean Murray and Sr Elmarie Greef also hosted their own diabetes camp in East London in March with the support from Port Rex Lions Club. Our next camp was in Cape Town together with Diabetes South Africa and Kerry Kalweit as Head Youth Leader. The young campers were entertained with a bird show, a snake show and even had a potjiekos cooking competition.



East London Camp



Bloemfontein Camp

In April, we were delighted to work with Dr Ute Hallbauer and her team in Bloemfontein. The registrars and doctors from her clinic worked extremely hard over the weekend to make sure all the kids had a fantastic camp.

Dr Ute had the following to say:

“The theme for the weekend was ‘Superheroes’ – kids with diabetes are heroes when they live a successful life and control their diabetes. The camp was run under the auspices of the Department of Paediatrics and Child Health and the Department of Dietetics of the University of the Free State. Youth with Diabetes, assisted by private donations from Bloemfontein sponsored the costs of the camp. Children from the ages of 9 to 13 years who receive their diabetes care in the public, private or military sector in the Free State were invited to attend. On Friday afternoon, 27 young people, together with two ‘home-grown’ leaders and 4 potential future leaders from the Free State, departed for ‘Sandstone Sleeper Estate’ near Glen. It was a weekend for meeting others with diabetes, making new friends, learning how to live with diabetes and being treated to a special fun-filled time, including a free sunset boat ride on the Renoster River thanks to the staff at Sandstone Sleeper Estate.

The 4th year dietetics students planned and prepared the camp food. They introduced each meal by explaining the carbohydrate content and assisting children to make food choices, considering their pre-meal glucose reading and their planned activities after the meal. After many ball games and much laughter, we enjoyed the farewell Sunday lunch at the Department of Dietetics and went back home feeling a bit smarter and more hopeful about diabetes”.



This year we also initiated our first Family Day Camp in Secunda, with the help of Sasolmed. Local pharmacist and diabetes educator, Jeannie Berg recruited families from around the area and YWD facilitated the day. Both siblings and parents of youth with diabetes were invited. While the kids learned about diabetes and learned how to manage their condition through art therapy and other ‘hands-on’ activities, their parents shared their emotional journey with diabetes and shared how they cope with the daily challenges of parenting a child with diabetes. This group coaching session highlighted parents’ desperate need to share and learn from their peers.



Secunda Camp



Diabetes Educator, Sr Razana Allie recently hosted a similar event at the Chris Hani Baragwanath Hospital. Education and fun was the theme of the day. Caregivers were given a much needed and appreciated opportunity to share their experiences, supported by Sr Sheila and the Social Work and Psychiatric Departments of the hospital. Dr Parbhoo, the Clinic Head, awarded each child a medal for their attendance and participation on the day.



Baragwanath Camp



These stories illustrate how YWD is making its vision become a reality in the hearts of every young person with diabetes. Camps provide the platform for children to learn about their diabetes in a creative, fun and informative way. We deal with emotions, acceptance and denial. Living with diabetes is not easy on our children, who often become targets for bullying and misconceptions at school. YWD camps empower children living with diabetes to cope with such situations.

We still have four camps left for this year, including the Joburg Kids Camp, Port Elizabeth, the Cape Town Teen Camp and our first Camp in Nelspruit. We would like to thank every one of our generous sponsors for making this possible, including the pharmaceutical and diagnostic companies, corporate contributors, CDE doctors and individual donors. We are also very happy to be able to add the National Lottery Distribution Trust Fund to our list of sponsors. A special word of thanks must also go to everybody at



Namibia Camp



CDE Houghton for their support of YWD - you stand 100 % behind us. Our continued success in serving young people with diabetes would not have possible if it were not for the support and encouragement we receive from all of you.

For more information on Youth with Diabetes or to make a donation to support the work of YWD, please visit the YWD website, www.youthwithdiabetes.com, the Facebook Group, Youth With Diabetes or YWD/Twitter.



George Camp

