



Department of Diabetes
St Helens Hospital
Marshall Cross Road
St Helens
WA9 3DA

01744646200

www.MerseyWestLancs.nhs.uk

Young Adult Diabetes Clinic

Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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Who do we look after?

Young adults between the ages of 18 and 25 who have a diagnosis of diabetes mellitus (if pregnant you will be seen in our antenatal service).

Where are we based?

The Diabetes Centre in St Helens hospital on Marshalls Cross road on the ground floor in the Orange zone.

Who are we?

Dr Tala Balafshan: Consultant Diabetes & Endocrinology

Dr Heather Sullivan: Speciality Doctor Diabetes & Endocrinology

Suzanne Keigan: Diabetes Specialist nurse

Ifeoluwa Oyedeji: Advanced Diabetes Dietitian

Amanda Wilson: Diabetes Health Care Assistant

Thea McCarten: Secretary to Diabetes and Endocrinology

What clinics do we do?

Your first clinic with us will always be a new patient consultant clinic and Specialist nurse clinic in the same day, following clinics may be with a Consultant, speciality doctor, Specialist nurse or dietitian. We will aim to see you every 4-6 months.

We have close links with clinical psychology and open access to refer through for psychology sessions.

We run education sessions for Type 2 diabetes and carbohydrate counting, if this is something of interest, please let us know.

How do you find out about appointments?

We will always send out appointment letters in advance for your appointment, we may also contact you via text, telephone, or e-mail.

How do you contact us?

- **Advice Line:** 01744 646200, option 2, leave a message for Suzanne with your name, date of birth and phone number, someone will usually get back to you within 3 working days.
- **Secretary phone number:** Thea can be contacted on 01744 646502 for queries about appointments
- **E-mail:** young.adulthooddiabetes@sthk.nhs.uk (e-mails may not always be read immediately and you may have to wait for a response)
- **Emergency line:** available 8am-10pm Monday to Friday and 8am-4pm Saturday and Sunday: 01744 646200, option 5. (For emergencies outside this time contact your GP or attend A&E)

Take away message

Between the ages of 18 and 25 there are a lot of big changes in a someone's life, these can be difficult and having to manage living with diabetes as well can add a whole extra level of challenges.

We are a friendly and approachable team, we want to help to support you to live with your diabetes while you are with us but also to help prepare you for your move into adult health care services in the best way we can.

We are always happy to receive feedback if you feel there are things we can do to improve how we support you and other young adults with diabetes.