

August 2025



Upcoming Events

There is no Group meeting in August, but there is lots happening in the Autumn so put the dates in your diary:

Thurs 18 September: [Diabetes and mouth health](#)

Thurs 16 October: [Flavour of the Month](#), with specialist diabetes dietitians

Thurs 20 November: [OCEANIC research project](#) into nerve damage

(all at Norfolk Chambers, 11 Norfolk Row from 7 pm, and online)



Connection Café

The Final Sheffield Type 2 Diabetes Connection Café takes place on **Tuesday 2 September, 10 am to 12 noon** at the **Wilson Carlile Centre, 50 Cavendish Street, S3 7RZ**

This is part of ongoing work to find new ways of placing people living with Type 2 Diabetes at the heart of support and services. The first part of the session will highlight some of the work taking place across the city. The second half will be a relaxed, informal networking space. Food and drinks will be provided. Booking is essential to secure a spot, as we have space for 30 people.

For full details and to book your place visit: [Sheffield Type 2 Diabetes Connection Cafe - Final Tickets, Tue 2 Sep 2025 at 10:00 | Eventbrite](#)

Or phone: 07838 207209

All Party Parliamentary Group Visit to Sheffield

Wednesday 20th August 2025, 11:30 - 15:30 – Medical Education Centre, Northern General Hospital with Dr Clare Hambling, NHS England

See details on back page

Diabetes and Hope event

Saturday 8 November, Sheffield City Centre

Research : Could you help ?

Do you have Type 2 Diabetes and experience anxiety or depression?

Researchers at the University of Sheffield would like to speak to adults (aged 18 or over) with Type 2 Diabetes who also experience anxiety or depression :

We want to learn more about how people with Type 2 Diabetes and depression/anxiety use digital technologies (such as apps, special websites, and wearable devices) to manage their conditions. We also want to learn from people with these conditions who have not used digital health technologies.

Taking part involves a 30–60-minute interview with a researcher, by :

- online video meeting
- telephone
- email
- paper questionnaire
- face-to-face (in some locations)



You can choose which method you prefer.



The researcher will ask about your opinions and experiences of using any digital technologies to manage Type 2 Diabetes, depression, or anxiety, and also about any barriers and challenges to using these technologies.

Every eligible participant will receive an online Love2Shop voucher to the value of £25 to compensate for their time.

For more information about the study and how to take part, please email Dr Suzanne Duffin (s.duffin@sheffield.ac.uk) or ring 0114 226335.

Website: <https://sites.google.com/sheffield.ac.uk/digital-technologies-t2d/home>



Stigma and Diabetes

A research student at the University of Derby is also appealing for help:

We invite people living with Type 2 Diabetes to take part in a short, anonymous survey that explores how stigma and quality of life affect management of Type 2 Diabetes. The survey takes around 10 minutes to complete and aims to help improve support and reduce stigma. Your participation would be greatly appreciated!

For full details and to take part visit: [Qualtrics Survey | Qualtrics Experience Management](#)

Diabetes UK has been running a campaign to end diabetes stigma and discrimination.

Visit: [What are we doing to tackle stigma, and what's next? | Diabetes UK](#)





Sheffield Diabetes UK Group is a Healthwatch Hero

We're delighted that Sheffield Diabetes UK Group has been selected as a Healthwatch Hero. We collected the award, presented by the Lord Mayor at the Community Voices Brunch event on 2 July.

HealthWatch Sheffield says: *This award recognises individuals and organisations who go above and beyond to support people in Sheffield to have their voices heard and influence the health and social care services that affect their lives. Your work has made a real difference, and we want to celebrate that with you.*

New Characters with Diabetes



There is now a Barbie doll with Type 1 diabetes. She wears a continuous glucose monitor to manage her blood sugars and carries a bag to hold all her essential supplies.

The new Barbie has been designed in partnership with the global type 1 diabetes not-for-profit [Breakthrough T1D](#).



There is also a new Marvel superhero called Omnya with T1D. When her glucose levels are in range she can take on anything or anyone.

These characters enable children to see themselves represented and help young people realise they can live a full life with Type 1 diabetes. They help to normalise the condition and reduce stigma.



Welcoming Cultures Celebration

In June a group of volunteers from Sheffield Diabetes UK Group attended the Welcoming Cultures event at the Millenium Galleries. They had a great time as well as being able to raise awareness about diabetes and the work of our local Group.

Some of our volunteers also had a really lovely time at the Firth Park Mela which was part of Sheffield's South Asian Awareness Month.

We love to get out and about in the local community and always welcome volunteers to come along with us. Do contact us if you can help in any way (see Contacts on back page)

Research News

The July meeting of Sheffield Diabetes UK group had speakers on research projects.

Prof Simon Heller (National Health Research Lead in, Professor of and Consultant in Diabetes) talked about the projects that Sheffield Teaching Hospitals are working on:

CLEAR - Closed Loop and Education For Hypoglycaemia Awareness Restoration. This is aimed at restoring a persons awareness of hypoglycaemia. The development of educational courses such as MyHypoCOMPASS and HARPdoc have been shown to be effective in restoring awareness. Volunteers are wanted for these projects.

SOPHIST (One-Stop sCrEening ANd Intensified Care) RCT. The project is looking at the use of sotagliflozin for use in people with T1D.

SMILE: looking at how semaglutide (Ozempic) in combination with existing treatments can improve glycaemic control in children and young people with T1D.

For additional information contact Simon Heller: s.heller@nhs.net

The second speaker was **Dr Ning Ma** (Joint Lecturer in Medical Computing, STH) with colleague Oliver Walmsley University of Sheffield). Dr Ma spoke about the use and development of "Voice Analysis For Non Invasive Diabetes Glucose Monitoring". This project is called "**Glucovox**". Details are on the [News](#) page of the Sheffield DUK website.

Professor Heller then spoke about research projects involving nerve damage in diabetes:

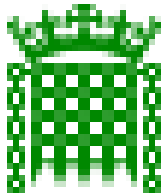
OCEANIC (One-stop sCrEening ANd Intensified Care). This project aims to stop or reverse nerve damage in people with T2D. Further information available from Dr Shann Goonoo. Email: m.goonoo@nhs.net

MiFoot. A project aimed at improving cardiovascular outcomes in adults with T2D from current or previous foot ulcers. For additional information contact: lisa.keogh@nhs.net.

REIMAGINE, a project aimed at investigating does CagriSema (combination of cagrilintide and semaglutide) reduce pain from diabetic nerve damage as well helping weight loss and lower blood sugar levels compared to a placebo. Additional information from Dr Shann Goonoo : m.goonoo@nhs.net

Prof Heller's next topic was the increase in **Type 2 Diabetes in youth**. He explained that there has been a national and global rise in T2D over the last 20 years. This is due to several factors such as lifestyle. The long term effects are hypertension, kidney disease, nerve disease etc. The NHS has a screening and treatment care model for under four headings: primary care screening, multi-disciplinary diabetes clinic, lifestyle management, pharmacological/surgical therapies. Complications arise rapidly. Intervention on lifestyle change can be ineffective in areas of social deprivation.. More studies are needed to further test the effectiveness of GLP-1 analogues and SGLT-2 inhibitors. Trials in adults offer real prospects.

Finally, **Dr. Debasish Kar** spoke about how young-onset diabetes poses a greater risk of end stage kidney disease (ESDK) than heart attacks or a stroke. The rise in T2D has impacted NHS expenditure. Trends look set to continue unless we see bold action to ensure the building blocks of health are in place for every child.



Petition on testing for diabetes in young children

A few weeks ago John Story and his family tragically lost their two-year-old daughter, Lyla, through undiagnosed Type 1 Diabetes (T1D). A GP diagnosed her as having tonsillitis. This should never happen as diagnosis of T1D is relatively simple, quick, cheap and readily available in every GP surgery, ambulance and hospital in the UK. A petition has been set up to ask for funding a mandatory offer of testing for Type 1 Diabetes in babies, toddlers, and young children as a routine part of medical assessments at the point of care.

You can sign here:

[Funding so all infants are offered Type 1 Diabetes Testing in routine care - Petitions](https://petition.parliament.uk/petitions/728677)

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Potential cure for Type 1 Diabetes

A study presented to the American Diabetes Association by Vertex in June reported that stem cell islet transplants provided the first ever sustained insulin production in a group of people with Type 1 diabetes. 12 participants in a clinical trial who received full doses of the therapy called zimislecel (VX-880) no longer needed daily insulin doses after one year. 10 participants saw significantly improved glucose levels and 2 others showed signs of insulin production but still required some insulin. Before receiving the treatment, all had hypoglycemia unawareness and experienced multiple severe low blood sugar events. After treatment, none of these events were reported. Though early, the results represent a potential breakthrough toward a functional cure.

More details : [Vertex Releases New Data on Potential Cure for Type 1 Diabetes](#)

New weight loss drug

Clinical trials have been taking place on a new weight loss drug, CagriSema, a once-weekly injection of semaglutide (known by its brand name Ozempic for diabetes and Wegovy for weight management) and cagrilintide. Significant improvements have been seen in HbA1C, weight loss, and time in range, marking it as a promising new type 2 diabetes and weight management treatment. A study with adults with type 2 diabetes and overweight or obese showed that after 68 weeks, CagriSema led to weight loss of almost 16% – experts say the highest yet in the type 2 population, compared to other weight management drugs. Roughly 30% of participants achieved their weight loss target of 20% or more. The drug is still in the research phase and further trials are planned, but results to date are promising.

[New Weight Loss Drug CagriSema Shows Impressive Results in Clinical Trials](#)



The All-Party Parliamentary Group for Diabetes is a group of Members of Parliament and Peers with a special interest in the issue of diabetes. In May Professor Solomon Tesfaye gave a presentation to the Group about diabetes research and they are now due to visit Sheffield with Dr Clare Hambling, the NHS England Lead for Diabetes and Obesity.

The visit is on **Wednesday 20th August 2025, 11:30 - 15:30 at the Medical Education Centre, Northern General Hospital**

The special guests will be welcomed by Prof Tesfaye and then there will be a series of short presentations with speakers, including health care professionals covering various aspects of diabetes care.

Sheffield Diabetes Uk Group has been invited to have a stand on the day to showcase our work. Anyone with an interest in diabetes is welcome to attend .

Diabetes UK's Response to Government's 10 year Health Plan

The government recently published its 10 Year Health Plan, setting out its ambition to rebuild the NHS and bring care closer to home. Diabetes UK has launched it's own 10 year vision calling for bold action to ensure everyone receives the best possible care to live well with diabetes, prevent serious complications and tackle inequity in access to services and health outcomes.

Details: [Our response to the government's 10 Year Health Plan | Diabetes UK](#)

If you are not already on our mailing list and would like to receive this NewsBrief every month please contact us. Also, if you know anyone else who would like to be added to the list please let us know (see Contacts below).

You can choose to receive regular updates straight to your Inbox via email, or you can have the News posted out to you.



We also have a Facebook Group where we share news about events, items of interest etc. You are welcome to join this :

[Sheffield Diabetes UK Support Group \(2021 onwards\) | Groups | Facebook](#)

Contacts for Diabetes UK Sheffield Group

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