

December 2012



Well we blinked and missed it and Xmas is upon us again. The next 2 weeks are always among the worse in the year if you suffer from an eating disorder OR type 1 diabetes, combining the 2 can make for World War 3; Junk food at every turn, mountainous plates of food and well meaning relatives telling you to eat OR not to eat. DWED brings you a survival guide full of tips to get through the festive season unscathed. And if you are still looking for Christmas presents or even something to treat yourself with then we have (finally) opened our shop. You can buy Jewellery, (I love my Sian's army Necklace) clothes, funny stuff for the other Diabetics in your life or something to distract yourself with courtesy of Lou's beautiful and wonderfully subversive cross stitch patterns so get spending, all profits to DWED of course! So as always, let's get through this together, the boards are busier than ever and we have lots of new members to help share the load. Use us! That's what we're here for!



Main News: By Jacq

So we have finally bitten the bullet and done some press!!! This month I appeared on BBC Wales discussing diabulimia, unfortunately some of my worst fears about engaging the media came true. While the live interview went well, it was then cut up, rehashed and put on the BBC News Website...

On the front page. Diabetes UK had a representative on before me and he called for more education, stating that essentially this is why people don't take their insulin. I fully understand that Diabetes UK have their agenda as we have ours and mostly they have been extremely supportive of us. However, the segment was supposed to be about Diabulimia. I did not miss my insulin out of ignorance. I and everyone here at DWED completely disagree with this stance. We know that diabulimia is a complex mental health issue and saying that diabulimics don't know enough about diabetes is the same as saying anorexics don't know enough about calories. So, to my dismay, my comments were rehashed in an audio clip, saying I was 'calling for more education'. Oh and they spelt my name wrong..... and didn't even mention the name of the charity... or the website address. As we go to press however I will be appearing on Woman's Hour on BBC 4 with DWED volunteer Tayler Remi Hackett, this time we have taken advice, and hopefully our point will not be manipulated.

Memorial

We will be getting together to celebrate the lives of our friends, colleagues and family who are so sorely missed on Saturday the 23rd of February. We will be running a programme through the afternoon followed by drinks and food. There is no religious denomination and the day will be casual, however if you would like to add a religious segment such as a prayer etc. to the programme then you are welcome to. If you have something that you would like to add to the programme, whether it's a poem, a song, or you just fancy making us laugh with some good stories then we need submissions by the 30th of January. We will be updating you further, suggesting what hotels you might want to stay in if you want to stay the night, and confirming the venue soon (likely to be Dirty Dicks, Liverpool Street, London, where we had our first fundraiser) so if you want to be included please send us a message on Facebook or email info@dwed.org.uk and we will keep you informed. I hope to see as many of you there as possible as I think this will be a really special day.

www.dwed.org.uk

www.diabeticswitheatingdisorders.org.uk

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DWED Shops: FINALLY THE WAIT IS OVER!

Yes we know that it's probably too late for Christmas shopping but much like Type 1 Diabetes, DWED is for life not just for Christmas! and we have a whole host of products to brighten your life from cross-stitch designs from Lou, to DWED Hoodies all of which can be found on our website: [http:// www.dwed.org.uk/Donate/DWED-Shop/](http://www.dwed.org.uk/Donate/DWED-Shop/)

DWED Merchandising:

You can now get all manner of stuff with the DWED logo on it all through Spreadshirt. We also thought we'd throw in some irony by creating DWED Aprons and Waterbottles. Here is DWED director Jacq out an about in the DWED Rainbow Heart Logo Boatneck Top

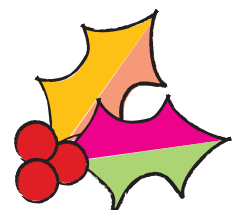


And here are just a few of our other products



Winsulin

Also because here at DWED we love a good laugh we have produced a range of products under our new 'winsulin' shop. Why not treat yourself or the favourite diabetic in your life. I have a 'Don't blame it on the sunshine, don't blame it on the moonlight, don't blame it on the good times, blame it on blood sugar' hoodie arriving soon and I can't wait!



ETSY Cross stitch:

Because here at DWED we highly advocate distraction (especially that of a creative type) and we are lucky to have our very own creative genius, Louisa has put together these wonderfully subversive cross stitch designs, all you need to do is choose which one you like and we will send you a PDF with grid and full instructions.

Fingertips of
STEEL

Neuropathy:
when good nerves go bad

Divabetic

Yes 🍰
I can eat that!

DWED Jewellery by Tatty Boni:

DWED is absolutely over the moon with how these came out, I was so taken aback by how much Sian would have loved her 'Sian's Army' Scroll Hearts that I welled up. Already these have been selling like hotcakes so get yours ASAP before they all get snapped up. And to give you an idea of perspective,



So Get buying buying buying and PLEASE let us know what you think by leaving us a message on our facebook page, even better take a picture of you in your new gear or if you finish a cross stitch.

Tatty Bon

We were so impressed with the Jewellery that was handmade and customised for us that we thought we'd show you a little selection of other pieces. You can find Tatty bon on

Facebook: <http://www.facebook.com/Tattybon>

Etsy:<http://www.etsy.com/shop/TattyBon>

Website: <http://bon.co.uk>



DWED Christmas card Exchange 2012



Thank you so much to everyone who participated in the DWED Xmas card exchange! We hope that you enjoyed it and we look forward to running it again next year

Christmas Survival tips

Make sure you take time to yourself to relax!

Remember it is just one day...its really easy to get caught up in it all but like any other day we just take it one day at a time...

Use the boards, lets all get through this together

Try not to focus so much on the food if you possibly can.

Treat it like any other day in regards to food and insulin - remember everything's still the same in that respect. Give yourself the chance to really enjoy your day :)

Distract yourself by spending time with family, watching christmas tv, calling friends, opening presents! Think of the Christmas meal as any other meal and take it as it comes. It's a day to enjoy not obsess, everyone deserves that.

It's the season of goodwill to all (that includes yourself), so cut yourself some slack, be less self-critical, give yourself credit for the things you achieve, believe in yourself!

REMEMBER it is just a couple of days really.. try and have control as tight as possible beforehand. Maybe go for a lovely long walk sometime during the day, we all know how a good walk clears the head and helps with blood sugars...

Remember a New Year is just around the corner too bringing a fresh start.

Fundraising Page

Just because
it's XMAS....

or....

because the lady
looooves chocolate



Wish Upon a chocolate star

The fantastic DWED volunteer Lucy Travers has given herself a near impossible task. Particularly at this time of the year: I am giving up chocolate for December to help raise both awareness and money for the charity Diabetes With Eating Disorders (DWED).

After battling with an eating disorder and ED-DMT1 when I was a teenager, I want to do what I can to help those now struggling. I have been in recovery for 5 1/2 years, but the consequences of my illness were catastrophic. Too many people are suffering with this and not gaining the help and support they need, which can be, and has been, fatal.

My DWED girls are my life. I have discovered the true meaning of friendship and simply having the organisation in my life has helped me leaps and bounds in my own personal progress.

Anything you can do to support this will mean the world to me.

<http://www.justgiving.com/wishuponachocolatestar>

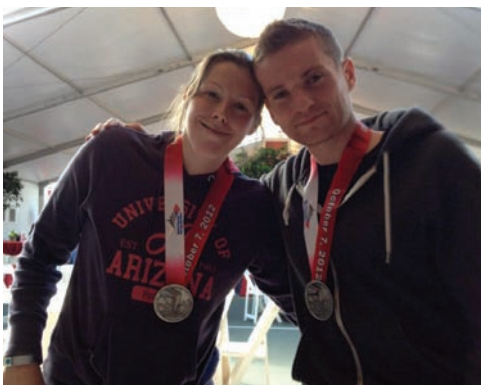
Get on Yer BIKE!!

D – Mum supreme Angela Alison has been back on her bike raising money for her organisation Diabetes Power. As well as fiercely representing us T1s, as a long term supporter Angela donates 10% of all her fundraising to DWED so we'd just like to say a massive thanks to you again Angela, you are a STAR.

And it's not too late to donate!

<http://www.justgiving.com/DiabetesPowerCycleRide>

And if you are the parent of a Type 1 Check out the latest news from www.diabetespower.org.uk



'Just Doing It' for DWED 



WELL DONE FRY!!! We would like to say a huge congratulations and thanks to Kathryn who successfully completed the Chicago marathon and raised £700 for DWED. We are so proud of your dedication and achievement. You are a wonder woman!!!

Fundraising round up

The last couple of months have seen some fantastic achievements for DWED. Our shoes for Sian campaign was a monumental success and really surpassed our wildest dreams.

As you will be aware from the last newsletter we wanted to mark the anniversary of Sian's death with something we knew she would love, and so Shoes for Sian was born. An opportunity for us to don our favourite high heels and show them off in Loving memory of our dear friend. We wanted to make this a fundraising event and asked you all to dig deep for DWED and as always you really did deliver! We launched the campaign the week before the 27th September and the donations started straight away. By the time the 27th came round we already had over £400 in donations – the support was amazing. But by the end of the day we had a total we could only dream of, we had raised over £1000! Even when I say this now I can believe it and at the last count the number was even bigger – a grand total of:

£1342.50

I want to say a massive thank you to all of you for getting involved...for donating your well earned cash and for donning your best heels. I know we say it a lot but Sian would be so proud of what we have achieved together in the last few months. Thank you again.

We had some lovely messages left in Sian's memory during the week as well and I just wanted to share a few with you:

"Sian's grace and kindness transcends countries, crossed oceans and defies borders. She will live in our hearts forever!" Erin

"Still Rockin the world" Louisa Hawken

"This is nothing for what you gave to me. But it's just a little something. Miss you and Love you always Sianny Banany" Lucy Travers

"Sian saved my best friends life. I have so much to thank her for. I can see she touched so many people's hearts" Lottie Moore

There were so many messages like these it's impossible to show them all. It shows how much everybody loved (and still does) this amazing woman.

So what next? As some of you will probably have seen we have set up a Shoes for Sian page on facebook that will remain open throughout the year. We want to see your pictures, your high heels on show and we want you to share you fundraising ideas for next years event. We want to make it even bigger next year, I'm working on some ideas as well but if you have some thoughts please get sharing, together we can make it a huge success again. Please join our group: **www.facebook.com/shoesforsian**

Aside from Shoes for Sian our fundraising packs will shortly be available to download from the DWED website, these have taken us slightly longer than anticipated so apologies for the delay. As mentioned before if you are interested in doing any fundraising in the mean time drop me an email vikki@dwed.org.uk

Christmas is fast approaching – I hope you are all starting to get in the festive spirit like we are!!

Remember you can still set up a monthly direct debit donation to DWED, we recommend £3 a month to help us towards our ultimate goal of getting DWED fully functional with an office and a Full Time member of staff, but any amount will be a massive help. Setting up you donation is quick, simple and secure with several options on how to do it:

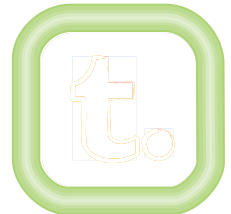
1. Via our Facebook page: www.facebook.com/diabeticswithheatingdisorders click on the 'make a small monthly donation' icon at the top of the page
2. Through our Just Giving account: www.justgiving.com/diabeteswed
3. Or by using the links on the DWED homepage www.dwed.org.uk



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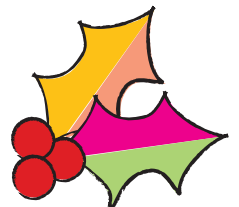
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YouTube





www.dwed.org.uk

Type 1 Diabetes and ED-DMT1

Deliberate insulin omission/manipulation and disordered eating

Small words... BIG PROBLEM

Signs and Symptoms

- High HbA1c
- Frequent hospitalisations for DKA/Hyperglycaemia/Hypoglycaemia
- Lack of BS testing/reluctance to test
- Assigning moral qualities to food (good for sugars/bad for sugars)
- Loss of appetite/eating more and losing weight
- Severe fluctuations in weight
- Injecting in private/insisting on injecting out of view
- Fear of injecting/extreme distress at injecting
- Avoidance of diabetes related health appointments
- Anxiety/distress over being weighed at appointments
- A fundamental belief that insulin makes you fat
- Frequent requests to switch meal plans
- Frequent trips to the toilet
- Frequent episodes of thrush/urine infections
- Nausea and stomach cramps
- Drinking an abnormal amount of fluids
- Dental problems
- Early onset diabetic complications
- Delay in puberty or sexual maturation
- Irregular menses/amenorrhea
- Co-occurrence of depression/anxiety/borderline personality disorder

