

Berkshire Healthcare patients awarded prestigious diabetes medal by Theresa May

This Diabetes Awareness Week (12-18 June), Berkshire Healthcare is celebrating a group of people with type 1 diabetes who have received a commemorative medal presented by Theresa May MP on behalf of Diabetes UK.

The 12 recipients, who have all been receiving care from Berkshire Healthcare's Diabetes Specialist Service, were awarded the Alan Nabarro medal in recognition of managing their condition for over 50 years, at a special presentation ceremony at King Edward VII Hospital in Windsor.

The medal is awarded to people who have lived with diabetes for 50 years recognising the courage and perseverance of those living with the condition. Many of those receiving medals at the event have lived with diabetes for even longer, including Celia Russell (pictured), who has been living with diabetes for 75 years.

Mrs May gave a brief talk at the event about her own experience of being diagnosed with type 1 diabetes and spoke optimistically about recent research into the condition.

To the award recipients she said: *"The message your presence is giving, is that this is not something that stops your life, you can carry on, you can do anything you want in life. I'm really pleased that we're recognising people who have shown the way, and will continue to show the way, to others who are diagnosed with diabetes"*.

Dr Emma Bingham, Lead Diabetes Consultant at Berkshire Healthcare, said:

"We are proud to help treat this group of inspirational people, who demonstrate that it is possible to live active, healthy and successful lives with diabetes. However, we are aware that it still takes a lot of effort for each person, requiring support from families and carers every day, so it's a real privilege to be able to celebrate with our patients and their families, this fantastic achievement of living 50 years or more with diabetes".

At the event, attendees were able to view a display of diabetes memorabilia from over the years, featuring old urine sample testing kits, injection kits and information booklets, charting how the equipment has evolved over the decades, to the more modern treatment used today.

In addition to those presented with the medal in the ceremony, a further 16 people with type 1 diabetes who have been receiving care from the Diabetes Specialist Service, but were unable to attend, will also be receiving awards.

*** ENDS ***

Notes to editors

1. **About Berkshire Healthcare NHS Foundation Trust** Berkshire Healthcare NHS Foundation Trust provides specialist mental health and community health services to a population of around 900,000 within Berkshire. We operate from more than 100 sites across the county but the vast majority of the people we care for are supported in their own homes. We have 216 mental health inpatient beds and 180 community hospital beds in five locations. Visit www.berkshirehealthcare.nhs.uk
2. The Trust is rated by the **CQC as Outstanding**.
3. **Follow Berkshire Healthcare** on Twitter @BHFT, Facebook www.facebook.com/berkshirehealthcare and on Instagram @berkshealthnhs

The Alan Nabarro Medal

The medal is named after Alan Nabarro who waged a lifelong battle against discrimination against people with diabetes. In 1968 he was awarded the OBE for his work with young people in London.

About diabetes

Diabetes is a condition that causes your blood glucose level to become too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective. Or, when your body can't produce any insulin at all.

Diabetes UK estimates that more than 4.3 million people in the UK are living with Type 1 or Type 2 diabetes and a further 850,000 people could be living with diabetes who are yet to be diagnosed.

Photos

1. Celia Russell and Theresa May MP



2. The group of award recipients with Theresa May



3. The Diabetes Specialist Service team with Theresa May



4. Close-up of the Alan Nabarro Medal

