

Welcome to seeping newsletter. Feel free to distribute this newsletter and encourage more nurses to join and benefit from this relevant and vital source of support. This newsletter is produced entirely by seeping committee on a volunteer basis.

Inside this issue:

Soapbox

Diabetes

AGM

Asthma

Summer Trip

Seeping News



NICE support the use of HCL systems for:

Adults with type 1 diabetes who meet specific criteria
eg HbA1c $\geq$ 58 mmol/mol or disabling hypoglycaemia despite optimal management

Children and young people with type 1 diabetes

Pregnant women with type 1 diabetes



Emma and Drew

Soap Box by Justine

Welcome to all our members, especially the 'newbies' to our 2026, 31st summer news letter.

This soap box is being written during one of the hottest and testing periods for many years. It reminded me of the challenges we all face in these demanding conditions and the need, not only to care for others, but our own well being and self care. We are all aware that working in such hot conditions increases the risk of heat stress and heat related illnesses and managing those risks involves planning the work place environment and our own personal habits.

Primary care workers in older buildings can face additional challenges, during hot weather, because older facilities may



have poor insulation, limited ventilation or no AC measures. To reduce heat risk, and our own well being, satisfactory measures need to be, not only prioritised but implemented. We should be aware that all employers have the responsibility of carrying out a heat risk assessment and to ensure all their staff and patients are

not at risk of heat related illnesses. This should be a mandatory requirement and should be brought to their attention if not being actioned and our responsibility, as health care professionals, to continually remind them of detrimental effect to everyone's health and even the risk of potential litigation.

Diabetes Management & CGM use in Adults in Primary Care - 25th March 2026

Our March meeting took place at Garon Park Complex and was kindly sponsored by Abbott, with presentations delivered by Drew Bearfield and Emma Day - Lead Diabetes Specialist Nurse (EPUT).

Drew provided an update to the Freestyle Libre 2 system. He highlighted its ability to deliver real-time glucose readings, automatically updated every minute and transmitted directly to the user's smartphone. Each sensor lasts for up to 15 days and offers high accuracy, alongside optional alarms to alert users when glucose levels fall outside their target range. Drew also explained that LibreView Pro software can be integrated with System 1, allowing clinicians (with patient consent) to access glucose data remotely, with setup support available.

Emma discussed the clinical and cost-effectiveness of CGM use in type 2 diabetes, noting that significant reductions in HbA1c can often be observed after just 10 weeks of use. She emphasised the importance of "time in range" (the percentage of time glucose levels remain within the target range), which is increasingly recognised as a key factor in reducing long-term complications.

The session concluded with an overview of hybrid closed-loop (HCL) systems, often referred to as an "artificial pancreas." These systems combine a CGM, insulin pump, and algorithm to automatically adjust insulin delivery based on glucose readings. While basal insulin delivery is automated, users are still required to administer mealtime boluses. At present, EPUT is able to supply 12 HCL systems per month (excluding paediatric cases). The meeting also included interactive, web-based quizzes, which provided a fun and engaging element to the session.

We would like to extend our sincere thanks to Drew for organising the session and for his continued support to primary care colleagues.

Seeping Annual General Meeting 2026



Our 31st Annual General Meeting took place on 20th May and was filled with energy, activity, and a wonderful atmosphere. It was a fantastic opportunity for members to reconnect with friends and colleagues, catch up on the latest developments, and visit the various pharmaceutical exhibition stands.



The AGM also provided the perfect occasion to renew memberships, refresh professional connections, and hear the latest news and updates affecting our profession.

A particular highlight of the day was our guest speaker, **Carla Cressy OBE**, who shared her personal journey with endometriosis. Carla spoke passionately about the lack of awareness, delayed diagnosis, and limited research surrounding the condition, which ultimately inspired her to establish The Endometriosis Foundation. Her determination and tireless advocacy have helped drive significant change, ensuring that women receive more timely diagnosis, appropriate care,



and improved treatment options. Through her work, Carla has successfully influenced parliamentary discussions, contributed to the development of improved clinical guidelines, and championed much-needed research into a condition that for many years was overlooked, leaving sufferers with little support. Carla's energy, commitment, and passion for improving

the lives of those affected by endometriosis were truly inspiring. Her achievements have been recognised through numerous awards, including Inspirational Woman of the Year, and most recently, the award of an OBE for her outstanding services and dedication. The AGM was an enjoyable and informative event, bringing members together to learn, network, and be inspired by an exceptional speaker. We look forward to seeing everyone again next year.



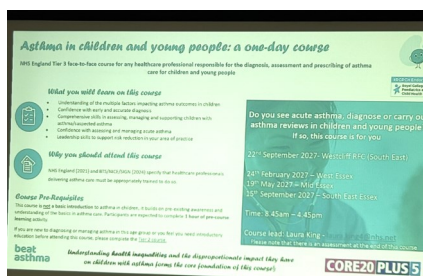
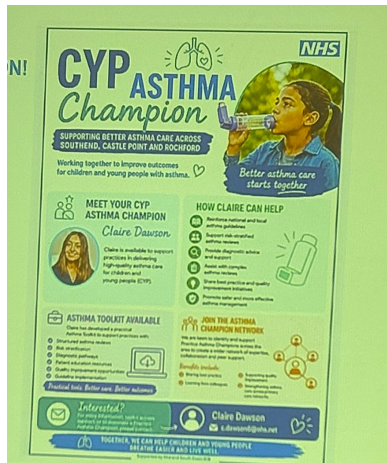
Committee Update

As part of the official AGM business, the Seeping agenda was successfully completed, including the election of a new committee member.

We are delighted to announce that Katrina Allen was voted in as the new Public Relations Officer. Members warmly welcomed Katrina to the committee, and we look forward to working with her in this important role.

Katrina brings enthusiasm and fresh ideas, and we are confident that she will make a valuable contribution to the continued success and development of Seeping. We wish her every success as she begins her new position.

17th June 2026 Paediatric Specialist Asthma Team New Guidance and Requirements for Tier 3 Paediatric Asthma Management



On a hot summer evening, we were delighted to welcome Specialist Asthma Nurses Louise and Alison from the Children's Community Asthma Service, who delivered an informative and engaging educational session. The team explained the vital role of the service in providing asthma education for children and families, supporting patients with poor asthma control or treatment non-adherence, addressing social and safeguarding concerns, liaising with secondary and tertiary care services, and educating schools to improve asthma management.

The evening covered referral criteria and appropriate indications for referring patients to the Children's Community Asthma Service. We also took part in an interactive discussion identifying common asthma triggers and reviewed the importance of using spacer devices correctly and ensuring every patient has a personalised Asthma Action Plan.

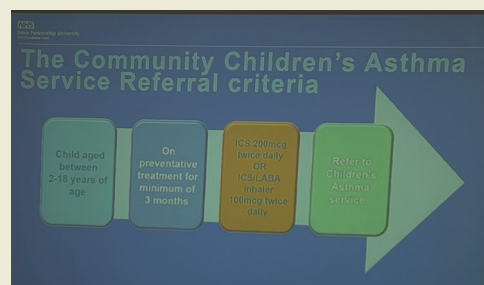
Louise and Alison provided an update on the BTS/NICE 2024 asthma guidance, including:

- The use of FeNO testing.
- Peak Expiratory Flow (PEF) variability.
- Maintenance and Reliever Therapy (MART).
- The Tier 3 one-day asthma education course and upcoming training dates.
- The Children and Young People's (CYP) Asthma Champions initiative.
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Key Learning Points

- Ensure all patients with asthma or suspected asthma have an up-to-date personalised Asthma Action Plan.
- Carry out annual asthma reviews.
- Prescribe and encourage the appropriate spacer device for patients using a pressurised metered-dose inhaler (pMDI).
- Recognise when referral to the Children's Community Asthma Service is appropriate.

The evening concluded with a delicious meal at a new to seeping, venue, Gemma's of Leigh. Everyone agreed it was an excellent venue for future meetings. The relaxed setting provided an opportunity for further discussion on asthma management and networking with our specialist speakers. Our sincere thanks go to Louise and Alison for sharing their expertise, and to our sponsors for supporting another successful educational evening.



Seeping Summer Trip to Chatham Historic Dockyard

Our annual summer trip was once again a resounding success, members of our nursing group setting off for a fun-filled day at Chatham Historic Dockyard. We were warmly welcomed by the very friendly venue staff, who were excellent at pointing us in the right direction and helping us navigate our way around the vast and fascinating dockyard.



We explored fascinating exhibitions, attractions and historic activities, including the only remaining historic rope-making facility. Some of us even made our own rope. We investigated the many historic warships and discovering their fascinating stories. Some of the ships and locations had appeared on the big and small screens, including *Sherlock Holmes* and *Mission: Impossible*. Some of us also had a tour of a submarine. The highlights of the day was the **Call the Midwife Tour**, led by our wonderful guide Helen, herself a retired nurse. It was interesting to see the different sets, costumes and attention to detail. A delicious afternoon tea followed. It was unanimously agreed that our 'Seeping' Summer Trip had been another success.



Seeping News



Debbie T, Dee, Debbie H, Justine, Lynn, Nicky
Seeping Summer Trip 2019

Top Pic—Justine & Debbie May 26—AGM

Thank You Debbie

It is with great sadness that we announce that Debbie Tebbs has stepped down from the Seeping Committee after many years of dedicated service.

Throughout her time on the committee, Debbie has given countless hours of hard work and commitment to Seeping. She has always brought a cheerful smile, a wonderful sense of humour, and a positive attitude that has been greatly appreciated by everyone who has worked alongside her. Her support, encouragement, and ability to lift spirits have been especially valuable during the more challenging times faced by the committee.

Debbie's presence on the committee will be greatly missed. However, we are delighted that she will remain an active Seeping member and, above all, a valued friend to many of us.

On behalf of all members, we would like to thank Debbie for her dedication, friendship, and years of service. We wish her every happiness and success for the future and look forward to continuing to see her at Seeping events.

Dates for the Diary

For future Seeping meetings, look out for dates and details dropping in your inbox and WhatsApp

- 9th September 2026 - COPD
- 27th November Seeping Christmas Celebration
- Proposed meetings — details to be confirmed
- 18th November 2026
- January 2027



Congratulations to Sarah Mather

We are delighted to congratulate group Seeping member, **Sarah Mather**, who works at **Puzey Family Practice** and is currently completing her **Nurse Degree Apprenticeship**. At a recent surprise awards ceremony, Sarah was presented with the prestigious **Chief Nursing Officer Student Excellence Award for the Eastern Region**. The award celebrates the exceptional contributions made by student nurses, midwives and nursing associates while they are still in training. **Well done Sarah**



The Endometriosis Foundation

The Endometriosis Support Charity

Seeping Donations

Seeping would like to thank the Carla Cressy founder of The Endometriosis Foundation Charity for the valuable contribution to May's AGM meeting. The Foundation aim to bring about lasting change to improve the management, education, support and research into Endometriosis.

Email: hello@theendometriosisfoundation.org

Important Information

- SEEPING reserves the right to alter, cancel, or postpone this meeting due to unforeseen circumstances.
- Attendance is at your own risk.
- SEEPING accepts no responsibility for personal injury, property damage, or lost or stolen belongings during events
- Please inform Seeping if you would like to opt out of photos taken at meetings and events
- ⚠ It is important to inform seeping of any dietary allergies or special dietary requirements

Thank you to all members for your continued support and please circulate this newsletter and encourage new nurses to join this vital source of continued education, networking and general support. contact@seeping.org

Any contributions to the seeping newsletter are always welcome. Just send to contact@seeping.org or speak to Lynn.