



## **Civic Award for Diabetic Screening Patient Champion**

A South Tyneside local Diabetes UK campaigner, has been presented with the South Tyneside Mayor's Civic Award at a formal ceremony. Clare Allom, vice-chair of the Diabetes UK South Tyneside patient support group, was presented with the Civic Award in recognition of her outstanding contribution to the Borough. Clare and her group have been actively raising awareness of diabetes for many years, and Clare is a good friend of the STFT Diabetic Screening Team, who have enjoyed her support over the years, in promoting the benefits of diabetic screening. Clare and her team were a driving force in the creation of the now established One-Stop diabetic screening clinics provided at Cleadon Park HC and Flagg Court HC in South Shields along with Glen PCC in Hebburn.

In one of her final duties as the Mayor of South Tyneside, Councillor Olive Punchion presented Clare with her award during a formal ceremony watched by family and friends at South Shields Town Hall. Diabetic screening service deputy lead, Russell Martin went along to celebrate Clare's achievement and was delighted to hear Clare sing the praises of the service. Russell said, "I was delighted to be able to go along to support Clare on her special evening.

"I was proud to be able to help celebrate Clare's achievements, and on behalf of the entire diabetic screening team it was a privilege to see Clare receive this prestigious civic recognition.

"People with diabetes living in South Tyneside now receive one of the most comprehensive provisions of screening tests at a single appointment in the country. Launched 18 years ago, the

diabetic screening service initially provided eye screening only, with a retinal camera donated from League of Friends. The service soon expanded to include feet checks, and now includes all of the nine NICE recommended checks, all at a single visit.”

Clare, who has Type 2 diabetes, said: “I’m really touched. It was an honour to be presented with the award.

“But I wouldn’t have received it if it hadn’t been for all the people around me. This evening was a celebration of what we have achieved as a group and we were all made to feel very welcome. It was lovely.

“While what we have accomplished is fantastic we are all determined to keep the focus on diabetes. It is a life changing condition, which brings huge challenges to sufferers and can cause serious health problems if left undetected. It’s important we continue with our work around diabetes awareness, education, prevention and improving care.”

The Mayor’s Civic Award is made to an individual or a group who has made an outstanding contribution to, or on behalf of, the Borough of South Tyneside.

Clare was also named as one of the Diabetes UK Inspire Award winners for 2016.

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**Photo Caption: Russell Martin, deputy lead diabetic screening service with Clare Allom, of the South Tyneside Diabetes UK group, with her Mayor’s Civic Award.**

**For further information relating to the Diabetic Screening Service, please contact the programme at Galleries Health Centre, Washington Tel: 0191 419 2430**

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