

Research Round up

Diabetes UK have kindly provided the Group with an update on Professor Shanta Persaud's project. The project was delayed due to the Covid 19 pandemic and is now due to finish in 2023. Professor Persaud has advised she is happy to come and speak about the project outcomes early in 2024.

Maintaining Islet Cell Function

Professor Shanta Persaud, King's College London

Project Summary

In type 2 diabetes, insulin-making beta cells inside the pancreas stop producing enough insulin, or the insulin they do produce doesn't work properly. This means that the body can't regulate the levels of glucose in the blood. Type 2 diabetes drugs can help beta cells to release more insulin, but they aren't effective for everyone and sometimes they have side effects.

Some chemicals trigger insulin release by binding to specialised proteins called "receptors" on the surface of beta-cells. Professor Persaud has discovered a chemical – called 'C1QL1' – that's produced by groups of cells in the pancreas called islets. In her previous research, she tested the effects of C1QL1 and found that it caused beta cells to produce more insulin and protected the islets from dying. Because C1QL1 is produced naturally by the body, it has the potential to be a safe option for a new type 2 diabetes drug.

Professor Shanta wants to work out how out exactly how and where C1QL1 interacts with beta cells and if it's possible to stop this interaction from happening.

Project Update: 2021 - 2022

During the second year of their project, Professor Persaud and her team have been trying to work out which receptor on beta cells C1QL1 interacts with.

To do this they looked into how C1QL1 affected 314 different receptors. From this, they were then able to focus their search on a few potential candidates. They performed further tests using drugs that specifically inhibit the receptors activated by C1QL1 and have managed to identify a receptor called GPR142 as a possible target for C1QL1. This has been a big step forward for the project.

This has been a very interesting find because GPR142 is currently classified as an "orphan receptor", which means that while we know it exists, we don't yet know what it binds to. This finding could help to clarify its role for the very first time.

The team also aimed to find out how much they could shorten C1QL1 without changing how it worked on beta cells. Some parts of a drug or protein can sometimes be removed without affecting its function, but at the same time making it much easier to transport. However, they discovered that shortening C1QL1 impaired how it worked.

Professor Persaud is on track to complete her research this time next year.

Next steps

For the next stage of this project, Professor Persaud will carry out more research into how C1QL1 functions and will see how it effects whole body glucose levels and the numbers of beta cells in mice.

Soap Box Event – 1 May 2022

The Chelmsford & District Diabetes UK Group had a stand at the Dunmow Soap Box event. The event was very well attended and was great fun to watch. There were quite a few large screens near to the event, which gave everyone a chance to see what was happening. The event had many different stands. Our group had a stand near to one of the entrances/exits to the event. This event attracted many people to our stand, who were wanting to exchange their diabetes experiences and to gain further information on diabetes related topics. The Group raised £62 from this event.



Young Farmers Event – 22 May 2022

The Chelmsford & District Diabetes UK Group had a joint fundraising stand with CaDDY (Chelmsford & District Diabetic Youth) at the Essex Young Farmers event at Boyton Hall Farm, Roxwell, in May. The day was a resounding success. We raised a total of £430.00. The funds were raised by having a Tombola and a Bran tub for children. We were fortunate in obtaining some soft Disney toys, which contributed a considerable sum of money. The Group were able to hand out leaflets and booklets on various diabetes related topics.




Chelmsford Festival - 3 July 2022



The Chelmsford & District Diabetes UK Group held an awareness stand at the Chelmsford Festival. The Group again handed out Diabetes UK literature to those wanting to learn more about the condition. We raised £40 for group funds.

2022-23 Programme

We are going to continue to run our usual bi-monthly meetings in a face-to-face setting as well as on Zoom. The face-to-face meetings will continue to run in the months of January, March, May, July, September, and November. We are going to hold a Zoom only events in December 2022 and in February 2023. Please see an extract of the Programme below.

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2022-23 Programme	
DATE	PRESENTATION TITLE AND PRESENTERS NAME
2022	
15 Nov	A Fresh Take on Type 1 Education for Young People – Presentation by Professor Angus Forbes who is a researcher at Kings College London
20 Dec	Guess the Object and Christmas Jumper Evening – Hosted by Philip Deal
2023	
17 Jan	An Overview of the latest research being undertaken at Diabetes UK - The Group will be welcoming a member of the Diabetes UK research team to deliver the presentation.
21 Feb	Musical Quiz Evening based on West End shows and Television Themes – Hosted by Joan Sharpe
21 Mar	Medical Detection Dogs – Presentation by Sara Backhouse-Wood, who is a Regional Volunteer and Fundraising Co-ordinator at Medical Detection Dogs
	Please note the meetings on the 20 September, 15 November, 17 January 2023 and the 21 March 2023 will be held as face-to-face meetings in the Centre for Sports and Health building at the Writtle University College. The meetings will also be on Zoom
	Please note the December and February meetings are Zoom only

Wholemeal fruit bars

Recipe – taken from the Diabetes UK website – [link to recipes](#)



Each 39g serving contains (excludes serving suggestion)

Kcal 117, Carbs 17.3g, Fibre 1.8g, Protein 2.3g, Fat 3.9g, Saturates 0.6g, Sugars 8.2g

Serves 25 – Preparation time – 15 Minutes – Cooking time – 30 Minutes

Ingredients

175g raisins
50g sugar
100g vegetable oil spread
1 heaped tsp mixed spice
350g wholegrain plain flour
50g chopped walnuts
50g chopped dates

Method

Step 1

Preheat the oven to 180°C/gas 4 and lightly grease a 19cm x 28cm baking tray.

Step 2

Place the raisins, sugar, spread and mixed spice into a medium pan with 200ml of water.

Step 3

Bring to the boil, then remove from the heat and cool.

Step 4

In a separate dish, stir together the remaining ingredients then stir into the raisin mixture. Spoon into the prepared tin, smooth out to 1½ cm thick then bake for 25–30 minutes.

Step 5

Immediately after removing from the oven mark into 25 bars.

Step 6

Allow to cool and serve.

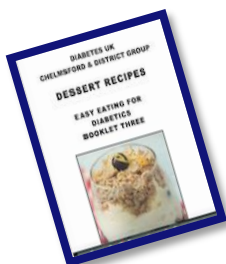
Recipe tips

- Try adding different spices such as cinnamon or ground ginger.

- You can also use dried fruits such as a mixed dried fruit, sultanas, prunes, or apricots.
- Freezing instructions: Suitable for freezing once cooked. Freeze in portions then defrost and serve cold or warm.

Recipe Booklets

The group has published four recipe booklets, one on meat, one on fish, one on desserts and one on cakes. Each booklet provides information on healthy eating. The books cost 50 pence each. Please email us at www.chelmsforddiabetes@outlook.com if you would like to purchase our booklets.



Diabetes UK - Learning Zone

Diabetes UK have an area on their website that provides learning opportunities for improving life for those with diabetes. Please click on the following link to read up on how to access the Learning Zone. [Learning Zone](#)

Request fundraising ideas

The Committee would like you to provide us with new and novel ways to raise funds. Please email us at chelmsforddiabetes@outlook.com with your suggestions.

Request for storage space of a large gazebo

The Huntingdon Diabetes Group gave the Chelmsford & District Diabetes Group a large gazebo when they closed. The gazebo measures 6 X 3 metres (double the size of a standard gazebo). The Committee would be grateful if someone could store the gazebo for us or know where we can store it for a minimal cost. Please contact us at chelmsforddiabetes@outlook.com.

Request for New Committee Members

The current Committee of the Chelmsford & District Diabetes UK Group would like to encourage you to join us on the committee. During Covid both the Ipswich group and the Huntingdon group closed. We are fearful that the Chelmsford Group will suffer the same fate if we do not co-opt more people onto the Committee. We do have quite a lot of fun on the committee and each one of us has experienced great satisfaction when we have helped someone or have signposted someone to the right Healthcare Professional. If you are interested in becoming a committee member, please speak to one of our committee members at our group meetings or contact us via email at chelmsforddiabetes@outlook.com.



The Committee		
Officers		Committee members
Group Chairs - Michael Higgins & Malcolm Jacobs		Joan Sharpe
Group Secretary – Christine Deal		Jim Sharpe
Group Treasurer – Bridget Harmer		Diane Smith

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