

Date: February 2025

*To: South Yorkshire Diabetes Network*

Welcome to the fourth South Yorkshire Diabetes Network Newsletter, brought to you by the SYICB Diabetes Programme Team. The purpose of this newsletter is to update you on key areas of work taking place, and any upcoming meetings and training. The newsletter will be sent quarterly. If you would like any items featured in the newsletter or would like any more information, please email [amy.moore39@nhs.net](mailto:amy.moore39@nhs.net)

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**Type 2 Diabetes in the Young (T2DAY) Conference.**

We invite you to join us at our T2DAY Conference on Thursday 13th March 2025, at Rotherham United Football Club, New York Way S60 1FJ.

At the conference you will hear from a range of health care professionals and community organisations supporting the T2DAY programme.

**Register Now**: Please register for the event at [https://forms.office.com/e/1cRumnbrBeonce](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fe%2F1cRumnbrBeonce&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478152026%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=U4Kb80gX1jKTsaospmwUFeZmBsvssUecf7fEBNzjAYA%3D&reserved=0)

* **Check out our new T2DAY leaflet for health care professionals – see attached.**

**Would you like to be a T2DAY Champion?**

We are looking for colleagues to sign up to become A T2Day champion. We aim to have champions across South Yorkshire.

**What do T2DAY Champions do?**

* Promote the T2Day Programme in their clinical area.
* Signpost colleagues to all the T2Day resources and the [Your diabetes Your journey campaign.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsouthyorkshire.icb.nhs.uk%2Fyour-health%2Fyour-diabetes-your-journey%2Fyour-diabetes-your-journey-toolkit&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478166265%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=MRbxET1PpJ8BpYWKkOt5CHcWaPKcF0nVfMH%2Fnboepew%3D&reserved=0)
* Share regular updates received from the diabetes Programme team with colleagues.

**To sign up please email**[**Amy.moore39@nhs.net**](mailto:Amy.moore39@nhs.net)

**Your Diabetes. Your Journey.**

**Support Our Campaign for Young People with Type 2 Diabetes in South Yorkshire.**

South Yorkshire Integrated Care Board (ICB) has developed a new campaign in collaboration with Social Change (a Behaviour Science agency)**.**It is designed to support people under 40 living with early-onset type 2 diabetes in South Yorkshire.

**Why are we doing this?**  
Early-onset Type 2 diabetes can progress more aggressively, and our goal is to help young people manage their health and reduce the risk of complications. We’re providing information, tools, and resources to help them take control of their diabetes.

**How you can help:**  
We would love your support in sharing this campaign with your community/patients. By using our materials, you can help ensure that more people are aware of the resources available to them. You’ll find ready-made social media posts, posters, and flyers in our toolkit.

*You can access the toolkit here on the South Yorkshire ICB website:* [Your Diabetes, Your Journey Toolkit](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsouthyorkshire.icb.nhs.uk%2Fyour-health%2Fyour-diabetes-your-journey%2Fyour-diabetes-your-journey-toolkit&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478179902%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=g02FrAU75quEr4K2JBnAoHPvEwTc%2Byvj7q9EX%2BOlUoI%3D&reserved=0).  Or To access the GP Toolkit [click here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsouthyorkshire.icb.nhs.uk%2Four-information%2Fprimary-care-bulletin%2Fprimary-care-bulletin-october-2024&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478193422%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=YqqbNgUzWZCPdJItq1JUnt8%2BfmurdKRFAuVLgagePfc%3D&reserved=0)

Thank you for helping us support young people in our community.



**New South Yorkshire Clinical Guidance**

**South Yorkshire Guidelines for Young Adults with Type 2 Diabetes (18-39).**

Written by Dr Soon Song, Consultant Physician and Diabetologist from Sheffield Teaching Hospitals. To access the guidance [click here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsyics.co.uk%2Fapplication%2Ffiles%2F7117%2F3194%2F3433%2FSY_ICB_guideline_for_young_adults_with_Type_2_Diabetes_18-39_years_V1.0.pdf&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478206905%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=q%2BkrqJT851ftOi%2BjTCXSjlYEoafNHWDQ6UvQCK3%2BYFI%3D&reserved=0) Or scan the QR.

A qr code on a white background

Description automatically generated**South Yorkshire Guidance for Supporting Women with Type 2 Diabetes to Prepare for Pregnancy.**

Written by Emma Walkinshaw, Consultant in Diabetes and Maternal Medicine. To access the guidance [click here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsyics.co.uk%2Fapplication%2Ffiles%2F3917%2F3167%2F2386%2FSY__Guidance_for_supporting_women_with_type_2_diabetes_to_prepare_for_pregnancy_V1.0.pdf&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478220242%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=R7TaoMzdsnz3VnP4cqKtLleYZBp%2BG3bHWd9nt6R1mvg%3D&reserved=0) Or scan the QR.

***Both can also be found on the IMOC website by***[***clicking here***](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsouthyorkshire.icb.nhs.uk%2Four-information%2Fmedicines-optimisation%2Fsouth-yorkshire-icb-medicines-optimisation-committee&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478233502%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=y%2FV2OyGZCAr6wG4btSnjgqoxSa49jJNYEBCYXhcUNho%3D&reserved=0)***or on the Diabetes SharePoint by***[clicking here.](https://nhs.sharepoint.com/:u:/r/sites/03N_SYICB_Home/SitePages/Diabetes.aspx?csf=1&web=1&e=Gk0xvQ&xsdata=MDV8MDJ8ZW1tYS5zbWl0aDQwN0BuaHMubmV0fDE3ZGJmNThjYTc0NTQyMmU4NWVkMDhkZDQ1Mzg3NTRlfDM3YzM1NGIyODViMDQ3ZjViMjIyMDdiNDhkNzc0ZWUzfDB8MHw2Mzg3NDI4MzE0NzgyNDY2Nzl8VW5rbm93bnxUV0ZwYkdac2IzZDhleUpGYlhCMGVVMWhjR2tpT25SeWRXVXNJbFlpT2lJd0xqQXVNREF3TUNJc0lsQWlPaUpYYVc0ek1pSXNJa0ZPSWpvaVRXRnBiQ0lzSWxkVUlqb3lmUT09fDB8fHw%3d&sdata=MHZHRmw0Z2JWRWt2c0xPclN0ZWZQNEV2STZGaVVPeHh2NDhDSWxzM2lMMD0%3d)

**Upcoming Meetings/Webinars**

* **South Yorkshire and West Yorkshire T2Day Monthly Educational Lunch and Learn**  
  The T2Day is the Type 2 Diabetes in the Young programme- an NHSE 2-year initiative to improve care for people with Early Onset Type 2 Diabetes (EOT2D) affecting those aged between 18-39. This event intends to bring together colleagues interested in learning about T2Day and supporting EOT2D individuals to improve their health and well-being.  
  What is the event about?
* **Eleventh Session, Tuesday 11th February 12:00-13:00 register by**[**clicking here.**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevents.teams.microsoft.com%2Fevent%2Fbf1df06b-a886-496e-90b6-3c65e455b4bb%4037c354b2-85b0-47f5-b222-07b48d774ee3&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478256425%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=YW%2B1mw1Ji8INpms4M2HCZlF2gpoKHjA8tdCpr4xcNuw%3D&reserved=0)

At this session, you will hear from Dr Jackie Elliot, Clinical Lead for Diabetes, Senior Clinical Lecturer in Diabetes and Honorary Consultant, on the Misclassification of Diabetes alongside some case studies.

* **Type 1 Diabetes and Eating Disorder Training Schedule 2025**

Free T1DE training kindly organised the Hull and East Riding T1DE Service. Sessions will take place on Mondays from 1 pm to 2 pm. [**Register for T1DE training**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fpages%2Fresponsepage.aspx%3Fid%3DslTDN7CF9UeyIge0jXdO4_ALlwEwrsFJu8QnqaI8z7pURVJLWUE5TjNIVzk5RlBZTkg2U0tZSUpHQy4u%26route%3Dshorturl&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478269708%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=a5MLvpnf1T%2BqkOHNjKn6kwDT%2FJjjyeX2wrhNu9HRxa8%3D&reserved=0)

* Monday 17 February: *T1DE Management and Case Studies.*
* Monday 17th March: *Eating Disorder Awareness: Psychological Treatment Approaches.*
* Monday 14th April: *Diabetes Approaches to Treatment.*
* **Good Conversation Workshops ‘Making Every Contact Count’ 2025**

The course is for anyone who has opportunities to chat with others about issues that affect their health and well-being. The session aims to build confidence, knowledge and skills required to MECC and to provide participants with resources specific to supporting people to take better care of their health and well-being. Various dates are available, follow the link for more information and to sign up. [Good Conversations Workshop 'Making Every Contact Count' 2025 Programme](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.yhphnetwork.co.uk%2Flinks-and-resources%2Fcoi%2Fmaking-every-contact-count%2Fgood-conversations-workshop-making-every-contact-count-2025-programme%2F&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478284458%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=Vqh4%2BntdjRLTJR%2Fwic9Llc7LgpXEQAorHLe1c5iOGps%3D&reserved=0)

* **Anxiety in Pregnancy and Motherhood health online webinar. Tuesday 11th March 2025, 7pm-8pm.**

Free online webinar to ask leading specialist Professor Colette Hirsch, Honorary Consultant Clinical Psychologist at South London, and Maudsley NHS Foundation Trust. Attendees must sign up in advance [using this form](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2Fe%2F1FAIpQLSfKTyKebshDL1tDUFUZYPNmRbMcfFQhzlZTwrUvFDAV05ZNWA%2Fviewform&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478297926%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=i%2Fh61DvofvrItDB7FYKZaxgW26AFsv1BklK6v1tQgGQ%3D&reserved=0), where they can enter any question(s) for our expert. They will also be able to ask questions during the event in the text box provided. Those unable to attend can provide their email address using the form to be sent a link to a recording of the event.

**Online Training/Resources**

* **EDEN New course on Early onset type 2 Diabetes.**

EDEN at the Leicester Diabetes Centre has launched a new online course aimed at enhancing healthcare professionals' expertise in managing early-onset type 2 diabetes (ages 18-39). This course also raises awareness of the specific risks and challenges faced by younger adults with type 2 diabetes. Modules cover a range of key topics, including Diagnosis and initial management, Pre-conception and pregnancy care, Cardio-renal-metabolic management and psychological well-being and support for younger patients.

**To register:**[**EDEN: Early Onset Type 2 Diabetes**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eot2deden.com%2F&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478311242%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=lNwU6xWzWj4l4WjCiD1YLkqNxaRLvgbADMJnhrBb3Hc%3D&reserved=0)

**EDEN Resources.**

Transforming Conversations, Reshape Your Approach to Obesity within Type 2 Diabetes Care.

These resources aim to equip HCPs with a deeper understanding of the complex factors influencing obesity, encouraging more compassionate, patient-centred care.

**To access** [click here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Frise.articulate.com%2Fshare%2F-pzgnX-ShJTHk_fPeZk4gIvD3C2zMWiK%23%2F&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478324480%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=9INj5OEFd5m633O%2BXmu7n3Hg5H4iekaRUhzNoHZP7g8%3D&reserved=0)

* **STH Online Diabetes Foot Care Training Module available on NHS Futures.**

STH online Diabetes foot care training is available on the NEY Diabetes Footcare community of practice NHS Futures page alongside other resources to be redirected [click here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffuture.nhs.uk%2Fconnect.ti%2FNEYPhysicalHealthPreventionTeam%2Fview%3FobjectID%3D50729616&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478337882%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=LtyHXYHAm%2BMYby7m4YTaSwuGZInaDslWnK1lKMdVOtU%3D&reserved=0)

* **DigiBete App & Self-Management Platform**

Free clinically approved support and resources whenever patients need it.

DigiBete is a video platform and app and is a one-stop shop for young people's diabetes management. Founded by families living with diabetes, it is a social enterprise funded by NHS England with all content clinically approved by the Diabetes Team at Leeds Children's Hospital.

We now have a South Yorkshire Clinic code, allowing South Yorkshire patients free access to the App, which will include a range of films, supports, resources, communications, appointments, notes, goals food diary and local information.

**Your Clinic Code is:  DVIKG (all letters)**

For more information, please see attached or [click here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youngtype2.org%2F&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478351113%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=g6SiNHsFvP7NxyG5RZ%2F3mpGBXSVm1p4A5rkyR04nQKw%3D&reserved=0)

* **Cambridge Diabetes Education Programme, FREE for staff across South Yorkshire**

CDEP is an online training platform which all levels of staff can access, both registered and unregistered.

[](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.cdep.org.uk%2F&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478377611%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=dnIeG2%2BZ76euMpqbI3x19IcnJCCyyeE9aK3TD5hW7lk%3D&reserved=0)**CDEP is designed to:**

* boost people's knowledge, confidence, and guideline familiarity.
* be done in 'bite-sized' chunks fitting into your busy life.
* accessed from a computer, mobile phone, or tablet.

Each topic takes between 15 minutes to 2 hours to complete depending on the topic.

**To register**[**click here**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdep.org.uk%2F&data=05%7C02%7Cemma.smith407%40nhs.net%7C17dbf58ca745422e85ed08dd4538754e%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638742831478390848%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=vlF%2BB1PgmjxNCP%2ByewkQZi7XpOsjgBdsatBq%2Fex5LRc%3D&reserved=0)**.**

* Go to “Sign IN/Register”
* Under new candidate registration enter your email address & click ‘Create My Account’
* Complete registration form
* Under “Registration Key Code” enter “SOUTHYORKSHIRE”.
* This will provide you with free access for 12 months.

For more information, please see the attached leaflet- CDEP-General-Flyer.

If you would like to Subscribe or Unsubscribe to the email list, please email [Amy.Moore39@nhs.net](mailto:Amy.Moore39@nhs.net)

Give our SharePoint page a follow: [Diabetes](https://nhs.sharepoint.com/:u:/r/sites/03N_SYICB_Home/SitePages/Diabetes.aspx?csf=1&web=1&e=c0aI5Z&xsdata=MDV8MDJ8ZW1tYS5zbWl0aDQwN0BuaHMubmV0fDE3ZGJmNThjYTc0NTQyMmU4NWVkMDhkZDQ1Mzg3NTRlfDM3YzM1NGIyODViMDQ3ZjViMjIyMDdiNDhkNzc0ZWUzfDB8MHw2Mzg3NDI4MzE0Nzg0MDM5NjF8VW5rbm93bnxUV0ZwYkdac2IzZDhleUpGYlhCMGVVMWhjR2tpT25SeWRXVXNJbFlpT2lJd0xqQXVNREF3TUNJc0lsQWlPaUpYYVc0ek1pSXNJa0ZPSWpvaVRXRnBiQ0lzSWxkVUlqb3lmUT09fDB8fHw%3d&sdata=dGIxSHp6N1ZJdk1ZOHF6RGd0MjZ4OFBCWk5Ob0YxWE1lSUxuLzNPUWF2TT0%3d)