

# Type 1 diabetes resource pack

A selection of endorsed resources for aiding self-management of type 1 diabetes.

## General Type 1 diabetes websites

- **T1 Resources** - [www.t1resources.uk](http://www.t1resources.uk)

Search engine where you can find information to help manage all aspects of living with Type 1 diabetes.

- **My Type 1 Diabetes** - <https://mytype1diabetes.nhs.uk/>

A public information website that is accessible to all. The 'Know More' section has searchable resources including videos and leaflets, and multi-language content in the My Languages section (no registration required).

Four eLearning courses for adults with Type 1 diabetes, to help increase understanding and confidence in self-management. Courses cover a range of topics useful for people who are newly diagnosed, or for those needing additional support with self-management skills, insulin management, carb counting, lifestyle change and complications management. They also include topics like driving, employment, alcohol, sex and travel. There is a specific course for older teenagers and young adults, and courses for people either thinking about or starting insulin pump therapy.

- **NHS Type 1 diabetes Website** - <https://www.nhs.uk/conditions/type-1-diabetes/>

General advice and links for adults living with type 1 diabetes

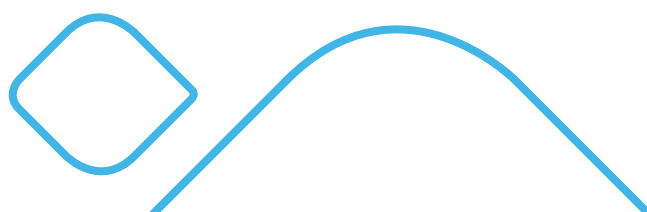
- **Diabetes UK** - [www.diabetes.org.uk](http://www.diabetes.org.uk)

Email – [info@diabetes.org.uk](mailto:info@diabetes.org.uk)

Telephone – 0345 123 2399

Online live chat - (Mon-Fri 9:00am-5:45pm)

News and up to date information on all aspects of living with Type 1 diabetes including news and views updates, research and technology, free magazine also available.



<https://learningzone.diabetes.org.uk/> Discover more about your diabetes through the Learning Zone for advice on what to eat, tips for managing diabetes day-to-day – all free and tailored to you.

- **JDRF** – <https://jdrf.org.uk/>  
Registered charity funding research to cure, treat and prevent type 1 diabetes. A library of resources to support people with Type 1 diabetes and their families.
- **Diabetes Research and Wellness Foundation** - <https://www.drwf.org.uk/understanding-diabetes/information-leaflets>  
A series of professionally authored leaflets on diabetes and related health which are freely available as pdf download, audio file or as hard copy upon request.

## Self-management of Type 1 Diabetes Resources and Carbohydrate counting

- **BERTIE – Type 1 diabetes Education online programme** - [www.bertieonline.org.uk](http://www.bertieonline.org.uk)  
Online programme to help the user manage their diabetes in a way that suits their lifestyle
- **DigiBete for Young Adults (aged 19-25)** – <https://www.digibete.org/digibete-16plus/19-25s/>



- **ABCD DTN- UK** - <https://abcd.care/dtn/resources?page=1>  
Technology in diabetes recourses. Self-management videos and resources supporting patients and healthcare professionals with insulin Pumps, Continuous glucose monitoring (CGM), Libre and CGM in Pregnancy.
- **STEP – Scottish Type 1 Education Programme** - [https://www.t1resources.uk/fileadmin/user\\_upload/downloads/Ten\\_steps\\_to\\_improving\\_T1\\_diabetes\\_control.pdf](https://www.t1resources.uk/fileadmin/user_upload/downloads/Ten_steps_to_improving_T1_diabetes_control.pdf)  
10 steps to improving your Type 1 diabetes control

- **Carbs and Cals** - <https://www.carbsandcals.com/>

Book and App that makes carbohydrate counting easier using photos of different portion sizes. You can also watch their free YouTube channel for short clips on topics like carbohydrate counting, takeaways, low carb and weight loss.

<https://carbsandcals.com/all-videos/all-videos/>. Register for free for 50+ health guides including recipe guides, meal planning and tips on enjoying special occasions.

- **Diabetes UK Carbohydrate counting support** - <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/carbohydrates-and-diabetes/nuts-and-bolts-of-carb-counting>

Basic understanding and resources to start carbohydrate counting and enjoy food  
Diabetes UK food book: <https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes>

- **Sheffield Hospital carbohydrate counting videos** -

<https://www.youtube.com/watch?v=qDwLSFG38Ms>

YouTube video by the diabetes team in Sheffield around calculating carbohydrates

## Guidance on Treating Hypoglycaemia

- **Trend UK** – Hypo Guidance [https://trend-uk.org/wp-content/uploads/2019/07/A5\\_Hypo\\_TREND.pdf](https://trend-uk.org/wp-content/uploads/2019/07/A5_Hypo_TREND.pdf)
- **Diabetes UK** – <https://www.diabetes.org.uk/guide-to-diabetes/complications/hypos/having-a-hypo>

## Bolus Calculators

- Mylife Bolus calculator app - <https://www.mylife-diabetescare.com/en-GB/products/therapy-management/mylife-digital.html> **\*Recommended\***
- MySugr app - <https://www.mysugr.com/en/>
- DiabetesM - <https://www.diabetes-m.com>
- Carbohydrate Calculator chart - <https://www.ndr-uk.org/uploads/pdf/2201468335335.pdf>
- Bolus calculator chart - <https://www.ndr-uk.org/uploads/pdf/2211461925720.pdf>

## Managing illness, what to do when you are ill with Type 1 diabetes/sick day rules

- **Trend UK** - Type 1 Diabetes Sick day rules [https://trend-uk.org/wp-content/uploads/2020/03/A5\\_T1Illness\\_TREND\\_FINAL.pdf](https://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_FINAL.pdf)

**ABCD DTN** – Sick day rules when managing an insulin pump  
<https://abcd.care/sites/default/files/HCL%20System%20-%20Information%20Leaflet%202023.pdf>

Hybrid closed loop pump sick day guidance can be accessed here:



## Speak to your GP

Ask your GP to refer you to your local diabetic eye screening service. Your GP and/or Practice nurse can also do your annual checks and review.

### Eye care

Diabetes UK – diabetes and eye problems <https://www.diabetes.org.uk/guide-to-diabetes/complications/retinopathy>

- **NHS website** – Diabetic eye screening <https://www.nhs.uk/conditions/diabetic-eye-screening/>

Service provided by:

- **NEC Care** – For those who live in Bath & NE Somerset and Wiltshire, contact details are: <https://neccare.necsws.com/your-local-provider/banes-swindon-wiltshire/>

## Foot care

- **Diabetes UK** – how to look after your feet: <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet>
- **Trend UK** – Looking after your feet when you have Diabetes leaflet: [https://mytype1diabetes.nhs.uk/media/3847/a5\\_foot\\_trend\\_final.pdf](https://mytype1diabetes.nhs.uk/media/3847/a5_foot_trend_final.pdf)
- Bath and NE Somerset Community Health and Care Services for podiatry services: <https://bathneshealthandcare.nhs.uk/clinics-and-treatments/podiatry/>

Podiatry – 0300 247 0200

RUH diabetes centre – 01225 824061 (for urgent foot problems)

## Which tests should I be getting?

There are some tests you should be having annually to monitor your ongoing health and to help prevent/slow down long term conditions. For further information see: [Diabetes UK – https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect](https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect)

## Clinic Preparation and Downloads

Preparation is key and having your data available not only allows you to observe patterns and trends but also makes for a successful consultation.

Are you able to download your blood glucose meter or Insulin pump? Here are links that may help:

- **Freestyle Libre:**

This can also be done via the main menu of your LibreLink app, choosing from the list connected apps, selecting LibreView, manage a practice and then entering the clinic ID and connect.

RUH Bath: 05467360

Wiltshire Health and Care team: WHandC123

Somerset Intermediate Diabetes Team: DICS1234

- **Glooko** (can be used for most blood glucose meters and insulin pumps):

[www.glooko.com/patients](http://www.glooko.com/patients)

Use the code below to share your downloads with RUH Bath diabetes team.

Clinic ID: ukroyhosp

- **Dexcom:**

Register on the Clarity account: <http://clarity.dexcom.eu>

Ask your healthcare professional to email you the link to share your data.

- **Medtronic:**

You can download your Medtronic pump using Carelink:

<https://carelink.minimed.eu/app/login>

## Support and Psychological Help

### RUH Diabetes Psychotherapy Service

**We understand that having diabetes can cause a huge amount of distress and mental burden. We have a dedicated psychotherapy team who can offer you individualised psychological support relating to diabetes. Please ask your DSN to refer you if you would like to access this service.**

### Talking Therapies

**NHS BaNES Talking Therapies – previously known as BaNES IAPT** - aims to help people access support for a range of common mental health problems. Talking therapies provides a service for people registered with a GP in Bath and North East Somerset. Talking therapies offers one-to-one therapy and online or in-person courses in accordance with the National Institute for Health and Care Excellence (NICE) guidelines for common mental health problems.

- **IAPT** - Psychological support - [patients can self-refer to local IAPT services](#) -

<https://www.awp.nhs.uk/our-services/talking-therapies/talking-therapies-banes>

Talking therapies do not provide urgent care. If you need help right now, call AWP's 24-hour urgent response line free on 0800 953 1919.

- **Diabetes.co.uk** – <https://www.diabetes.co.uk/>

A community of people with diabetes, family members, friends, supporters and carers, offering their own support and first-hand knowledge. The Diabetes Forum is demonstrated in research to be the most actively used social medium for people with diabetes

- **Sugar Buddies** - <http://sugarbuddies.org.uk/>

Peer support group for anyone above the age of 18 with Type 1 diabetes.

## Type 1 diabetes and exercise

- **Runsweet** – <http://www.runsweet.com/>

Diabetes and sport, helping people with diabetes become winners.

- **Extod** - <http://www.extod.org/patient-advice>

Website aimed at providing advice and guidance to people with Type 1 diabetes on safely and confidently managing blood glucose levels before, during, and after exercise

- **Excarbs** - <https://excarbs.sansum.org>

Plan Your Insulin, Exercise Safely, Have Fun and Reap the Rewards!

- **JDRF Peak** – <https://www.jdrf.org/t1d-resources/hcp/peak-program/>

JDRF Exercise and Knowledge (PEAK) Program is a unique outreach initiative that gives clear guidance on how to safely pursue exercise. PEAK provides education on the environmental, dietary, and physiologic elements that affect physical activity in those with Type 1 diabetes.

- **DTN-UK** - <https://abcd.care/dtn/education>

Providing education to health care professionals as well as people with diabetes to help them make the best use of diabetes technology and exercise.

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## Type 1 Diabetes and Pregnancy

- **DTN-UK** - <https://abcd.care/dtn/CGM>

Online education programme on CGM during pregnancy also including Top Tips during pregnancy:

- Top tips for optimising glucose levels in pregnancy
  - Top tips for using your Libre Sensor in pregnancy
  - Top tips: Using Dexcom G6 Real-Time CGM in Pregnancy
  - Sick day rules in pregnancy for insulin pump users
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- **Diabetes UK** – <https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/pregnancy>
  - Planning for a pregnancy when you have diabetes - [Preparing for Pregnancy leaflet \(ruh.nhs.uk\)](#)

## Driving and Travel

- **DVLA** - <https://www.gov.uk/driving-medical-conditions>

Information about medical conditions, disabilities and driving

- **Trend** - [https://trenduk.org/wpcontent/uploads/2018/03/A5\\_6pp\\_Driving\\_TREND\\_CONNECT.pdf](https://trenduk.org/wpcontent/uploads/2018/03/A5_6pp_Driving_TREND_CONNECT.pdf)

Safe driving and diabetes leaflet

- **Diabetestravel.org** - <https://diabetestravel.sansum.org/results/>

Here is advice on what you should do before going on holiday. Speak to your diabetes team if needed at least 2 weeks before you go away. Also check you have appropriate insurance.

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG

01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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