

## Paediatric Diabetes

# Diabetes UK and other information about managing your diabetes

Diabetes UK is a leading national charity in the UK which does a great deal of work to help people with diabetes - supporting them and helping them to understand and manage their condition, it raises large amounts of money which goes towards research. Ask a member of your Diabetes team for further details

If you join, you will get a welcome pack and a choice of diabetes guides to help you manage your diabetes. You will get Diabetes Balance magazine, packed full of the latest news about diabetes, research from around the world, delicious recipes and more. You will have access to experienced counsellors who can provide support and information on all aspects of diabetes and you will be able to make new friends at a local diabetes support group.

## Days, weekends, and holidays

If you want to meet other people living with diabetes, to share and learn from each other in a relaxed and fun environment? Then Diabetes UK's events are for you. They have events for children, adults, and families.

Diabetes UK has over 65 years' experience of running events and is firmly committed to providing the very highest standards of diabetes care and education, expert tuition, and uncompromising safety.



## Patient Information

### **Children's support holidays**

A Diabetes UK holiday is packed with fun activities and adventure. It also offers a unique opportunity to be among people who understand living with diabetes. For many, it is the first step to managing their own diabetes.

Developing a positive attitude and establishing self-confidence in the management of diabetes is a key objective of the holidays.

Children's holidays take place across the UK during the summer - see below via web link for dates and locations. If you have any queries telephone 020 7424 1000 between 9am and 7pm and ask for the Care Support team.

### **Regional meetings for families**

The National Children and Young People's Diabetes Network is a regional network packed full of information for families and health care professionals. The National Children and Young People's Diabetes network is working towards agreed standards of care, outcomes, and process of quality assurance to establish the delivery of a world class service. They run regular meetings for families across the region, look out for the posters in clinic.

### **Useful websites:**

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

**Abbott** - <https://freestylediabetes.co.uk>

**Roche** - [www.accu-check.co.uk](http://www.accu-check.co.uk) (for insulin pumps)

**Medtronic** - [www.medtronic-diabetes.co.uk](http://www.medtronic-diabetes.co.uk) (for insulin pumps)

**Omnipod** – <http://www.myomnipod.com/UK> (for insulin pumps)

**The National Children & Young People's Diabetes Network**  
[www.cypdiabetesnetwork.nhs.uk](http://www.cypdiabetesnetwork.nhs.uk)

### **For teenagers:**

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

[www.runsweet.com](http://www.runsweet.com)

[www.carbsandcals.com](http://www.carbsandcals.com) (can also download iPhone App)

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### Social media:

@JDRFUK @Diabetescouk @UK\_diabetes

Diabetesgeek (Amber Rose) @diabetes\_geek

### Apps:

**Digibete:** can be obtained from the app store (free of charge) **clinic code: W4B1I (last digit is a capital i)** this will have more diabetes information and news from your clinic.

**DEAPP:** can be obtained from the app store (free of charge) **You will be given a code by the diabetes team when you sign up to this,** this is an online education programme for newly diagnosed children with Type 1 Diabetes and their families.

### Downloading your meter to Glooko:

#### How to set up a glooko account and upload

**Step 1:** On your web browser go to the following website:

<https://join.glooko.com/>

**Step 2:** The website will then take you to the: **register with Glooko page.** Follow the instructions and input your details to register. There will be an option to input a code. Please input the teams **ProConnect code** here: **ukuhcwpaed**

This will enable you to share data with the team so that we can review and support. Once you have inputted all your details press register.

**Step 3:** The website will then ask you to **Select Your Devices** using a drop-down menu. Add all your devices and then press next (This includes meters, pumps and CGM).

**Step 4:** Glooko will then give you the option to:

- Gain a link to download the app to your mobile phone.
- And then give you the option to open the glooko web application.
- Click to open the glooko web application and it will take you to your Glooko account.

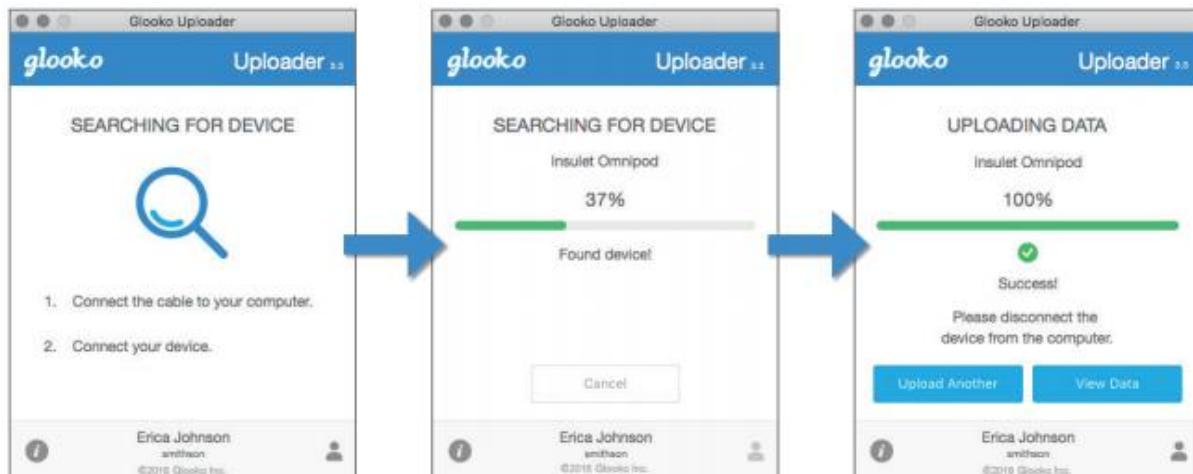
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**Step 5:** To be able to upload your data to your account you will need to download the glooko uploader:

- Click on your initials on the top right corner
- Then click on settings
- Then scroll down to apps and devices and then click on: Get glooko uploader and install the glooko uploader

**Step 6:** You will then be ready to upload your meter.

- Connect the cable for the diabetes device to your computer
- Connect the diabetes device to the cable (Cable included with meter)
- Upload the diabetes device data



If you have any other devices to upload such as pumps, they may need a separate uploader. This should also be in the apps and devices section for you to download (If you had included them in your devices at Step 3). It will also show you how to connect other accounts such as DEXCOM or mylife.

- You can then view all of the data from the meter, we recommend that you review your data weekly, so that you can consider changes in your treatment if required. You are also welcome to seek advice from the diabetes team for further on-going advice and support.
- Please contact your diabetes nurse on 024 7696 7230 if you feel that you need help.

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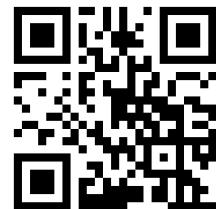
The Trust has access to interpreting and translation services. If you need this information in another language or format, we will do our best to meet your needs. Please contact the Department on 024 7696 7230.

The Trust operates a smoke free policy.

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We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:  
[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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