



PAEDIATRIC DIABETES MANAGEMENT

Sources of Information and Support for
children and young people and their families

Patient information Leaflet



February 2018

We know coping with diabetes isn't always easy for patients and their families. There is a lot of information out there in books and on the internet to help, but it isn't always easy to tell which is the most useful and accurate. We've put together a leaflet to signpost you to some Apps, Books and Websites which you may find helpful. We hope you can find them useful in managing your diabetes and as a source of information to learn more about diabetes.

Smart Phone Apps

There are lots of apps out there to help you carb count, keep fit and keep a log of your diabetes results. Here are a few really good ones that you may find helpful. If there are others you have found useful please let us know.



Carbs & Cals. Count your carbohydrates and calories with over 3,500 food and drink photos. Shows nutritional values with varying portion sizes. Also includes some common branded foods. Cost is £4.99 with future updates free. Can use on iPhone and Android Phones



My Fitness Pal. Helps you keep a food and exercise diary. Shows the nutritional values of over 1,000,000 food items. You can create your own favorite foods database. Free for both iPhone and Android Phones.

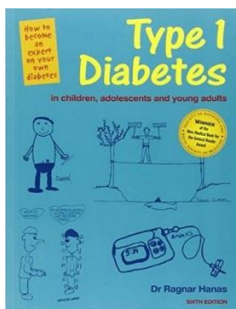


UK fast food nutrition calorie app.

A restaurant fast food carbs Shows nutritional values for meals from 106 fast food outlets. Including TGI Fridays, Domino Pizza, McDonalds, Burger King, Subway, Pizza Hut and KFC. Cost £1.99

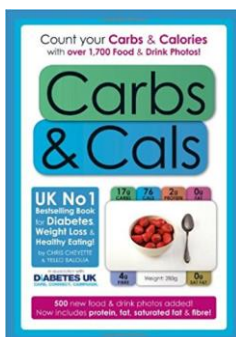
Helpful Books

There are many book you may find useful here are just a few suggestions to get you started! If you have found other books helpful please let us know.



Type 1 Diabetes in Children, and Young Adults (sixth edition) by Ragnar Hanas

This practical, easy-to-read book tells you everything you need to know to take good care of your diabetes. Dr Ragnar Hanas shows you step-by-step how to become an expert on your own diabetes.



Carbs & Cals by Chris Cheyette and Yello Balolia

This is the ultimate visual carbohydrate and calorie counter! Packed to the brim with over 1,700 food and drink photos, with the carbohydrate, calorie, protein, fat, saturated fat and fibre content clearly displayed in colour-coded tabs around each photo, it's the perfect support tool for diabetes management, weight loss and healthy eating.

Internet Websites

There are many useful internet links to support children and young people with diabetes and their families. Clearly not all the information available on the internet about diabetes is accurate or applicable to the NHS. Here are some of the links that we can recommend. Please let us know if you find any others useful.

<https://www.diabetes.org.uk>

Diabetes UK is the leading charity that cares for, connects with and campaigns on behalf of every person affected by or at risk of diabetes. They provide information, help and peer support, so people with diabetes can manage their condition effectively. They are one of the largest funders of diabetes research in the UK.

<https://www.jdrf.org.uk>

<https://www.jdrf.org.uk/life-with-type-1-diabetes/kidsstuff>

The Juvenile Diabetes Research Foundation is a charity providing funding for research into curing, treating and preventing Type 1 Diabetes. They provide information for children, adults and parents living with the condition, at all stages from diagnosis and beyond. They campaign for increased focus on, and funding for, research to find the cure. They have excellent resources for school available on their website. They have an excellent area in their website geared towards children of different ages.

<http://www.familieswithdiabetes.co.uk>

The Families With Diabetes National Network is about families who have children with diabetes. Parents are a core part of the network system set up by NHS Diabetes and taken over by NHS England. Each area has set up a Facebook group and urging parents from their areas to join. This is an excellent site if you want to link up with other parents both locally and nationally.

<http://www.childrenwithdiabetesuk.org>

The Children with Diabetes UK (CWD UK) online groups and the Children with Diabetes UK Advocacy Group are patient led support groups for families of children with diabetes living in the UK. The groups are open to parents/carers who wants to discuss all aspects of diabetes in children and how it affects their family's lives. They aim to support families with newly diagnosed children or any families who wish to discuss raising a child with diabetes.

www.digibete.org/

DigiBete is a video platform and social enterprise created in partnership with the Diabetes Team at Leeds Children's Hospital. The videos and resources are designed to help people and families self-manage their Type 1 Diabetes

www.runsweet.com

Runsweet can help you manage exercise when you have diabetes

<https://www.typeoneteens.com>

Type One Teens is a social group to connect teens with type one diabetes in a fun, social environment. This is a place where teens can share and have fun!

If you have any questions you want to ask, you can use this space below to remind you

If you have a visual impairment this leaflet can be made available in bigger print or on audiotape. If you require either of these options please contact the Patient Information Centre on 0161 922 5332

آپنی یہی اہی تہہ پڑتے ہا ہکڑتے نا پآرےن، تآہلے انؤرہ کڑے ا تہنک ہلہہ ڈیمےر سآہے ڈےلیفونے یوگآیوگ کڈنن 0161 331 5149/5150 اہی نآہآرے، تہن تآرآ آپنآکے سآہآہآ کڈتے پآرہے ۔

آپو آآپ آآ آآہتہی کآہی ڈ نآہہہ ہآڈو لآہتہ تآ لہہہ ڈہی، آہآہی ڈ ڈےہہ ڈیڈآو
0161 331 5149/5150 لآہہہ ہہہ لآہہہ ہآہہہ تےآو آآپو آہہہہ ڈہہہہ ۔

آگر یہ معلومآ ہڈہ نہیں سکتے ہں یا آپ کو اس کی سمجھ نہیں آتی ہے تو براہ مہربانی آہہہہ ہلہہہ ٹیم کے سآہے ٹیلی فون نمبر
0161 331 5149/5150 پر رآہط کریں تو وہ آپ کی مدد کر سکیں گے۔

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