

## Useful Websites for Children and Young People with Type 1 Diabetes and Their Families

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### **Paediatric Diabetes**

### **Patient Information Leaflet**

## Useful Website Addresses and Information

[www.jdrf.org.uk](http://www.jdrf.org.uk)

- Funds research into the treatment of type 1 diabetes.
- Funds research to one day find a cure for type 1 diabetes.

## Forums and information about diabetes

[www.diabetes.org.uk](http://www.diabetes.org.uk)

- Campaign on behalf of people with diabetes.
- Provides information regarding local support groups.
- Links to care in school advice line.

## Useful information and forums

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

- Provides expert information on taking part in sports with type 1 diabetes.

[www.upbete.co.uk](http://www.upbete.co.uk)

- Online support service for young people with type 1 diabetes and their families.
- Provides information, advice and online tools to help young people and their families manage their diabetes.

[www.cypdiabetesnetwork.nhs.uk](http://www.cypdiabetesnetwork.nhs.uk)

- Links to the national families with diabetes network.
- Information about each of the UK regional diabetes networks.
- Information about national standards of care, guidelines and plans for the future.

[www.medicalert.org.uk](http://www.medicalert.org.uk)

- Sells MedicAlert ID bracelets, necklaces and watches.

[www.icegems.co.uk](http://www.icegems.co.uk)

- Sells medical alert bracelets and pendants.

[www.diabetes.co.uk](http://www.diabetes.co.uk)

- Provides information about all types of diabetes.
- Access to forums to discuss issues with others living with the same condition.

Please note, these links are provided for the purposes of patient information. UHMBT does not endorse any of the products or services that may be provided on external websites.

## Leaflet Details

**Approved by:** PD & ILG

**Date of Publication:** 18/10/2017

**Reference Number:** Ic00010912 / PIL072

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**Review Date:** 01/10/2018



## **Other formats**

If you would like to receive this information in an alternative format, then please contact : 01539 795497.

## **Travelling to our hospitals**

For the best way to plan your journey visit our website:

<http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS): 01539 795497.

## **Useful Contact Details**

NHS 111 (for 24 hour urgent health advice): telephone 111

## **Your Information**

If you would like to know how we use, share, disclose and secure your information and your rights of access to the information we hold about you, visit the Trust's website: <http://www.UHMB.nhs.uk/> or contact Patient Advice and Liaison Service (PALS) on 01539 795497.

## **Evidence**

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

## **Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - **0800 328 6297**

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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