

Resource Room for people living with diabetes in Sheffield

We hope you find this collection of resources helpful. This has been put together by health professionals in Sheffield and been reviewed by Sheffield Diabetes UK. We will aim to update this once a year.

Where information is available in different languages, this is shown in the relevant sections.

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1. GENERAL INFORMATION

Diabetes organisations and key websites

Diabetes UK is the leading charity for Diabetes in the UK. They provide up to date, trustworthy information on many aspects of living with all types of diabetes. All the latest news on research, technology, new medications, and coronavirus can also be found here. www.diabetes.org.uk

Diabetes UK helpline advisors are available on Tel: 0345 1232399 if you want to discuss any questions or concerns.

<https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages> - Key information translated into sixteen *different languages*.

www.nhs.uk general information and advice on all types of diabetes

www.diabetes101.co.uk Website launched in 2021 by an online UK based team of diabetes specialists. Educational, colourful and fun.

www.t1resources.uk – signposts you to information on all aspects of living with Type 1 Diabetes.

Diabetes Videos and leaflets

Sheffield Teaching Hospitals produce their own leaflets and has a library of videos for people with diabetes

- Useful videos for people living with diabetes, some with *British Sign Language* and subtitles. This includes Carbohydrate Counting videos produced by Sheffield Diabetes Dietitians. www.video.sth.nhs.uk/diabetes
- **Diabetes Patient Information Leaflets** produced by the Diabetes Team in Sheffield can be found on Patient Information area of Sheffield Teaching Hospitals website. [Diabetes Leaflets](#)

Other Videos

www.pocketmedic.org/links - videos on living with pre-diabetes, Type 1, Type 2 and gestational diabetes. Currently provided free of charge.

www.medic.video/cv-bame - Introduction to Type 2 Diabetes for a number of BAME Communities including African-Caribbean and *available in a number of languages* – Punjabi, Bengali, Hindi, Arabic, Chinese, Polish and Somali.

www.youtube.com/diabetes%20uk Diabetes UK YouTube channel has loads of helpful videos such as how to check blood glucose, how to do an insulin injection and easy to follow explanations of what diabetes is.

www.carbsandcals.com/videos carbohydrate counting and carbohydrate awareness videos.

2. PEER SUPPORT

Sheffield Diabetes UK Group – This group of volunteers organise free monthly meetings that provide an opportunity to meet other local people with diabetes, learn about different aspects of living with diabetes from expert speakers, and help to get your questions answered. They also support local health services, give talks and 'Know Your Risk' events, and act as representatives of people living with diabetes.

- Website: www.sheffield.diabetesukgroup.org for meeting information
- Phone: 0742 938 5554
- Facebook: Sheffield DiabetesUK Group - <https://en-gb.facebook.com/SheffieldDUKGroup/>
- Twitter: @Sheffield_DUK
- Instagram: @sheffielddiabetesuk

@Learn Diabetes on Instagram: Set up by a member of Sheffield Diabetes UK along with others with diabetes to provide education.

Sheffield Type 1 Diabetes Group – Twitter @SheffieldType1s or contact by email: Sheffield.Diabetes.inthewild@gmail.com . Informal groups for people living with Type 1 in South Yorkshire and North Derbyshire.

GB Diabetic Online Community (DOC) – main social media link for connecting nationally with other people with diabetes. Members of UK Diabetes online community come together to support, connect, educate and empower each other. Facebook (thegbdoc) and Twitter #GBdoc

www.diabetes.co.uk An online community offering support and experiences of living with diabetes through the Diabetes Forum.

3. MANAGING YOUR TYPE 1 DIABETES DAY TO DAY

Type 1 Diabetes Education

DAFNE is a course for adults with Type 1 diabetes. We have run this in Sheffield since 2000 and lots of people from Sheffield now benefit from having completed the course. Find out more on the national website www.dafne.nhs.uk and please contact your Diabetes Team if you would like to know more about attending a course.

DAFNE updates - If you have completed a DAFNE course in the past, you may want to update your DAFNE skills or to boost your motivation? You can now access DAFNE refresher sessions online. This is a mixture of information, videos and interactive learning on different topics that you can work through at your own pace. Please contact Sheffield DAFNE administrator holly.wilkinson3@nhs.net

DAFNEOnline is a national resource for DAFNE graduates. This includes forums so you can chat to others at www.dafneonline.co.uk Please contact Holly if you need a code to access this.

DigiBete is a website and app for people under 25 who have diabetes. www.digibete.org Please contact your Sheffield Diabetes Team for an access code.

Other resources Ten steps to improving Type 1 Diabetes Control by Scottish Type 1 Education programme.

https://www.t1resources.uk/fileadmin/user_upload/downloads/Ten_steps_to_improving_T1_diabetes_control.pdf

Carb Counting

www.video.sth.nhs.uk/diabetes Check out helpful carb counting videos here.

www.carbsandcals.com Find out more about the range of photo books and app for diabetes and weight loss.

Exercise and Type 1 Diabetes

- <https://excarbs.sansum.org> Personalise your exercise advice with an interactive calculator.
- www.runsweet.com Learn from the experiences of sports people living with Type 1 diabetes.
- www.extod.org Improving the exercise advice for people with Type 1 diabetes.
- www.1bloodydrop.com Top tips from a person living with type 1 diabetes.

Libre

If you are using a Libre flash glucose monitoring, training is recommended so you get the most out of the system.

This is a good introduction Freestyle Academy [FreeStyle Progress - Abbott \(freestylediabetes.co.uk\)](http://FreeStyle Progress - Abbott (freestylediabetes.co.uk))

For more advanced information and on specific topics such as exercise, hypoglycaemia, pumps and diet have a look at video produced by people with diabetes and health professionals at [DTN-UK Education: Flash Glucose Monitoring | ABCD \(Diabetes Care\) Ltd](http://DTN-UK Education: Flash Glucose Monitoring | ABCD (Diabetes Care) Ltd)

4. MANAGING YOUR TYPE 2 DIABETES DAY TO DAY

Please see section 1, 5 and 6 for more information for people with Type 2 Diabetes.

For support on how to self-manage Type 2 diabetes DESMOND is a group-based education programme run in Sheffield. There is also an online programme available, MyDESMOND. Please speak to your GP if you are interested in attending a Sheffield course. For an insight into the course watch this short video DESMOND Getting to Grips with Type 2 Diabetes - YouTube

Diabetes UK have an education course all completely free and tailored to you, for advice on what to eat and managing diabetes day to day. <https://learningzone.diabetes.org.uk>

5. SELF-CARE

Managing stress, getting enough sleep, and having support from others are all really important for your physical and mental health. Additionally, a healthy lifestyle will bring even more benefits. This includes keeping active, eating a well-balanced and satisfying diet, being a healthy weight, not smoking, and drinking alcohol in sensible amounts. A wide range of information on these areas can be found on the general diabetes and health websites such as nhs.uk and the NHS Apps library <https://www.nhs.uk/apps-library/>.

Here are some examples of further websites and apps including local ones.

Managing Stress

Diabetes doesn't just affect you physically; it affects you emotionally as well. There is lots of information that could be helpful here [Emotions and diabetes](#) | [How to cope](#) | [Diabetes UK](#)

Improving your well-being <https://iaptsheffield.shsc.nhs.uk> Sheffield IAPT – provides resources you can work through in your own time or courses you can attend around managing stress, anxiety and low mood and an introduction to mindfulness. There are specific courses for people living with long term conditions such as diabetes.

Many people find mindfulness apps such as <https://www.calm.com/> or <https://www.headspace.com/> helpful. There may be more listed on IAPT website.

Improving your sleep

In addition to NHS Apps library, a local practice nurse recommends these to her patients: <https://drchatterjee.com/why-sleep-is-the-most-important-pillar-of-health-with-professor-matthew-walker/>

<https://drchatterjee.com/how-to-improve-your-sleep-and-why-you-should-with-professor-matthew-walker/>

Getting and Keeping Active

Diabetes UK have recently launched free online physical activity classes for certain groups of people living with diabetes. Find out more here [Sign up to our free 'Get Moving' classes](#) | [Diabetes UK](#) and get a copy of the new *Guide to Moving More when you have Diabetes*.

www.movemoresheffield.com/activeathome This booklet produced locally and gives ideas on how to stay active even when you have to stay at home.

<https://weareundefeatbale.co.uk> Supporting people with long term conditions to get active including people with Type 1 and Type 2 diabetes.

For other ways to get active in Sheffield and to see what's going on close to your home [Getting Sheffield Active — Move More Sheffield](#).

One example is Step Out Sheffield is a voluntary group that organise 28 walks at 28 locations across Sheffield. Free, fun and sociable. All walks have been suspended due to covid19, but they will return so check the website. www.healthwalksinSheffield.btck.co.uk

Sheffield Physical Activity Referral Scheme (SPARS) is for people with health conditions who want to move more. Services are disrupted due to covid19, but you can register here. [Home](#) | [SPARS](#)

www.theoutdoorcity.co.uk Walking, running, and cycling routes across the Sheffield area.

Parkrun – is an organised free community 5km run that takes place at the same locations at 9am every Saturday. There are 11 locations in Sheffield and surrounding areas. [home](#) | [parkrun UK](#) Check the website for details of when these will restart in June 2021.

6. FOOD AND EATING WITH DIABETES

Sheffield Services

People with Type 2 diabetes can access dietary advice from Sheffield Dietitians through group sessions including DESMOND, Carbohydrate Awareness and GLP1 starts. Your Practice can refer you to these.

People with Type 1 Diabetes can access dietary advice from Sheffield dietitians through DAFNE courses, specialist clinics such as Pump clinic and individual appointments. Please contact the Diabetes centre on Tel 2714445 to request an appointment.

Sheffield Dietitians have produced a wide range of dietary leaflets that you can find on the Patient Information area of Sheffield Teaching Hospitals website. [Diabetes Leaflets](#) . Search using keywords – diabetes or carbohydrate

What can I eat?

Diabetes UK www.diabetes.org.uk have an incredible amount of information about food on their website. This includes meal ideas, meal plans, myth busters, weight loss advice and much more.

Improving your relationship with food

There are many reasons why we eat besides because we are hungry. Being more aware of this can be helpful.

[Food psychology | Diabetes UK](#) A series of articles about the other reasons we eat when we are not physically hungry. Find out more about emotional eating, cravings and your relationship with food.

If you have been on a number of diets before and regained the weight then you are not alone. An alternative approach is to focus on health rather than weight.

This is an example of some books and website that promote this different way to achieving health.

Books

- Eat What You Love, Love What You Eat with Diabetes – a mindful eating program for thriving with prediabetes or diabetes by Michelle May
- Intuitive Eating and The Intuitive Eating Workbook: Ten principles for nourishing a healthy relationship with food. Both by Evelyn Tribole and Elyse Resch. There is also a specific workbook for teenagers.

Managing your weight

Live Lighter - A free service for Sheffield residents – children, families and adults. Twelve-week programme on weight management and a healthy lifestyle run in groups. Run by weight management practitioners. www.livelightersheffield.com

The NHS are planning to launch a digital weight management programme in 2021. In the meantime, there are similar online weight management programmes that you can access but these may charge a one-off payment or a monthly fee. It is important that you look into these and find the one that suits you best. For example, does the type of diet they are promoting suit your food preferences and

home life? Do you want access to a mentor for support or are you happy to go it alone? What do the reviews say? They can all sound amazing at a first glance, but it can be a big investment so take you time to decide. Remember, the best diet for you is the one that fits best into your life so that you can keep going with it.

Examples include:

- Low Carb Program [Low Carb Program - Sustainable Weight Loss and Blood Glucose Control](#)
- Second Nature [The Second Nature Weight Loss Programme | Used by the NHS](#)

Apps – there are many free apps. Have a go and see what works for you. Examples include myfitnesspal and Cronometer – apps that helps you to track what you are eating. www.carbsandcals.com – this app can be used to support weight loss. There is a cost.

Diabetes Remission

Read about peoples experiences of putting their diabetes in to remission here [What is diabetes remission and how does it work? | Diabetes UK](#).

Diabetes REMISSION NHS Low Calorie Diet Programme – This is available to people in Sheffield in 2021. It is to support people recently diagnosed with Type 2 Diabetes to get their diabetes into remission. The programme lasts for one year and during the first 12 weeks only special milkshakes and soups are consumed. To see if you meet the criteria for the programme and to find out more please contact your General Practice. [NHS launch low calorie diet programme to help more people put their diabetes into remission | Diabetes UK](#)

7. ANNUAL REVIEW

Preparing for clinic appointments – get the most out of your appointment by being prepared in advance. For remote appointments on the phone or by video there are additional things to consider. <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/preparing-remote-appointments>

Annual Checks for keeping well – Find out what care you should be getting each year <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect>

Understanding your blood glucose test results (HbA1c) Find out what the HbA1c test is and what you should be aiming for. <https://publicdocument.st.nhs.uk/PIL1763.PDF>

Footcare – You need to have your feet checked once a year by your diabetes team. For advice on looking after your feet you can find videos of the Diabetes UK website or read more here <https://www.diabetes.org.uk/guide-to-diabetes/complications/feet/taking-care-of-your-feet>

Eyes – You need to attend for Eye screening once a year. Please contact your GP if you are not registered for Sheffield Eye Screening Service. <https://www.nhs.uk/Conditions/diabetic-eye-screening/>

Sheffield Eye Screening Service – what to expect <https://publicdocuments.sth.nhs.uk/pil4439.pdf>

8. CHECKING, TRACKING AND SHARING YOUR BLOOD GLUCOSE RESULTS

Sharing your data with the hospital Diabetes teams.

Download your blood glucose meter, insulin pump and glucose monitors so you can look for patterns and trends and also share with your diabetes team before any phone appointments. Please contact the Diabetes Centre on Tel: 0114 2714445 if you have any queries regarding any of the information below or require a cable to connect your meter to a computer.

Diasend www.diasend.com/en/patient - Set up an account, download the uploader to your computer and use the **Clinic ID 83-20369** to share your data with the Sheffield team. You will need a computer and an appropriate cable for your meter to do this.

Freestyle Libre – Set up a LibreView account or using the LibreLink app on your phone. Go to account settings and click on my practices and enter **code 01142714445** to link to Sheffield Diabetes Team.

DEXCOM – Register for a Clarity account www.clarity.dexcom.eu. Request that your Team send you a link to share your data with them.

Blood glucose meter apps. Some meters have phone apps that can produce a report of your blood glucose data which can be emailed to your diabetes team in advance. If you are attending an appointment at Sheffield Teaching Hospitals Diabetes Service, you can email a report or a photo of your diary to be sht-tr.desharednetaccount@nhs.net. Please put 'Blood glucose readings for clinic' as title and include your name, hospital number and date of birth. *Please note this email is not for clinical enquiries.*

In addition to apps for specific blood glucose meters there are a number of phone apps where you can log all your diabetes data. Once programmed with your personal settings some apps will give advice on how much insulin to take with meals. These are called bolus calculator apps.

Bolus calculator apps

mylife App - can be used to manually enter your readings.

mySugr Basic or Pro versions – There can be promotional codes to get Pro free of charge, regardless of which blood glucose monitoring device you use by visiting [mySugr App | Accu-Chek.co.uk \(accu-chek.co.uk\)](http://mySugr App | Accu-Chek.co.uk (accu-chek.co.uk)).

Getting the most out of your Freestyle Libre

- Complete Libre Academy <https://progress.freestylediabetes.co.uk/>
- Watch Libre tutorials <https://www.freestylelibre.co.uk/libre/help/tutorials.html>
- Work through this quiz to learn more <https://www.surveymonkey.co.uk/r/librequiz>
- For advice from experts on specific topics such as understanding patterns, exercise and managing meals high in fat and protein go to www.abcd.care/dtn/flash-glucose-monitoring

Getting the most out of continuous glucose monitoring (CGM)

www.abcd.care/dtn/CGM Educational videos for people with type 1 diabetes in particular those who are using or planning to use CGM for pregnancy.

9. MANAGING ILLNESS

Being ill can raise blood glucose levels. It is important to know how to manage your diabetes well at these times.

If you have Type 1 Diabetes you should have ketone strips and a ketone meter at home. Never stop taking your insulin.

All people with diabetes should have information on how to manage diabetes when ill. Please ask your diabetes team for this information. In the interim please follow this guidance [Trend releases updated sick-day rules leaflets – Trend Diabetes](#)

Information on sick day rules in 12 *different languages* <https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages>

10. MANAGING HYPOS

Sheffield Diabetes Team information and advice on Hypoglycaemia
<https://publicdocuments.sth.nhs.uk/pil1797.pdf>

Please contact your diabetes team if you are having hypos (blood glucose below 4mmol/l).

11. PLANNING A PREGNANCY AND PREGNANCY CARE

Information on Diabetes, contraception and pregnancy can be found here
<https://publicdocuments.sth.nhs.uk/pil4279.pdf>

If you have diabetes and you think you are pregnant ask your GP to refer you urgently to the Specialist Diabetes Antenatal team. They have an answerphone service Tel 0114 2712215 or ring Diabetes Centre on 0114 2714445.

Gestational Diabetes – Download the guide to gestational Diabetes
<https://www.diabetes.org.uk/diabetes-the-basics/gestational-diabetes>

12. DRIVING

Useful leaflet on driving and diabetes with links to DVLA website. [Driving and Diabetes TREND UK](#)

13. COMING TO HOSPITAL FOR A TEST, OR AN INPATIENT STAY.

Inpatient stays

Whilst in hospital you may be referred to the inpatient diabetes team. Once referred to the team, they will monitor you and help to manage your diabetes if you are unable to do so yourself. Sometimes one of the team may visit you on the ward or they may just communicate advice to the ward staff.

If you have completed the DAFNE course and are able and well enough to self-manage your diabetes whilst in hospital you will be encouraged to do so. The Trust provides the carb content of the hospital menus to enable you to carbohydrate count as you would do at home.

In collaboration with the ward nurses, the diabetes team will continually assess your ability to self-manage as they are aware that things can change during your hospital stay.

Coming in for tests

For advice on how to manage your diabetes if attending for an endoscopy appoint or bronchoscopy appointment please see look at the information leaflet relevant to the check you are having performed.

Colorectal surgery <https://publicdocuments.sth.nhs.uk/pil3806.pdf>

Colonoscopy or flexible sigmoidoscopy <https://publicdocuments.sth.nhs.uk/pil4005.pdf>

ERCP <https://publicdocuments.sth.nhs.uk/pil2623.pdf>

14. OTHERS

Coronavirus – keep up to date with the impact of this on people with diabetes

https://www.diabetes.org.uk/about_us/news/coronavirus