

Dear Colleague,

“The power of community to create health is far greater than any physician, clinic or hospital”
– *Mark Hyman*

I am writing to draw your attention to a new resource to support people living with Type 1 diabetes. <https://www.nhs.uk/conditions/type-1-diabetes/>

As you know, living with a long term condition can be difficult and stressful. Whilst we all strive to provide optimal care for our patients the reality for those living with Type 1 diabetes is that on average, they will spend around two to three hours with a healthcare professional every year.

Access to trusted information, resources and support is key in helping people manage their condition. That’s why the NHS Diabetes Programme, with its partners Diabetes UK and NHS Digital have developed new content on NHS.UK, which was formally NHS Choices

More importantly, we’ve listened to people living with Type 1 diabetes to understand their information needs and the support they want outside of a clinical setting.

The new pages are aimed at those diagnosed with Type 1 diabetes and who are over 18 years of age. The new resource provides practical information at diagnosis, such as videos on how to inject insulin, how to check blood glucose levels and the check-ups and appointments they should attend.

People told us they wanted support, not just on the clinical aspects of the condition, but how to manage on a daily basis. As a result of this, the new site also promotes support groups and helplines. It also encourages people to consider psychological therapy and additional education resources which can be accessed remotely.

Feedback from users has been positive. 96% of people, who responded to a survey, either had T1 diabetes or knew someone with T1 diabetes. They said that the information was very useful and meant they felt they didn’t need to contact the surgery to clarify certain points and anxieties.

We are asking you to actively promote this resource <https://www.nhs.uk/conditions/type-1-diabetes/> across your networks. This will, in turn, allow healthcare professionals to inform their patients and colleagues of the new Type 1 online resource.

We hope you find it useful in promoting self-management and peer support.

Regards

Dr Partha Kar

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NHS England