

# TYPE 1 NEWS

Summer Term 2017

At Diabetes UK, we're working hard to support children and young people with Type 1 diabetes and their families. As parents, you'll know Type 1 can be challenging but it shouldn't stop your child from leading a happy, healthy and fulfilling life.

From research to campaigning, we've been busy working to make a difference to the lives of people with Type 1 diabetes young and old. Read on to find out what we've been up to and what you can expect this summer.

## TYPE 1 IN SCHOOL

### Tips for getting the right plans in place at your child's school

Parents tell us that knowing their child is happy, healthy and thriving at school is their greatest concern. Are you confident your child is getting the best care?

Is your child moving to secondary school in September or are they changing class or schools?

Our good practice checklist is a good place to start when talking to your child's school about the things they should be doing.

**TYPE 1  
DIABETES:**  
*Make the grade* ★

### Good practice checklist

All schools should have the following procedures in place to support students with long term medical conditions such as diabetes:

#### ✓ Medical conditions policy

This should cover what provisions your school has in place to keep children with medical conditions such as Type 1 diabetes safe and fully included in all school activities. It should be available on the school's website.

#### ✓ Individual healthcare plan

Every child with a long term medical condition should have an individual healthcare plan to ensure their day to day needs are managed well. You should input into your child's plan along with their diabetes nurse. It should be updated regularly.

#### ✓ Working together

Everyone should be working together in the interest of the child. You should feel happy that you have regular and constructive communication and information sharing with your child's school.

#### ✓ Training and support

There should be at least two members of staff fully trained to support your child. Other staff should receive general awareness training too. Parents can help train staff but your child's diabetes nurse is the best person to do this.

For more detail on putting the right plans in place just head to our webpage [www.diabetes.org.uk/schools](http://www.diabetes.org.uk/schools) to order or download all the tools you need for great care in school.



**DiABETES UK**

## Thousands back parent petition: help us reach 50,000

All schools in England should by law have a medical conditions policy to protect children with conditions like Type 1 diabetes. But not all do, and the consequences can be really serious.



Louise's daughter Jenny had her life put at risk after a severe hypo in school, because staff did not have a policy to guide them on what to do next. That's why **she started her petition**, and

why we are backing her as part of our Safe in School campaign. Louise's petition is calling on government to take action to make schools aware of their duty, and she is asking Ofsted to check that schools are doing this.

Louise's petition has reached a massive 44,000 signatures, with the help of Diabetes UK supporters and national media coverage. This huge show of public support has even helped us win a meeting with the man the petition's addressed to: Minister for Children and Families, Edward Timpson. We'd love to reach 50,000 signatures before that meeting next month so **please keep signing**.

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

### What is Safe in School?



Safe in School is the latest campaign of the Health Conditions in School Alliance made up of 30 health charities including Diabetes UK. The campaign is responding to concerns from many parents that the duty on schools to support pupils with medical conditions is not being implemented widely.

The Alliance investigated a snapshot of schools across England. **Only 11.5% of schools checked had implemented the duty adequately.** Schools need more support to understand what should be implemented, because when the right procedures are in place good care happens. That's why the Alliance is backing Louise's petition as part of the campaign. To find out more about the Health Conditions in School Alliance go to

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

## Got exams or a school residential trip coming up?



We know exams and residential trips require extra consideration and planning. So, we've got just the thing to help ease the stress for your child and you, as well as, healthcare professionals and schools when planning these important school events. Now available to order for free in print or to download, these will help you navigate through the checklists and practical things you need to consider to help your school put a strong plan in place. Get yours now at [www.diabetes.org.uk/trips-and-exams](http://www.diabetes.org.uk/trips-and-exams)

We really want to know what you think so let us know by completing our **feedback survey**.

[www.surveymonkey.co.uk/r/diabetes-trips-and-exams](http://www.surveymonkey.co.uk/r/diabetes-trips-and-exams)

## GETTING READY FOR **TRANSITION**

Moving into adult care can be a big change for young people with Type 1 – and for their families. We've produced a new guide that explains what to expect during transition.

Download the guide at [www.diabetes.org.uk/transition](http://www.diabetes.org.uk/transition)

## Thought about awarding your school?



Over 170 schools have won our prestigious award. Could your child's school be next?

Nominate your school now! It's easy at [www.diabetes.org.uk/school-award](http://www.diabetes.org.uk/school-award)

If you've already nominated your school, ask them to **complete their application by 12 June 2017** to be in with a chance to win.

Check out our interactive map of winning schools at [www.diabetes.org.uk/award-honour-wall](http://www.diabetes.org.uk/award-honour-wall)



Students at Pil Primary School Wales

## News from our nations

### Influencing reform in Wales

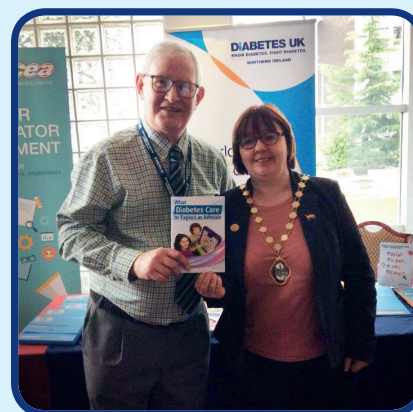
Diabetes UK Cymru is leading a coalition of 20 health and children organisations to make sure that support for Children and Young People with long term medical conditions is included in the Additional Learning Needs & Education Tribunal Bill. We've had widespread support for this across Wales and will continue to talk with all parties to ensure that children with conditions like Type 1 diabetes are not left behind.

### Supporting teachers in Northern Ireland

The Regional President of NASUWT and the Deputy Lord Mayor of Belfast visited Diabetes UK at the March Northern Ireland Conference of NASUWT held in the Stormont Hotel. Diabetes UK staff spoke to over 100 teachers and School Principals about good diabetes care in schools.

### Draft guidance for Scottish NHS boards, education authorities and schools

Diabetes Scotland is responding to a consultation guidance for NHS boards, education authorities and schools to support children and young people who require healthcare support at primary and secondary school. This is the first guidance update in over 10 years. Find out more <http://www.gov.scot/Publications/2017/01/8545>



## Care in School Helpline

If things aren't quite right with your child's school, you can count on us to support you. Our specially trained volunteers have helped hundreds of parents already and they can talk to you about your rights, help you think through your options and give you tips for talking to your child's school, so that you can make changes.

\*Calls may be recorded for training purposes

### Get in touch

Our Helpline and Care in School Helpline is open **Mon-Fri, 9am – 7pm.**

**0345 123 2399\***

## TYPE 1 - RESEARCH NEWS

### Exploring the early onset of Type 1 diabetes

We have awarded our second-ever Harry Keen Intermediate Clinical Fellowship – worth almost £800,000 – to Dr Richard Oram at the University of Exeter. Richard will be looking at the extremely early onset of Type 1 diabetes, diagnosed in children under the age of one year.

### Personalising Type 1 treatments

The need for 'precision medicine' in Type 1 diabetes where treatments are prescribed according to a person's specific needs was another research highlight at this year's conference. The key research challenge being: How do we move towards making Type 1 treatments personal? And what are the next steps in research that would help us achieve it?

You can read the Type 1 research highlights from Diabetes UK Professional conference in our blog post: <https://blogs.diabetes.org.uk/?p=8049>

## Your stories - Type 1 mums

We're always looking for people to share their experiences of life with Type 1. Share your story at [www.diabetes.org.uk/your-stories](http://www.diabetes.org.uk/your-stories)



Kay's son was diagnosed aged six and a half. She told us about all the new skills they have learnt - including how to guess the carbs in birthday cake!

“It has taken me two and a half years to gain the confidence to bake from scratch with him again as it's so difficult to carb count. We've become experts at guesstimating carbs on birthday cake and bowl licking!

It's tough but I actually feel privileged to support my son with Type 1 and in many ways having to deal with it together has given us a bond that I didn't realise could have ever been better before diagnosis.”



Amanda told us about her daughter Lily, who was diagnosed the day before her fifth birthday.

“Lily has never allowed Type 1 diabetes to stand in the way of her life. She absolutely loves gymnastics and her pump has never held her back – we just need to check her blood glucose levels before, during and after training. She amazes us every day with how she has dealt with her diabetes and we are so proud of her.”

## GET INVOLVED

### Become a Diabetes Voice



Our Diabetes Voices do all sorts, from starting their own campaigns to getting 4Ts posters up in their community. Whatever you do, it all makes a difference.

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

### Forum

Day or night, tap into the experience of others with Type 1 diabetes online at [forum.diabetes.org.uk](http://forum.diabetes.org.uk)

### Local groups

We've got family support groups across the UK – they're a great way to find other families living with Type 1 diabetes in your area. Go to our website to find your closest group.

[www.diabetes.org.uk/local-groups-portal](http://www.diabetes.org.uk/local-groups-portal)

### My Life

If you've got a young child, have they discovered My Life yet? It's our website that's designed and written especially for kids. From pets with diabetes to playing sport, it's got everything covered.

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

### London Inspire Awards



School boys Kai and Freddie were so inspiring, they both deserved to be recognised for their achievements.

At only 7, Kai showed determination by deciding to cycle a whopping 100 miles! Kai raised over £1500 and wants to do more for Diabetes UK this year.

Newly diagnosed Freddie got creative when he came up with a sponsored scooter (5 miles is a long way to scooter). He got his whole family involved and smashed his target by raising £615.



## Hold a Diabetes Week Picnic – 11 to 17 June

**Support Diabetes UK this Diabetes Week and help us to know diabetes and fight diabetes.**

The simple fact is, diabetes is serious. There are currently 29,000 children living with type 1 diabetes in the UK and the numbers are growing. Our vision is a world where diabetes can do no harm and together we can make that a reality.

Hold a fundraising picnic or do it your way during Diabetes Week. For inspiration and to download a fundraising pack visit: [www.diabetes.org.uk/fundraise](http://www.diabetes.org.uk/fundraise)