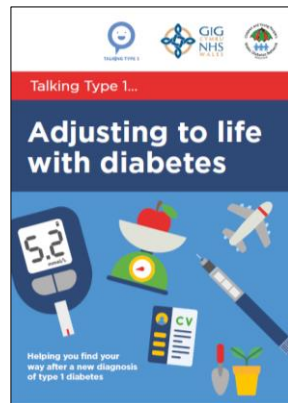


PRESS RELEASE

New Talking Type 1 resource coming to NHS Wales this spring!

The latest Talking Type 1 resource '*Adjusting to life with diabetes*' is currently in the final stages of production and will be delivered directly to secondary care adult diabetes services in coming weeks.



This is the fifth book in the Talking Type 1 range has been written for people who have recently been diagnosed with type 1 diabetes. It is designed to help the process of adjusting to the significant life change that people go through, as well as helping them to understand the importance of acceptance and of being an active participant in their diabetes care. The bilingual book has been written for the adult population, but can be used in paediatric settings for adolescents with additional diabetes team support.

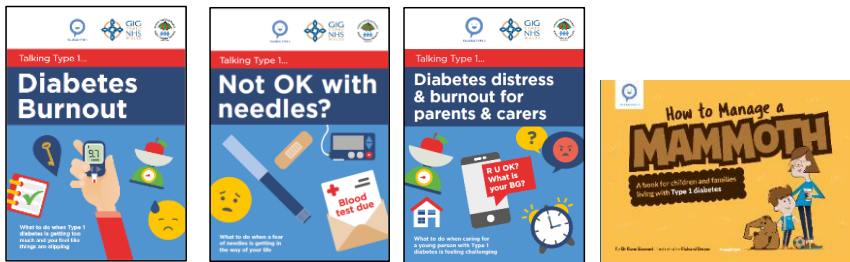
This resource is designed to be given out by specialist diabetes staff a few weeks into diagnosis at that difficult time when the shock is wearing off and the emotions are starting to kick in. It can be used purely as a self-help resource, but for maximum impact we recommend that it is used in conjunction with review and follow-up from the diabetes team to allow for further discussion and to answer any questions.

Areas covered by the resource include:

- Common reactions to diagnosis and the role of acceptance
- Values and self-identity
- The role of support groups and online diabetes communities
- How to talk to friends and family about diabetes
- Health care professionals involved in diabetes care
- Building confidence and knowledge about diabetes management
- Understanding diabetes data and how to use it effectively
- Making the most of clinic appointments
- Strategies for developing a positive long-term relationship with diabetes

As with the other Talking Type 1 books, 'Adjusting to life with diabetes' has been written in conjunction with people living with diabetes and contains quotes, tips and messages of support throughout. The book also contains links to our online evaluation system, which allows readers (and diabetes HCPs) to easily feed back their thoughts on this book and the rest of the range.

Don't forget the other books in the Talking Type 1 range



Don't let needle phobia be a reason for vaccine hesitancy in your clinic! *Not OK with needles* is designed for anyone using injectable insulin and can help people to develop strategies to manage their anxiety during vaccination appointments.

Reprints of *Diabetes Burnout* are currently in progress, and copies will be distributed directly to units.

For more information on the Talking Type 1 range, visit our page on the [AWDIG sharepoint](#)

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