

Who can I talk to?



Your *diabetes nurse* or any of the *diabetes team* can talk with you about the *practical bits* of diabetes, like

exercise, food, managing at school, clubs and sleepovers.

Family or a friend – it is always good to have someone to talk to about having diabetes, and even sometimes just to be able to say that you are fed up.



Clinical Psychologist – if you are struggling with your feelings about diabetes, you could talk to the team



Clinical Psychologist.

What does the Clinical Psychologist do?

The Clinical Psychologist can help you talk about *tricky feelings around having diabetes*. They might work with you, or you and your parents, to find ways of *helping you cope* with your diagnosis or with managing your diabetes.

Where can I get more information?

You can ask your diabetes team about the Clinical Psychologist
(01803 655579)

Diabetes UK website

www.diabetes.org.uk

Website for children with diabetes

<http://www.jdrft1.org.uk/>

National anti-bullying website

www.bullying.co.uk



PATIENT INFORMATION



**A leaflet for children aged 9-12
with diabetes**

Diabetes should not stop you from having fun. You may need to plan things a little more, depending on the activities you and your family have planned. However you will still be able to do all of the things your friends do, e.g. Go to clubs, sleepovers, sport activities, days out, holidays, and the list goes on!

You are definitely not on your own! Thousands of kids in the UK have a diagnosis of diabetes, as well as lots of well-known people including Halle Berry, Steve Redgrave and Nick Jonas. Take a look at the “children with diabetes” forum, and see how many others there are:
<http://forums.childrenwithdiabetes.com/forum.php> (but please get your parents’ permission before going on the website).

It’s ok to be a bit scared. **There are lots of things that can help.** Try distracting yourself: listen to music or watch the TV as you or your parents inject. Decide where you would like your injections, how you would like to sit/stand, and what you are going to do straight afterwards. Deep breathing can relax the body too. Remember, testing and injecting should only take a few minutes each time. If you still find it hard after trying some of the above, talk to your family or your diabetes team.

I’m worried I won’t be able to have fun any more

I’m worried about bullying at school

Bullying for any reason is wrong – it doesn’t matter who does it, or how they do it, it’s not right. If you are experiencing bullying, talk to your teacher, family or someone else you trust. If your school has an anti-bullying group, it could help to get involved with that. Remember that bullying says more about the bully than the person being bullied.

I feel like I’m on my own

I feel sad because I have diabetes

It is natural to feel sad from time to time about diabetes. **It can help to talk to somebody about how you feel to see if others can help.** You could also write down or draw your feelings.

I’m scared of needles or injecting

I’m scared of having a hypo

What do I say to people?

It can feel horrible and scary having a hypo, because it makes you feel wobbly and sick. It is good to be aware of how your body feels and to have treatments with you, e.g. dextrose tablets. The diabetes team will also speak to your school so they know what to do as well. **It is ok to feel a bit nervous, but try not to let it take over.** If you are really scared, you can talk to your parents or your diabetes nurse. Deep breathing can also help to relax you when you feel worried or scared.

Telling your friends that you have diabetes can be helpful, especially as friends can ‘look out’ for you. Your teachers and any club leaders also need to know about your diabetes. **Your diabetes nurse can help you** decide what/how you would like to tell people and could even talk to your class with/for you.

Remember: you are in control of what you say and who you tell.