

*Making sense of the wealth of information, peer-support, and social media resources available online to help people manage their type 1 diabetes.*

A carefully selected collection of online resources to make type 1 diabetes a little easier to live with

Checked and reviewed by both healthcare professionals and people with diabetes

Search and filter by topic, channel, source or keyword

Hints and advice for people new to social media

Calendar displaying events and meetings from dozens of organisations, groups and charities

*I can honestly say that joining these online communities has transformed my life with diabetes. It's given me so much more information, it's really empowered me. It's allowed me to develop as a person, but also as a person with diabetes.*

**Lis Warren** (living with type 1 diabetes)

*It took me nearly 10 years to find these people online so I've been dealing with my diabetes on my own.*

*Yes, I have an excellent circle of family and friends who understand but no one can really "get it" like a fellow member of the Pancreases Anonymous Group.*

**Joe Griffiths** (living with type 1 diabetes)

*A resource such as this is indeed something that would be welcome, not only from a patient perspective, but also from a health care professionals view point.... an exciting new development in the world of Type 1 diabetes!*

**Dr Partha Kar** (Consultant in Diabetes)