



# Type 1 diabetes is very annoying.

T1resources.uk is a fantastic collection of online, peer-support, and social media resources to make type 1 diabetes a little bit 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)

