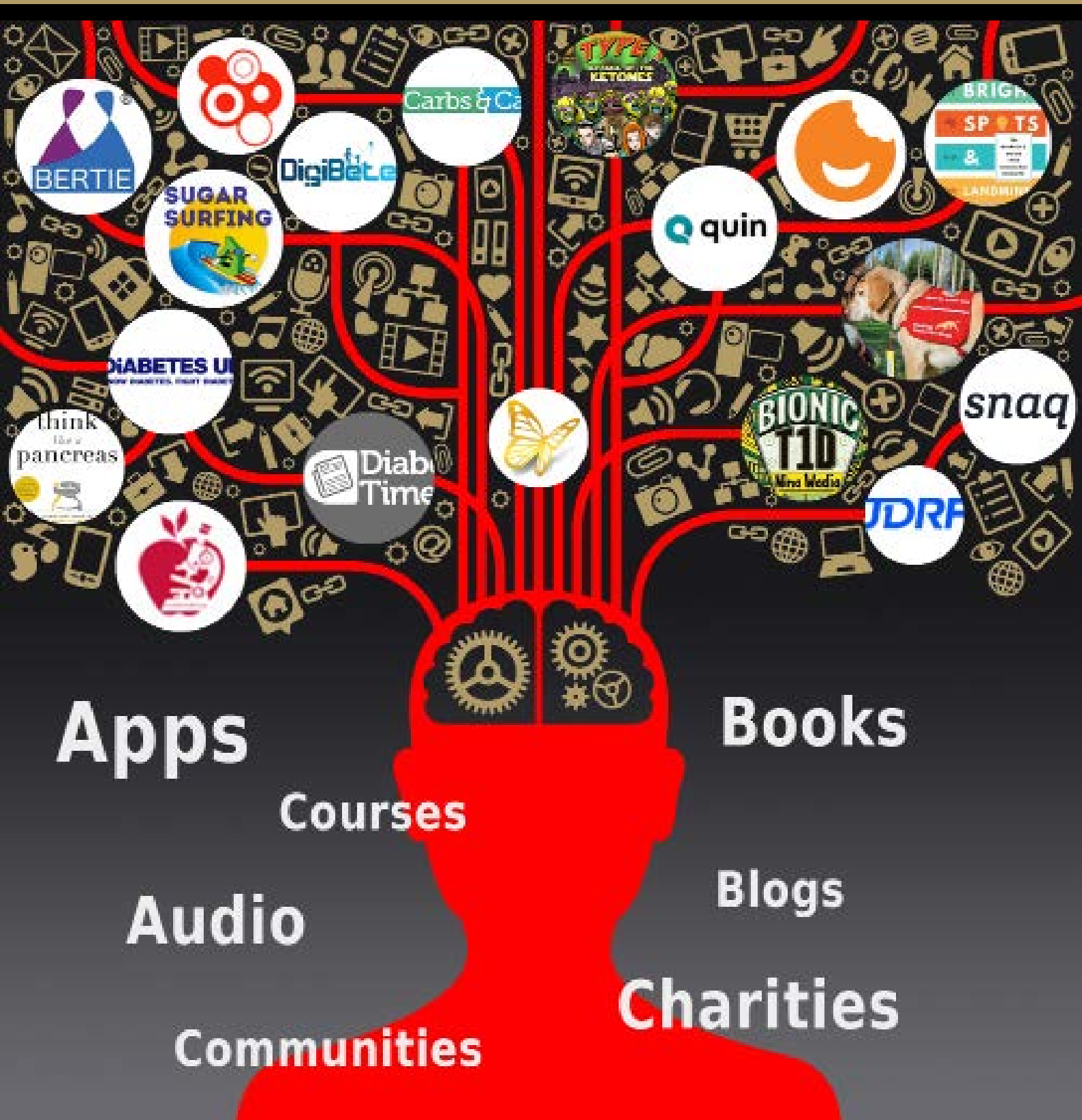


Spring 2021

# Libre Life Briefing



Apps

Books

Courses

Blogs

Audio

Charities

Communities

# FEED YOUR MIND

# LIBRE LIFE SPRING 2021 ISSUE

## Welcome

This is our first full issue of 2021 of our online magazine written especially for Libre sensor wearers.

This issue we aim to Feed Your Mind with our ABC of resources relevant to new Libre users and also those with some insights into diabetes management already. The resources mentioned are largely UK focussed but hopefully there's also information of interest to others too.

From Apps to Books to Communities, we hope you'll find these resources useful and perhaps download or otherwise follow up on these yourself to enhance your Libre life!



Thanks for reading. We hope you'll join us again in the Spring!

*Samantha x*

## Contents

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If you haven't yet read our recent **Special Briefing on Libre 2**, please take a look at [www.lovemylibre.com/blogs/libre-life/libre-life-briefing](http://www.lovemylibre.com/blogs/libre-life/libre-life-briefing)

## Next time

Our Summer Issue will be covering Travel and Summer Activities (fingers crossed these will both be possible!). Details of how to subscribe to ensure you receive your next copy of Libre Life are on page 12.

### Disclaimer

Love My Libre is not associated or affiliated with Abbott or FreeStyle Libre. Content here and on our website [www.lovemylibre.com](http://www.lovemylibre.com) does not constitute medical advice, or replace the relationship between you and healthcare professionals nor the advice you receive from them.

**All information here is correct to the best of knowledge at the date of publication. We cannot be responsible for any errors or omissions. Availability and costs of products mentioned here are subject to change.**

## APPS

Below we've listed some popular apps used by Libre wearers, some of which are diabetes specific and others that are more general.

An additional suggestion would be to look at apps that remind you to drink water regularly as hydration plays a key role in getting 'accurate' readings from a Libre sensor.



### Medical ID

On Google Play

<https://medicalid.app>

Enables users to store medical data and ICE (In Case of Emergency) contacts safely on an Android phone.

For Apple iPhone users it's a good idea to enable Emergency SOS in the Settings menu.



### Carbs and Cals

On Google Play and App Store

<https://www.carbsandcals.com>

A popular resource – available as a book and app - to help calculate carbohydrate portions. Often referred to and used as part of a Dafne course. Useful for finding details on usual meals and also some takeaway options and UK restaurants and fast-food outlets. Videos now available on YouTube too.



### Mysugr

On Google Play and App Store

<https://www.mysugr.com/en/diabetes-app/>

A digital logbook that enables users to log their meals, glucose levels, insulin and more. It provides a personal dashboard showing daily insights Recommended by the NHS.



### Snaq

On Google Play and App Store

<https://snaq.io>

Take a photo of your food (in selfie mode) to get details of carb content, calories etc. if recognised in the snaq database. Option to add your own meals too.



### Low Carb Program (from diabetes.co.uk)

On Google Play and App Store

<https://www.lowcarbprogram.com>

A low carb program that has been proven to help with losing weight and lowering HbA1c levels. Lots of recipes and meal plans. Option for virtual meet-ups. and community support. Recommended by the NHS (mainly to type 2s). Free on referral or £14.99 per month.



### My Fitness Pal

On Google Play and App Store

<https://www.myfitnesspal.com>

Not specifically for diabetes, this app combines food and exercise with a means to log your data. Also connects with other apps including Apple Health. Useful community forums on wide range of fitness and food related topics.



### Quin

App Store only

<https://quintech.io>

The app enables you to record your food and insulin input and it will predict your trends -what's ahead- for you to make diabetes related decisions. Lets you know when insulin is most active and 'used up'. Registration requires details of medication. This app needs ongoing commitment to inputting your data to get results.

## AUDIO (PODCASTS)

The majority of podcasts available on diabetes are founded by those in the USA, as expected, and often look to tell the story of an individual's diagnosis of diabetes. We've focussed here on podcasts covering a wider spectrum of topics and included some with more global reach.

Again, many of the diabetes-related manufacturers and charities have their own podcasts including FreeStyle Libre, Diabetes UK and DRWF. See links on following pages.

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## INSULEOIN - REDEFINING DIABETES

<https://www.insuleoin.com>

Available on Spotify, iTunes & Castbox



Eoin - a personal trainer with T1 - posts a new podcast every Wednesday where he and producer, Graham, discuss their chosen topic relating to diabetes, for that

week. A diverse range of subjects have been covered, generally with a light-hearted approach, and over 50 podcasts are now available.

The podcast has won several awards for being fresh and an entertaining listen.

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## THE TALKING TYPE 1 PODCAST

[www.talkingtype1podcast.buzzsprout.com](http://www.talkingtype1podcast.buzzsprout.com)



Hosted by Daniel Newman, this series of podcasts are interviews with members of the diabetes community sharing their journeys of the ups and downs of living with

type 1 diabetes. It's possible to get on the show by contacting Daniel to discuss your story and information that would be of interest to T1s.

## ALL 4 ONE

<https://anchor.fm/all4one>

*An type one online community*



A monthly show hosted by TV Presenter and type 1, Jamie Lowe. Together with a panel Jamie discusses the reality of life without a working pancreas. It's possible to be on

the show by emailing [contactall4one@gmail.com](mailto:contactall4one@gmail.com)

If you like Jaime's content, he also has a YouTube channel and website etc. see [www.jamielowe.co](http://www.jamielowe.co)

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## DIABETIC AND HEALTHY

[www.diabeticandhealthy.com](http://www.diabeticandhealthy.com)



Charlotte is a personal trainer based in the UK and has taken part in

3 bodybuilding competitions whilst also having type 1 diabetes.

There are over 52 episodes of her weekly podcasts which includes interviews, stories, reviews and diabetes information. Charlotte is also on Instagram and Facebook.

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## THE DIABETES DUGOUT

[www.open.spotify.com/show/679K7qaoskKGjJ50W6a7MM](http://www.open.spotify.com/show/679K7qaoskKGjJ50W6a7MM)

**show/679K7qaoskKGjJ50W6a7MM**



A new podcast, hosted by Chris Bright - founder of The Diabetes Football Community (TDFC) - and Jon Peach. The intention is to discuss all things diabetes

and football with a range of guests including pro footballers and to tell diabetes related stories.

The first episode is out now.

## BLOGS

We've focussed on blogs authored by a type 1 individual or organisation based in the UK, although we've not included the major MedTech companies or big pharma. We found that although there are lots of blogs on type 1, many are not recent or and do not contain up-to-date information.

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## TRAVEL BLOGS



### DREAM BIG TRAVEL FAR

<https://www.dreambigtravelfarblog.com>

Self-described as “full-time digital nomads” this blog is posted by a couple “on a mission to see every country around the world” and share their adventures through blogging and a weekly newsletter. The website includes travel stories, packing lists, diabetes related blogs and details of affiliate-recommended products.

The couple have also published their own travel ebook – The Ultimate guide to Travelling with Type 1 Diabetes and digital course, Traveling with Diabetes 101.

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### DIABETIC TRAVEL NETWORK

<https://www.diabetictravelersnetwork.com/blog/>

A community for diabetics that travel the world! Lots of tips on Instagram; blogs covering travel; members' stories and an active Facebook group.

## EXERCISE, DIET & WELL-BEING

### DIABETES STRONG

<https://www.diabetesstrong.com>

A well-known website in the diabetes community the author, Christel, is a T1 personal trainer and prolific blogger. She is the author of “Fit with Diabetes” and has a strong following as an influencer. The website includes resources for managing diabetes, meal plans and exercise workout videos.

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## MEDTECH



### DIABETTECH

<https://www.diabettech.com>

Blog by Tim Street covering Diabetes and the Technology with the mission “to try and determine what is really the art of the possible”. Lots of information about looping, artificial pancreas and MedTech trials. Information can be very technical and not the easiest to understand if you're not technically-minded, but comprehensive nonetheless.

Tim has spoken at quite a few diabetes events as an ‘expert’ on MedTech including paid sponsorship for Abbott.

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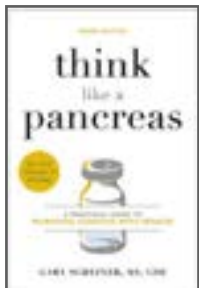
### EVERYDAY UPS AND DOWNS

<https://www.everydayupsanddowns.co.uk>

The blog is described as “Thoughts, comments, observations and questions of a family living with type 1 diabetes in the UK”. Run by Mike who's also active on twitter and Facebook (@everydayupsanddowns). Lots of tech-related comments including Libre sensor.

## BOOKS

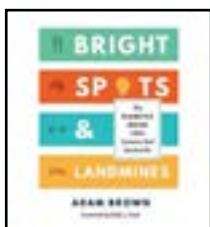
A lot of books relating to diabetes are produced for the type 2 market and consequently there are an awful lot of cookbooks for treating diabetes. The below books are often considered seminal for those reading up on diabetes.



**think like a pancreas**  
Gary Scheiner, 3rd ed. 2020

Authored by a Diabetes Educator, the book answers many questions with clear explanations and actionable

insights. A good reference source too. Be wary of some americanisms, terms & measurements etc.



**Bright Spots & Landmines**  
Adam Brown, 2017

Author of a regular column on DiaTribe ([www.diatrube.org](http://www.diatrube.org)).

The book is divided into 4

topics; food; mindset; exercise; and sleep with actionable guides for readers to follow/complete.



**Sugar Surfing**  
Stephen W. Ponder

Promoting the author's method of managing diabetes and self-care, this is a very popular

book, especially with those newly diagnosed. However, as the book was published in 2014, the philosophy and approaches are now dated. It uses American terminology and measurements.

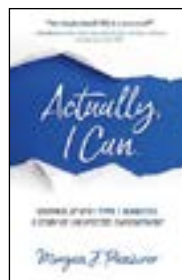


**Diabetes and Wellbeing**  
Dr Jen Nash, 2013

There are very few books addressing the relationship between diabetes and mental wellbeing. Drawing on her own experience as a T1D and work in hospitals, Dr Nash links the

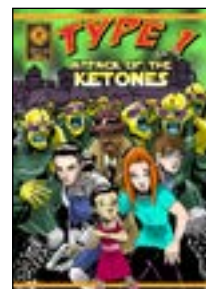
everyday stress of dealing with diabetes with emotions and explains the feelings often felt by those with diabetes. Includes suggestions for management and advice.

## BOOKS FOR YOUNG ADULTS & TEENS



**Actually, I Can. Growing Up with Type 1 Diabetes, A Story of Unexpected Empowerment**  
Morgan Panzirer, published 2020

An autobiographical account of a T1D teen growing up in the USA. It provides helpful information, insights and tips based on the author's own very relatable experiences.



<https://revolvecomics.com>

Revolve Comics have collaborated with Diabetes Specialists from Portsmouth and Southampton diabetes teams and people living with type 1 diabetes to create a comic series (3 issues) based on Type 1 Diabetes. Recommended for age 10 years+.

## BOOKS FOR CHILDREN



**Bionic T1D**  
Nina Wadia

Aimed at KS2 children (age 7-11 years). The story of a young boy with special super powers.



**Daisy Donald**  
Jade Byrne  
Available directly.  
<https://www.prickstheplay.co.uk/about-daisy-donald>

Daisy wears an invisible cape everyday, to help her fight an invisible illness, her monster, Type 1 Diabetes. Age range 2-8 years.

## CHARITIES

Charities are important contributors to the development of research for treatments and a 'cure' for diabetes. So, it's surprising that there aren't many charitable options when it comes to contributing to diabetes related causes. The two main UK based charities, are mentioned first below.

### DIABETES UK



<https://diabetes.org.uk>

The leading diabetes charity in the UK, covering both type 1 and 2 diabetes. There's a very comprehensive website with lots of information, guides, videos, stories of others with diabetes, events etc.

For online support there are forums on a wide range of topics reaching over 23,000 registered members.



The Diabetes UK helpline can give general advice, support & specialist information (for people with diabetes, their family and carers)  
Helpline: 0345 123 2399

Diabetes UK has details of local diabetes support groups available in some areas where you can meet other people living with diabetes and share experiences.

The charity accept donations for research to understand the causes of diabetes, bring life-changing breakthroughs in care, treatment and prevention, and bring us closer to a cure. There are also numerous ways to get involved, raise money or volunteer with the organisation.

### JDRF

<https://jdrf.org.uk>

JDRF stands for Juvenile Diabetes Research Foundation and started out with a focus on young persons with diabetes, based on the premise that type 1 diabetes was a disease diagnosed in the young.



JDRF is now a global network of independent and coordinated organisations and reaches out to all those with type 1 diabetes. The charity's vision is a shared world without type 1 diabetes.

In the UK, JDRF fund research to cure, treat and prevent type 1, working with government, academia and industry on research and healthcare policy.

- Publisher of Type 1 Discovery Magazine, 3 times per year, free online.
- Charity events and JDRF lottery.
- JDRF merchandise for sale online.

### DIABETES RESEARCH & WELLNESS FOUNDATION



**Diabetes Research & Wellness Foundation**

<https://www.drwf.org.uk>

DRWF was established in the USA in 1993 and in 1998 also registered as a charity in the UK. The focus is on awareness, educational support programmes and funding diabetes research in the UK and around the world.

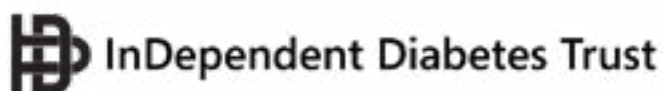
## T1 INTERNATIONAL



<https://www.t1international.com>

The charity focuses on advocacy for persons with T1. Their work is global and they give support to local communities so that those with diabetes can stand up for their rights and get access to insulin and diabetes supplies.

## INDEPENDENT DIABETES TRUST



<https://www.iddt.org>

A small UK-based charity that is run by staff with diabetes, both type 1 and 2. offering a confidential helpline for support. Previously able to accept donations of unused insulin and diabetes supplies, although currently suspended.

The organisation accepts donations and runs the IDDT lottery to raise funds for the free provision of leaflets/information to those with diabetes.

## WORLD DIABETES DAY

Since its inception in 1991, World Diabetes Day has become an annual celebration for the diabetes community on 14 November. It became an official United Nations Day in 2006.

The date marks the birth of one of the discoverers of insulin, Frederick Banting and was created by the IDF (International Diabetes Federation) and World Health Organisation. The Day is the world's largest diabetes awareness campaign and is represented by a blue circle logo, the global symbol for diabetes awareness.

## COMMUNITIES

There are quite a few online Forums offering support to those with diabetes, especially the charities already mentioned and also on Facebook. Some others are suggested here.

### DIABETES.CO.UK



<https://diabetes.co.uk> ( part of Diabetes Digital Media Ltd)

A diabetes community forum with over 328,000 registered users. Not to be confused with the charity Diabetes UK, this is a private commercial organisation with a 'community-profit' culture. Information and support covers both type 1 and 2. There is an extensive shop with diabetes related products as well as news articles, information guides on diabetes management, research and living with diabetes.

The Forum also offers a low Carb Program (with in-app purchase) which has approved by the NHS in 2021; and a free Hypo Program to help individuals with understanding of hypoglycaemia (see Other Education below).

### IPAG SCOTLAND

<https://www.ipag.co.uk>

Stands for Insulin Pump Awareness Group. Organisation aims to raise awareness of the benefits of insulin pump therapy and new technology and campaign for improved and equal access in Scotland.

### Thriveabetes (based in Ireland)

<https://thriveabetes.ie>

Type 1 Diabetes Conference & Community. For all ages. Information, motivation, and inspiration to thrive with type 1 diabetes.



## COURSES



Although there's lots of information and guidance published around diabetes in general, there is much less so in relation to type 1, and certainly it's difficult to determine the reliability of any source and how authoritative and reliable the detail is.

Structured education programmes for persons with diabetes are a key tenet of many hospitals and Diabetes Centres. In fact, across the UK there is usually a requirement for those with type one diabetes to attend such a course in order to be put on to the FreeStyle Libre® System. In most instances this involves satisfactorily completing either the Dafne or Bertie course (see below), depending on which is used by the particular hospital/centre. Both of these courses were originally run on a face-to-face basis, but now have options for remote delivery either through blended learning or direct with the participant.

### WHAT IS STRUCTURED EDUCATION?

NICE (National Institute for Health and Care Excellence) recommends that structured education is offered to all those with diabetes at the time of diagnosis and then, as required, based on a formal, regular assessment of need.

To qualify as 'Structured Education' there are certain standards and criteria applied by NICE. This includes the requirement that components of a course follow a structured curriculum, is managed by trained educators and that the aim of the course is to help individuals or family members/carers to better manage their diabetes.

## DAFNE



<https://dafne.nhs.uk>

DAFNE Stands for Dose Adjustment for Normal Eating and is a course that covers managing insulin around exercise, illness, and social activities including drinking alcohol. The main theme is carb counting and this is supported with the Carbs and Cals book (often given to participants). See below under Apps for more about Carbs and Cals. The courses involve lots of hands-on exercises and group participation. They can be a good way to make friends and establish links to other T1s living in the local area.

Dafne courses are run by trained Educators (NHS DSNs and dietitians) over 5 days, either over the course of a week or one day per week for 5 weeks, with a follow-up session around 8 weeks after the course.

Joining the course is usually by invitation from your DSN team and there is often a waiting list. Completion of a Dafne course is often one of the criteria applied by hospitals before prescribing a Libre sensor. Each course is generally delivered to groups of six to eight participants. There is no cost to the individual for attending the course. Attendees receive a handbook and often lots of relevant handouts and tips.

In July 2020, remote Dafne courses were introduced which is a blend of online learning, workbook activities and group sessions. These type of courses are also facilitated by DAFNE Educators, and unfortunately this means that you cannot get access without your healthcare team's approval.

Dafne courses originated in Germany and have been going for over 20 years. In the UK over 53,000 people have attended a DAFNE course.

## BERTIE



<https://www.bertieonline.org.uk>

BERTIE stands for Beta cell Education Resources for Training in Insulin and Eating. The course is provided by Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust as a service to people with diabetes.

This course can be completed online. Requires registration but can be done independently, approval from healthcare team not needed.

The Bertie course has 3 key learning modules: what is diabetes; 2. Carbohydrate counting; 3. Managing your diabetes in real life. Each module has a short assessment at the end to assess understanding of the topics.

Participants are awarded a BERTIE certificate on successful completion of the course.

### WHAT IS CARB COUNTING?

Carb counting is an important skill that enables those with diabetes to calculate the carbohydrate content of food and drinks and match this to the required insulin dose in order to balance glucose levels.

Understanding and applying the skill of carb counting helps those with diabetes to better manage their condition. The usual way to carb count is to find the weight (from the portion size) of the food to be eaten in terms of grams of carbohydrate and then apply a personal carb-to-insulin ratio in order to calculate the amount of insulin needed to cover the amount of carbohydrate to be consumed. This can involve reading food labels, referring to an app or looking up the value in the Carbs ad Cals reference book (see page 3).

Users also need to be able to identify which types of foods contain carbohydrates.

## MY TYPE 1 DIABETES



<https://elearning.mytype1diabetes.nhs.uk>

An online platform launched by the NHS for adults living with type 1. There are over 200 resources on the site including videos and leaflets. No registration is necessary to access these resources.

In addition, there are 5 eLearning modules that cover carb counting, understanding type 1, growing up and living with type 1, considering an insulin pump? and my insulin pump. eLearning requires registration.

## DIGIBETE



<https://www.digibete.org>

Digibete is a video platform resource, sharing videos and educational resources about Type 1 Diabetes. It is aimed at those under 18 and their parents and carers and has been created in partnership with the diabetes team at Leeds Children's Hospital with support from the NHS. The content is designed to help support children, young people and families self-manage their own diabetes.

You can get involved with Digibete by making a donation or through holding a fundraising event.

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### Note:

Many hospitals and Diabetes Centres have their own structured education program, often styled on the Dafne or Bertie courses.

If you see mention of DESMOND, this is a type 2 course.

## OTHER EDUCATION



### FREESTYLE ACADEMY

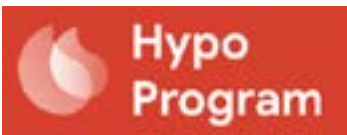
<https://progress.freestylediabetes.co.uk>

FreeStyle Libre have their own training to support those using the Libre sensor with their diabetes management. The program is termed FreeStyle Academy and consists of bite-size modules covering the skills and knowledge needed to use the Libre system. On completion of the modules there is the option to download a Certificate.

Some DSNs/Consultants expect their T1 patients to complete the Academy course as part of the assessment process for prescribing Libre sensors.

### FROM DIABETES.CO.UK

[www.hypoprogram.com](http://www.hypoprogram.com)



A free course that shows how to reduce risk and treat hypos.

### LOW CARB PROGRAM



[www.lowcarbprogram.com](http://www.lowcarbprogram.com)

Clinically proven to help people lose weight and lower HbA1c.

Requires registration and monthly payment. Available on NHS to some with type 2 diabetes.

### TAD (TALKING ABOUT DIABETES)

[www.talkingaboutdiabetes.co.uk](http://www.talkingaboutdiabetes.co.uk)

Free event aimed at inspiring those with diabetes to think differently about their condition and to share experiences and knowledge. There is a ballot for tickets to the annual event.

The TAD concept was put together by 3 doctors who specialise in diabetes. Some previous sessions are available on YouTube.

## LEARNING ZONE (DIABETES UK)

<https://learningzone.diabetes.org.uk>



Diabetes UK (see previous information on Charities) has a section on their website, Learning Zone for online education. Users are required to register to access the resources and join over 75,000 others. The information covers both type 1 and type 2 diabetes, although registration differentiates between the 2 types.

Learning Zone includes quizzes, videos, podcasts, tips and diet and carb counting information etc.

### JDRF DISCOVERY DAYS

Free events run regularly and now virtual. Sometimes these have a particular focus eg. exercise or pregnancy. The event is like a conference with a range of speakers and the opportunity to ask questions. Some of these are available on YouTube.

### DIABETES TEAM 101



<https://www.diabetes101.co.uk>

Set up during the Covid-19 pandemic, the team of diabetes healthcare professionals provide resources and reassurance to help those in the diabetes community.

Diabetes 101 Downloaded was the first online conference held by the team in the summer of 2020. The informative sessions are available on the website.

# LOVE MY LIBRE



Thank you for reading this Libre Life Briefing presented by Love My Libre Ltd. We are a small family business, born from an idea by my 12-year-old son who wanted to make his mum's sensor look less like a medical device.

From the original concept, we worked in partnership with Warwick Manufacturing Group to further develop and test the armband before launching it in the UK and globally.

Librebands are designed to be worn on the upper arm, similar to the way that a runner wears their phone. The armband is durable and fully adjusts for individual sizing and comfort. Unlike patches and plasters the armband can be taken on and off whenever required and does not fray, curl or irritate.

## OUR PRODUCTS

Librebands are recommended by DSNs, doctors and healthcare professionals, and we've been fortunate to receive many positive reviews from our customers worldwide.

***“The armband is amazing, my son plays contact rugby, spars in boxing, and plays football. The armband has protected his sensor and then some.”***

Librebands can be worn with FreeStyle Libre and Libre Sense and are suitable for sports, exercising, swimming and everyday wear. The current range of Libreband designs available is shown below and we also offer Libreband+ for those wearing a 3rd party device with the Libre. A range of Dexbands for Dexcom G6 are shown on our website too.



## SUBSCRIPTION OFFER

For more information about us, other designs and new products please visit our website and subscribe to receive a copy of our **Libre Life Newsletter**.

For new subscribers who haven't yet tried a Libreband we offer a 10% discount for purchases from our website, enter **SUBSCRIBE10** at checkout. *Applies to email subscribers only.*

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## CONTACT US

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