

COMMUNITY HERO

★ TOGETHER WE ARE STRONGER ★
♥ NO HERO STANDS ALONE ♥



WE ARE ONE TEAM



SUPPORT



UNDERSTAND



ENCOURAGE

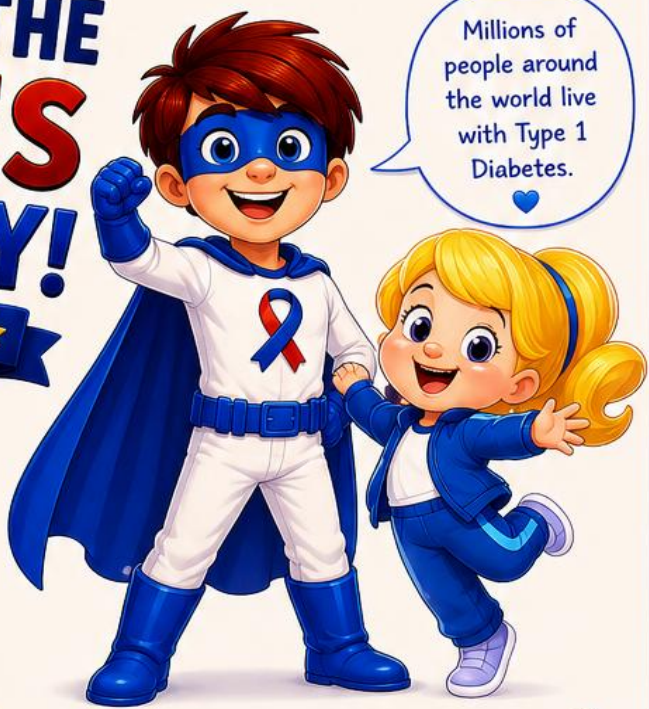


TOGETHER WE CAN

★ THE TYPE 1 DIABETES COMMUNITY IS HERE FOR YOU ♥ ★

WELCOME TO THE DIABETES COMMUNITY!

★ YOU ARE NOT ALONE ★



Wherever you are, whatever your story, you are part of a huge, amazing community.

We share the same challenges, celebrate the same wins and support each other every single day.

Together, we are stronger.
Together, we are heroes. ❤️

★ A COMMUNITY THAT CARES ★





The diabetes community includes children, teens and adults, families, friends, teachers, healthcare teams and so many others.

 We share experiences.	 We learn from each other.	 We support and encourage each other.	 We celebrate every small victory.	 We build friendships that last.
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❤️
In this community, you are surrounded by people who understand, care and want to help.
❤️



NO MATTER WHERE YOU ARE...

-  In a city or a small town
-  At home, at school or at play
-  Having a good day or a tough day
-  You are part of something very special.

This is your community.
This is your team.
This is your place. ❤️



When we work together, share our knowledge and show kindness, we make life better for everyone.
Kindness is a hero power! ❤️

 You are not just managing diabetes. You are part of a community that lifts you up, cheers you on and walks beside you every step of the way.



YOUR FAMILY TEAM

Stronger Together

Your family is your first team and your biggest support! ❤️



Living with Type 1 Diabetes is a team effort. Every family member plays an important role.

When we work together, we can overcome challenges, celebrate the good days and support each other through the tough days.

Together, we're unstoppable! ❤️

★ EVERYONE HAS A ROLE TO PLAY ★

MUM

- Helps with daily management
- Gives lots of love and support
- Celebrates every win, big or small

❤️

DAD

- Problem solver and protector
- Helps with practical tasks
- Encourages and believes in you

❤️

BROTHERS & SISTERS

- Playmates and cheerleaders
- Share laughs and fun times
- Learning together as a team

❤️

GRANDPARENTS

- Wise, caring and always there
- Help with routines and reminders
- Share stories and lots of love

❤️

YOU

- You are brave
- You are strong
- You are doing amazing!

❤️

★ GOOD DAYS AND TOUGH DAYS ★

Some days are easier. Some days are really hard. That's okay. Your family team is there for every single one. We lift each other up, no matter what.

❤️

★ HOW WE HELP EACH OTHER ★

- ✓ We listen and talk.
- ✓ We show patience and understanding.
- ✓ We learn and grow together.
- ✓ We celebrate successes.
- ✓ We support each other when things don't go to plan.

We are a team. We are family. We are stronger together. ❤️



Even I know family is powerful!

Remember: You don't have to do this alone. Your family has your back, always.

❤️



High five to your AMAZING family team!

❤️



YOUR SCHOOL TEAM

★ HERE TO HELP YOU SHINE! ★

Your school team wants you to have a safe, happy and successful day.

You are important.
You are included.
You belong. ❤️

When everyone works together, school is a great place to learn and grow!

★ MEET YOUR SCHOOL TEAM ★

TEACHER



- Supports your learning and classroom needs
- Knows how to help with your diabetes care at school
- Makes sure you feel included and supported



TEACHING ASSISTANT



- Helps with day-to-day care and routines
- Supports you in class, at playtime and at lunch
- Helps you feel safe and confident



SCHOOL NURSE



- An expert in health and care
- Helps with care plans and training staff
- Is there if you need extra help



FRIENDS



- Play with you
- Include and support you
- Celebrate your wins with you
- Are kind and caring



THE WHOLE SCHOOL



- Works together to keep you safe
- Learns about diabetes
- Supports you to achieve your goals



TOGETHER, WE CAN...

Learn new things!
❤️

Have fun!
♥️

Stay healthy!
💙

Help each other!
❤️

Achieve our dreams!
♥️



★ YOU CAN HELP TOO! ★



Talk to a teacher or trusted adult if you need help.



Let your friends know what you need.



Follow your diabetes care plan.



Be kind to yourself and others.



Remember, it's okay to ask for help!



Your school team is here for you every single day. You are not alone. You have a **whole team** cheering you on! ❤️

★ TOGETHER, WE LEARN. TOGETHER, WE GROW.
TOGETHER, WE ARE STRONGER! ❤️ ★



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YOUR DIABETES TEAM

★ EXPERTS WHO CARE ★

Your diabetes team is here to help you live your best life!

Lots of kind and skilled people are here to support you and your family. They work together to help you stay healthy, feel confident and reach your goals.

Never be afraid to ask questions! ❤️

We are all on the same team.



★ MEET YOUR DIABETES CARE TEAM ★

DIABETES CONSULTANT



Leads your care and makes sure you have the right support and treatment.



DIABETES NURSE



Helps with daily management, support and answers your questions.



DIETITIAN



Helps you understand food, carbs and how to make healthy choices.



PSYCHOLOGIST



Supports your mental health and helps you feel strong inside.



ADMIN & SUPPORT STAFF



Help with appointments, information and making sure everything runs smoothly.



★ WHAT THEY DO ★

- Help manage your diabetes
- Teach and guide you
- Support your physical health
- Support your mental and emotional health
- Work together to help you thrive



You are never alone. Your team is with you every step of the way!



REMEMBER...

- ★ There are no silly questions!
- ★ Your team wants to hear from you.
- ★ You are the most important member of the team!



Don't be shy... ask, chat and get the help you need!



★ TOGETHER, WE CAN DO AMAZING THINGS! ❤️ ★



MEETING OTHER CHILDREN WITH T1D

FRIENDS WHO UNDERSTAND

When you meet other children who have Type 1 Diabetes, you realise something amazing...

You are not the only one.

You are part of a big, strong and super kind community.

You can learn from each other, support each other and have fun together! ❤️



KIDS WITH T1D ALL AROUND THE WORLD!



YOU ARE NOT ALONE!

There are so many children just like you who:



Check their blood glucose



Take insulin



Make healthy choices



Have fun, play and chase dreams!

We may have diabetes, but it doesn't stop us! ❤️

WE SHARE EXPERIENCES



Tips that help



Favourite snacks



What works for us



Challenges and wins



Encouragement and support

Together, we can do hard things! ❤️

FRIENDSHIPS MAKE US STRONGER

When we support each other, we feel more confident, happier and never give up!



Go out there, make new friends and know that you have a whole community cheering you on every step of the way!

Together, we are unstoppable! ❤️



★ FRIENDS WHO UNDERSTAND. TOGETHER WE CAN! ❤️

7 ONLINE COMMUNITIES

CONNECT, LEARN, SUPPORT, INSPIRE

The internet is a great place to find support, advice and encouragement from people who understand what it's like to live with Type 1 Diabetes.

You can ask questions, share experiences, learn new tips and make new friends!

There are lots of safe and positive online communities for you and your family. ❤️

There are so many amazing people online who have your back!



★ GREAT PLACES TO CONNECT ★

CAPTAIN LANTUS



Join Captain Lantus and friends for tips, fun resources and helpful advice made just for children and families.



SUPPORT GROUPS



Local or online groups where you can meet other families, share experiences and support each other.



SOCIAL MEDIA COMMUNITIES



Private groups on platforms like Facebook and Instagram can be great places to find understanding and tips.



YOUTUBE CHANNELS



Watch videos from people with T1D who share their stories, tips, and fun ideas to help you every day.



LOCAL EVENTS & MEET-UPS



Join events, camps and meet-ups to make friends and have fun in real life!



★ STAY SAFE ONLINE ★

The internet is a great place, but it's important to stay safe and smart.

-  Never share personal information like your address, school name or phone number.
-  Always ask a parent or trusted adult before joining a group or chatting online.
-  Be kind and respectful. Everyone's journey with diabetes is different.
-  If something feels uncomfortable or unkind, tell a trusted adult.
-  Remember: you can always take a break and look after yourself.

Safe online. Strong offline. Happy always. ❤️

★ WHY BEING PART OF AN ONLINE COMMUNITY HELPS ★



No matter where you are, there is someone out there who understands. Reach out, say hello and be part of a community that cares.

Together, we are stronger! ❤️



The internet can be a powerful place for good! Use it to learn, connect and lift others up!



★ CONNECT. SUPPORT. INSPIRE. TOGETHER! ❤️

COMMUNITY HEROES

★ EVERY HERO MAKES A DIFFERENCE ★

Living with Type 1 Diabetes is a team effort. There are so many amazing people who support, encourage and care for you every day.

These are just some of the **Community Heroes** who help make life better! ❤️



PARENT HEROES



They love you, look after you and help you every single day.

- Help with diabetes care
- Encourage and support you
- Celebrate your wins
- Comfort you on tough days

TEACHER HEROES



They help you learn, grow and achieve your goals.

- Make learning fun and accessible
- Support your diabetes needs
- Believe in you
- Help you shine

NURSE HEROES



They care for you and keep you healthy and safe.

- Monitor your health
- Answer questions
- Teach and guide you
- Always there to help

FRIEND HEROES



They make you laugh, have fun with you and stand by your side.

- Include you
- Listen and understand
- Share in the good times
- Are there when you need them

FAMILY & RELATIVE HEROES



Grandparents, aunts, uncles and cousins can be heroes too!

- Show love and care
- Share time and fun
- Help in different ways
- Remind you how amazing you are

EVERYDAY HEROES



So many people you see every day help you without you even knowing!

- Bus drivers
- Coaches and club leaders
- Shop staff and neighbours
- And so many more!



Every act of kindness matters. Every word of encouragement helps. Together, we are stronger!

★ YOU CAN BE A COMMUNITY HERO TOO! ★

- ❤️ Be kind and respectful
- 🧡 Include others
- 💚 Listen and offer support
- 💙 Celebrate their successes
- 💜 Be patient and understanding

Small actions can make a BIG difference!



★ TOGETHER, WE MAKE LIFE BETTER! ❤️

TOGETHER, WE CAN DO AMAZING THINGS!

★ TEAMWORK MAKES THE DREAM WORK ★

Look what we
can do when we
work together
as a community!

When we come together, we
can help each other be healthier,
happier and stronger.

**There is no limit to what we
can achieve as one team!**

Our community is full of
kind hearts, helpful hands
and bright futures. ❤️



★ OUR COMMUNITY IMPACT ★

WE SUPPORT EACH OTHER



- We listen and understand
- We encourage and uplift
- We celebrate successes
- We stand by each other
in tough times



WE EDUCATE AND EMPOWER



- We share knowledge
- We learn new skills
- We ask questions
- We teach others
- We grow together



WE CREATE SAFE SPACES



- We respect everyone
- We include everyone
- We are kind and caring
- We make everyone
feel welcome



WE BUILD A BRIGHT FUTURE



- We set goals together
- We dream big
- We inspire each other
- We create a better
world for all



★ TOGETHER, WE CAN... ★

- ✓ Manage our diabetes and stay healthy
- ✓ Support our friends and family
- ✓ Learn, grow and achieve our goals
- ✓ Make our community stronger
- ✓ Create positive change
- ✓ Have fun and enjoy life!

TOGETHER, WE CAN DO ANYTHING!



♥ BIG OR SMALL, EVERY ACTION COUNTS! ♥



Remember...

- ★ You are important.
- ★ You are never alone.
- ★ Your community is here for you.
- ★ Together, we are unstoppable!



**YOU ARE
STRONGER
WITH YOUR
TEAM!**



Dream big,
be kind, stay strong
and always remember...
You belong! ❤️



★ TOGETHER, WE CAN. TOGETHER, WE WILL. TOGETHER, WE WIN! ★