

USEFUL RESOURCES

May 2020

This newsletter serves to collate all the useful resources that NEEDS have either shared on social media or use in clinic. These online resources have been categorised into coronavirus and diabetes, mental health and wellbeing, diabetes support, local support services and specialist providers. Please note, to access these resources, please click on the underlined title which will then take you to their website.

If you have any further questions or queries, please message us on Twitter or Facebook, or email us on info@diabetesneeds.org.uk. We hope you are doing safe and well - from the NEEDS team.

Coronavirus and Diabetes

[Diabetes UK: Coronavirus and diabetes](#)

This page is constantly updated based on the most recent guidance available so you will need to check it regularly. It includes advice and information about the following, and more:

- Staying at home
- Shielding advice
- SGLT2i medication
- What to do if you have hospital or GP appointments
- Coronavirus and your wellbeing
- How coronavirus can affect people with diabetes

[Diabetes UK: Staying at home and managing diabetes](#)

This page provides tips on how to keep well and safely manage your diabetes whilst staying at home, self-isolating or shielding.

[Diabetes UK: Latest statistics on coronavirus deaths in people with diabetes](#)

There are now more details about the number of people with diabetes who have died from coronavirus in hospitals in England. Diabetes UK explain these statistics and suggest ways that those living with diabetes can reduce their risk.

[Team Diabetes 101](#)

FAQs about following the latest data on COVID-19.

London Clinical Networks: Sick Day Rules for those living with diabetes

The sick day rules below are for those living with Type 1 and Type 2 diabetes. They have been adapted to include a few extra steps for people to consider during the current COVID-19 situation. If you feel unwell keep taking insulin and test for ketones.

- [Sick day rules for patients on an insulin pump](#)
- [Sick day rules for patients on multiple daily injections \(MDI\)](#)
- [How to manage Type 2 diabetes if you become unwell with coronavirus and what to do with your medication](#)

Mental Health and Wellbeing

[NHS: Mental Health Helplines](#)

This page includes helplines and support groups for a variety of different mental health issues including anxiety, OCD, addiction, eating disorders and others.

[Mind: Online Mental Health](#)

Gives ideas on how to look after yourself online and get support, and crucially, how to get the balance between your online and offline life. Their online mental health tools include:

- Information
- Communities
- Therapy
- Social media
- Apps
- Chatbots
- Blogs
- Vlogs
- Podcasts

[NEEDS: Meet our Mental Health Practitioner](#)

Hear what our Mental Health Practitioner, Clair Piper, has to say about mental health for those living with diabetes and the support services available through NEEDS.

[NHS: Every Mind Matters](#)

Now more than ever, it is so important that we look after our mental health as well as our physical health. Every Mind Matters have provided various resources to help improve your wellbeing during this crisis:

- 10 tips to help if you're worried about coronavirus
- How to fall asleep faster and sleep better
- Looking after children and young people
- 7 simple ideas to tackle working from home
- Mental wellbeing while staying at home

Diabetes Support

[Diabetes UK: Online communities](#)

There are a variety of online communities available that allow you to discuss issues with other people who live with diabetes and discover more about Diabetes UK's campaigns.

The biggest communities can be found on Facebook and Twitter, but they also have a blog and a support forum.

[Diabetes UK: Support Forum](#)

A platform that allows you to share your experiences of living with diabetes with other people have the condition, family and carers. After registering, this free site allows you explore a variety of different topics and is for those with Type 1 or Type 2.



Local Support Services

Age Concern Colchester

Provide advice, information, knowledge and resources for older people in order to improve their welfare and quality of life. The services they provide include offering a befriending scheme, bereavement support, dementia support and more.

Activities and Culture Resources

A collaborative effort between Community 360, CVS Tendring, Tendring District Council and Colchester Borough Council. Get some inspiration for some lockdown activities in the following categories:

- Animals, nature, gardening
- Games, quizzes, puzzles, crafts
- Physical activities, mental wellbeing, faith
- History, art, places of interest
- Theatre, music, singing
- Learning, literature, books, news

Colchester Borough Council: COVID-19 Community Response Pack

The pack includes a list of key contacts, resources and information with the aim of supporting the community during this uncertain time.

Carers First (Essex)

Deliver support to carers over the age of 18. They can provide emotional and practical support, advice, information and opportunities for carers to access training and social groups.

ECL Sensory

A sensory support pathway that provides provision of information, advice and guidance for those who are sight impaired, hard of hearing, deaf or deafblind.

Sport for Confidence

A team of occupational therapists and sports coaches currently delivering an 'at home' service to support vulnerable people who are isolating to remain healthy.

Summit

Mental health support for people with a learning disability. They offer a range of bespoke services for adults with a learning disability, autism or poor mental health.

Realise Futures

Provide employment support and advice to those with a disability by giving advice and signposting where necessary, Operates across Suffolk and Essex.

Community Agents Essex

Provide support for older people and informal carers to find and develop independent living solutions from within the community. Aim to promote independent living skills.

Essex Child and Family Wellbeing Service

Provides free and easy access to health services in the community. Services include health visits, parenting support, school nursing, family health, support for those aged between 5 and 19 years old and young people with special educational needs.

Provide: Essex Lifestyle Service

Encourage the people of Essex to live happier and healthier lifestyles by providing stop smoking and general lifestyle support.

Specialist Providers

The Red Cross

Offer support services such as hiring a wheelchair, care support at home, financial advice and more.

Royal Mencap

Provide information, advice and guidance to adults with a learning disability. They can help you with topics such as employment, benefits, referrals for mental health support and community activities.

Alzheimer's Society

Provide dementia support including advice, information, peer support and Singing for the Brain sessions.

Royal Association for Deaf People

A charity that offers support to those that are deaf themselves or have a deaf member within their family. Support services available include activity ideas, helping source essentials, financial advice and support with independent living.