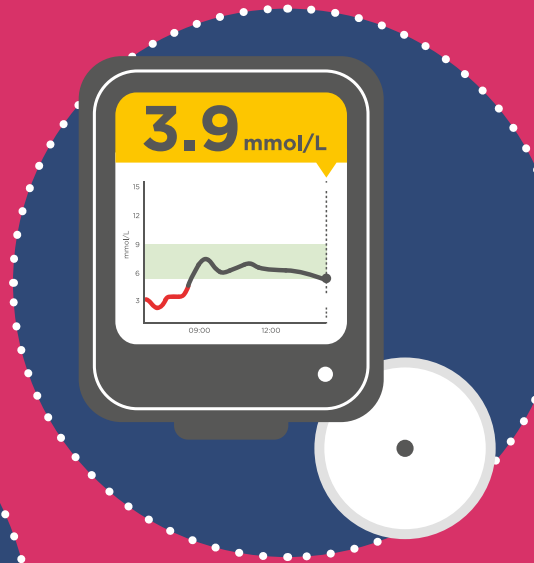
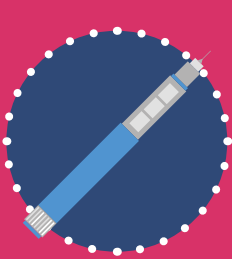


# Travel, events and festivals with Type 1 diabetes

Developed as part of SEREN Connect diabetes education;  
supporting young people and young adults living with  
Type 1 diabetes





**Quality in Care**  
Diabetes Education Programme of the Year 2020  
**Quality in Care**  
Diabetes Judge's Special Award 2020

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SEREN Connect Diabetes Education  
c/o 1st Floor River House, Ynys Bridge Court,  
Gwaelod-y-Garth, Cardiff, CF15 9SS

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**With thanks to all who inspired, contributed,  
and believed in this programme.**

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**We're committed to creating resources that  
work for the people who use them.**

Please take a moment to provide us with  
some feedback. A few minutes of your time  
makes a really big difference.



## Travel and holidays

There are plenty of people living with Type 1 diabetes who travel around the world: crossing time zones, travelling for work and pleasure, taking city breaks, relaxing holidays, ski adventures, gap years, or trying to secure next summer's festival tickets.

Preparation and planning are essential for any trip. Taking extra time to ensure that you have your diabetes covered will help to reduce the risks of a trip being cut short or you ending up in a difficult situation miles from home. This is especially important if you are about to embark on your first travel experience without parents or older adults.

Whether you are staying overnight, for the weekend or for a few months, take twice as much of your diabetes supplies as you would normally use. You will need to find your own method of packing your supplies so that you know where everything is. This can take some practice and some creativity if you're trying to pack light!



The best way to prepare for travel experiences with Type 1 diabetes is exactly that, to be prepared, for all eventualities. My number 1 rule is to pack plenty of supplies and hypo treatments!

**Lizzie, living with  
Type 1 diabetes**



# Before you go

**Start planning, well in advance, what you might need for your trip, and aim to have collected everything a few weeks before your travel date.**

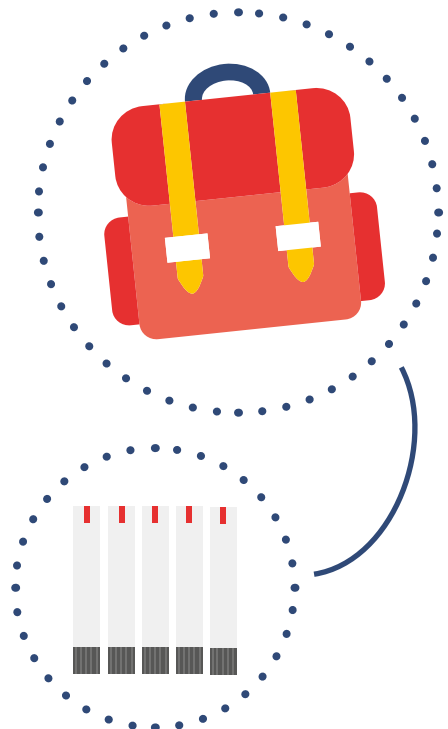
This allows time to organise the extra supplies and get things like a travel letter or travel sharps box from your diabetes team. You can ask for additional medication to be added to your prescription, but allow time for this to be communicated to your GP and pharmacy. Regularly check the expiry dates on all of your medication and equipment. Even needles, lancets and strips have expiry dates.

## Travel vaccinations

You may need vaccinations to protect you from serious diseases before you travel. This will depend on where in the world you plan to travel, and whether you've been immunised before. Some situations put you more at risk of certain diseases than others, including travelling in rural areas, backpacking, staying in hostels or camping, or extended trips, rather than a package holiday. There will be up to date information on travel

vaccinations on the NHS 111 Wales website. This is trusted advice, so searching here first is recommended.

Contact your GP practice **at least eight weeks before you are due to travel** to discuss your immunisation needs. They will also be able to give you general travel advice such as how to protect yourself from malaria.



# When you are packing

## Write a checklist (by hand, or on your phone).

Here is an example to give you an idea.

There may be items you'll need to change on your list depending on what equipment you use to manage your diabetes.

### Medication

- Basal insulin (long-acting or background insulin)
- Bolus insulin (rapid-acting insulin)
- Glucagon
- Hypo treatment (liquids)
- Hypo treatment (solids)
- Any other medication needed for other conditions e.g. thyroid conditions

### Glucose and ketone monitoring

- Blood glucose meter
- Blood glucose strips
- Lancing device (fingerpicker)
- Spare lancet needles
- CGM/Flash glucose device
- CGM/Flash glucose sensors
- Ketone meter
- Ketone strips

### Insulin pens

- Pen for long acting insulin
- Pen for meal time insulin
- Spare pens for both
- Spare insulin vials
- Spare needle tops

”

Type 1 diabetes means it's almost impossible to pack as light as I would like!

**Bethan, living with  
Type 1 diabetes**



## If you use an insulin pump

- Copy of insulin pump settings in case your pump breaks
- Spare insulin pens and needles
- Cannulas or patch pump (enough to change it at least every 3 days plus spares)
- Other pump consumables
- Pump insertion device (if you use one)
- Spare clip/pouch for insulin pump

### Holiday loan pumps

Some pump companies will lend you a spare pump to take on holiday with you. Contact your pump company to ask if this is a service they provide. If it is, ask the best way to organise this and how far in advance you'll need to contact them.

If they don't offer this, check what their procedure is to replace your pump if it fails when you are abroad, as this can differ depending on where you are travelling.

## Additional/other

- Batteries/chargers for all meters and devices
- Copy of prescription
- Copy of sick day rules (for if you become unwell, see also page 15)
- Cooling bag for insulin
- Medical ID
- Travel letter from your diabetes team
- Snacks
- Travel insurance details
- Travel sharps bin
- Carry case
- Wearable bag - rucksack, bumbag

”

It took almost 20 countries and 27 years of living with Type 1 diabetes before I was ever asked to show my medical letter. I'm so glad I didn't ever take the risk of travelling without an updated one, or I would've been caught out.

**Sara, living with  
Type 1 diabetes**

# Going through security

**Whether it's airport or event security, you'll need to navigate these experiences as and when they occur. Sometimes this takes a bit of confidence, but developing the ability to look after your health in different contexts as a young adult is something that your future self can be proud of!**

## **Hypo treatments**

Airports have restrictions on the amount of liquids that you can take through security. You can take up to 100ml as long as it is in a clear plastic bag. There shouldn't be a problem with taking solid hypo treatments, such as glucose tablets or sweets, but you are unlikely to be allowed to take liquid hypo treatment through. You can usually purchase drinks to use as treatment once you are through security, so leave plenty of time to do this. You can pack additional liquid hypo treatments in your hold luggage but remember it may be some time until you are reunited with your luggage.

Usually security staff will have dealt with similar situations before and you should get through with little fuss. If you do come up against an issue, ask to speak to the

manager who is in charge as it's likely they'll have a better understanding of how to help you. Explain that you live with Type 1 diabetes and need your medication and hypo treatment at all times so that you can manage your condition. Usually being polite, explaining your situation and co-operating whilst staff do their required checks, will help resolve the situation as quickly as possible. Showing your travel letter should also help.

Branded drinks, with names you are used to, may have different sugar content in other countries. If you have to use alternatives whilst abroad, check the labels and keep a check on your blood glucose level too.

## Devices

The last thing you want when you're about to go on holiday is issues with your diabetes technology. Take extra care when you're going through any form of security as screening equipment such as x-ray machines or body scanners can interfere and cause damage to your medical devices.

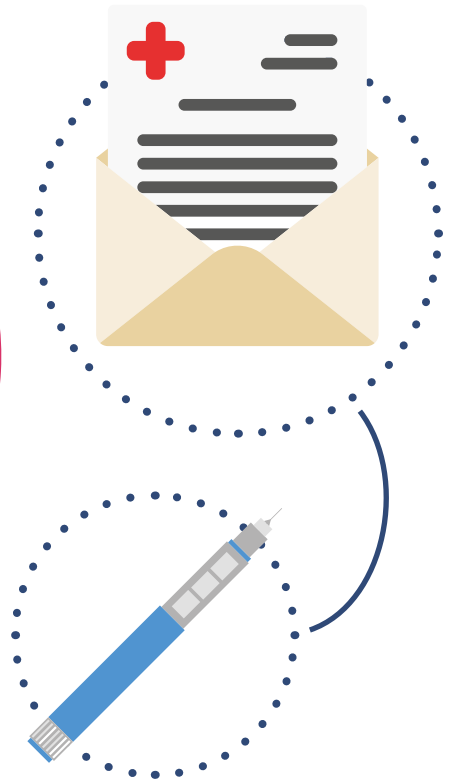
- You'll need to opt out of being screened by a scanner
- Remember your medical letter – this is needed as official proof/evidence

- Remove any additional or spare devices from your bag
- Make the security officer aware of your device (and spare devices)
- Explain what they are and where they are located on your body
- You'll likely be given a pat-down which is a search by a person rather than machine
- You should not be asked or expected to remove equipment attached to you

”

Even though I've never had an issue going through security with my supplies, I always feel anxious leading up to it. Once I know I'm through and so are my diabetes things, I feel much more relaxed.

**Laura, living with  
Type 1 diabetes**



# Changes to your environment

**Understanding how your body reacts to the world around you can help you plan and adjust your diabetes management. This is true at all times, not just while you're on holiday, travelling or enjoying a festival.**

Anything that takes you away from your regular daily routine needs to be taken into consideration, so remember to keep an eye on your blood glucose levels. Things like excitement or feeling nervous can change your blood glucose levels by releasing hormones into your blood stream. Take the time to notice what usually happens to your levels and you'll be better able to manage your blood glucose, while still having fun!

## **Changes to your routine**

While lots of people go on holiday to relax and have a break from the norm, breaking from routine with Type 1 diabetes can result in swings in blood glucose. Taking a few moments to check in with your blood glucose throughout the day can help you see what effect the changes in routine are having on your blood glucose levels. This should help

you catch any unexpected hypos or understand what could be causing you unwanted highs.

Changes to routine that may impact your blood glucose include:

- Eating different foods that differ from your usual carbohydrate content
- Eating at different times of the day or snacking more or less often than usual
- Being more or less active than you normally would be at home
- Drinking alcohol, including drinking larger quantities or more frequently
- Waking up, sleeping in or going to bed at different times than at home
- Different levels of stress that can spike or lower your blood glucose
- Enjoying yourself and losing track of time

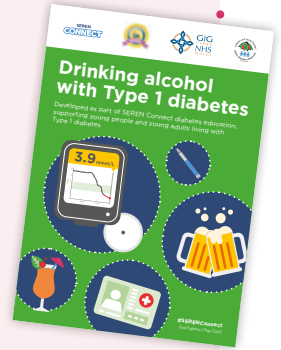
## Carb counting tip

Going abroad can mean opportunities to try new foods. This can be a bit tricky if you aren't sure what's in the dishes you might want to try. You can make carb counting easier by planning ahead. Look at some of the local dishes so you have some knowledge before you go.

You can also use trusted carb counting apps – 'Carbs & Cals' is useful. You can always check with your dietitian for the most trusted apps and resources to use as this can vary!

Take a look at **SEREN Connect: Drinking alcohol with Type 1 diabetes** for more information.

If you haven't been given one of these booklets or have further questions, speak with your diabetes team.



”

Drinks are changing because of recent sugar taxes, I've been caught out buying a zero sugar option when I was low because the packaging was similar. That's not a mistake I want to make again, so now I always double check.

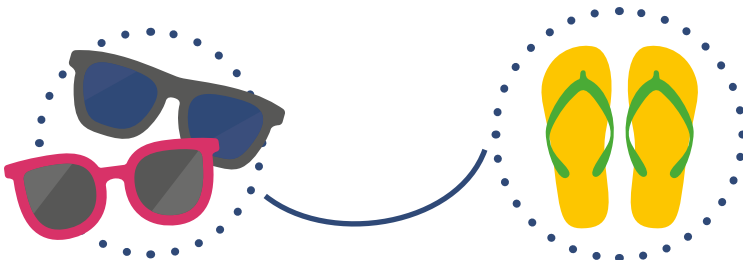
**Danni, living with Type 1 diabetes**



## Changes in temperature

Whether it's two weeks in the sun, or layered up at the top of the mountain with skis and snow, the temperature outside can impact your diabetes management and it's important to learn what this means for you.

<b>In hotter climates you'll need to understand...</b>	<b>So that you can...</b>
<b>Insulin can be absorbed more quickly which can increase your risk of hypos</b>	Check your blood glucose more often to learn how heat affects your own blood glucose. Keep an eye out for hypo warning signs and carry hypo treatment with you so that it can be fixed quickly
<b>Dehydration can cause blood glucose levels to rise</b>	Drink plenty of water to stay hydrated and bear this in mind if you notice unusual or unexplained highs
<b>Insulin needs to be kept cool so that it doesn't get too hot and not work properly</b>	Invest in an insulin cool bag to prevent your insulin getting too warm
<b>In extremely high temperatures, some meters can become too warm to work or can be inaccurate</b>	Keep your meter out of direct sunlight when you aren't using it. If it displays a message that it is too warm to work, you will need to wait until it has cooled down before it will allow you to check your blood glucose level





### **In colder climates you'll need to understand...**

### **So that you can...**

**Insulin can be absorbed slowly at first which can affect blood glucose levels, but as you warm up your risk of hypo can increase**

Check your blood glucose more often to learn how the cold affects your own blood glucose. Keep an eye out for hypo warning signs and carry hypo treatment with you so that it can be fixed quickly

**In extremely cold temperatures, some meters can become too cold to work or can be inaccurate**

Keep your meter out of the cold when you aren't using it. If it displays a message that it is too cold to work, you will need to wait until it has warmed up before it will allow you to check your blood glucose level

### **Changes in time**

If you're crossing time zones, you'll need to adjust for this, including adjusting the time/date on your devices. The bigger the difference in time zone from home the more adjustments you may need to take into account, regarding the timing of your insulin.

Your diabetes team will be able to help you with specific advice on this, so schedule in some time to speak with them before you go.



# Travel Insurance

Getting any type of insurance can be a bit trickier when you live with a long term health condition. Learning what you need to ensure you are covered and how to go about this will help reduce your risk of being caught out, or not being insured for something you thought you were.

**You will need to ensure your diabetes (and any associated conditions) is covered in any policy that you take out.**

Most standard travel insurance won't automatically cover Type 1 diabetes; this comes under the terms of a pre-existing medical condition. Even if you aren't asked about it when you first provide your details, you will still need to tell the insurance company. They will likely ask you a series of questions about your medical history and then adjust your policy and the price.

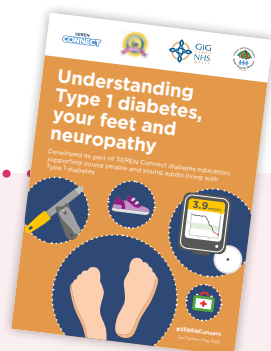
In rarer circumstances you might not be offered cover, but shop around and give yourself time to look for the best deal for you and your individual circumstances.



# #Type1tips for staying well whilst travelling

**While you won't be able to completely eliminate all risks of becoming unwell whilst travelling there are things you can do that will lower your risk.**

- Stay on top of your diabetes management by checking on your blood glucose frequently.
- Carry your diabetes kit with you, including extra hypo treatment.
- Be kind to your feet – whether you're hiking, snowboarding, sunbathing at the poolside or walking along the beach, always wear appropriate footwear that fit you properly and protect your feet from unwanted hazards. Checking them over after a shower, or before bed can help too, in particular if you have any neuropathy\*.
- Be kind to your skin – using sunscreen (check the date – sunscreen can be less effective if it's out of date), wearing hats and sunglasses all help to protect you from too much sun.



\*Take a look at **SEREN Connect: Understanding Type 1 diabetes, your feet and neuropathy** for more information on taking care of your feet.

If you haven't been given one of these booklets or have further questions, speak with your diabetes team.

- Stay hydrated with clean and safe drinking water. For water to be safe to drink, it needs to be treated properly. Always use bottled water if you are unsure. Avoid tap water unless you are certain that it is suitable for drinking and has been treated. You should avoid using it to brush your teeth, to wash foods or as ice in your drinks.
- Be mindful of the foods you eat and where you buy them from. Eat freshly prepared food that has been cooked thoroughly and is piping hot, rather than food that has been kept warm or reheated. Be mindful of uncooked food; it's better if you can peel or shell foods yourself.

- Remember your hand hygiene. Wash your hands regularly, especially after going to the toilet and before preparing or eating food. Carrying hand sanitizer is useful if you aren't always near running water.

**If you do become unwell, remember to follow your sick day rules.**



## Festivals

**If you have a day ticket to a local cultural event or you are going to be camping knee deep in mud for the weekend at a music festival, you'll still need to take your diabetes along for the ride.**

It's likely that you'll be going with other people, and good mates look out for each other.

Make sure that your friends know:

- that you live with Type 1 diabetes
- what to look out for when you're high/low
- how to help you if you are hypo
- when to call for help e.g. if you are unable to manage symptoms yourself

Your circle of friends can change as you get older, so this advice is especially important if you are with newer friends.

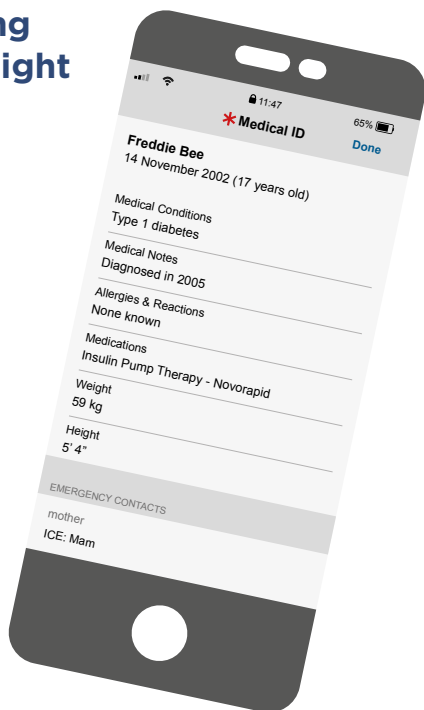


# Medical Identification

If you were ever found unconscious or unresponsive for any reason, it would be extremely important that those around you, including medical staff, to have some insight into your medical history.

Paramedics are trained to look for the medical symbol, and with some basic information can provide you with the best form of assistance as soon as possible.

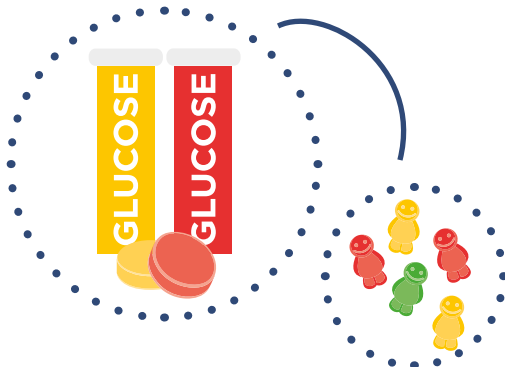
Wearing a medical ID in the form of a band, bracelet, necklace or even a tattoo and keeping the medical ID feature on your smart phone updated could save your life!



## Before the event

**Make sure you've packed everything you'll need (and extras!) to manage your diabetes.**

Even if you know that you will be able to buy food there, always take more than enough hypo supplies in case of unplanned situations such as lengthy queues, the car breaking down or using up more energy than anticipated.



# Festival security

**Even though some events organisers don't allow people to take their own food or drink into the venue, they should allow people with diabetes to take hypo treatments in.**

If you use diabetes technology, that is attached to you such as a pump or glucose monitor, you're advised not to be scanned using x-ray or metal detector machines as it can damage the device. If you explain this to the attendant they should offer to carry out a pat down instead.

This is where they manually search you using their hands, and they should match you with an attendant of the same sex as you to do this. It will vary depending on the venue or

company but you do not have to agree to being scanned.

Occasionally, attendants may check with their supervisor. If this happens, they are just doing their job correctly and you may have to explain again to the supervisor.

If you come up against any issues, ask to speak to the manager who should have a greater understanding of managing situations where people with health conditions need reasonable adjustments to the rules - these are part of your rights.

”

I've found if you're a girl and you choose a queue with a female Marshall, it's a bit quicker. Otherwise waiting for them to find a female member of staff to manually search you can draw more attention to you being treated differently and I hate feeling I'm holding up the queue!

**Jess, living with Type 1 diabetes**



# Drugs

**A drug is a substance that can cause a change in the way a person thinks, feels or behaves. Some changes can be physical, while others can be psychological.**

As someone living with diabetes, the use of any drug could affect your diabetes and/or your ability to manage your condition safely. Therefore it's extremely important that you are aware of the possible effects that any additional drugs could have if you take them. This includes over the counter medicines, other prescribed medicines and legal drugs such as alcohol, caffeine and tobacco.

## **Illegal drugs**

There is no advice your diabetes team can give you to eliminate the risk to you and your diabetes management as there is no safe level of illegal drug use. There is no way of knowing exactly what a drug contains, or the exact effect it will have (even if you're told it's pure) and there is also no guarantee that the same drug will have the same effect twice.

Drugs can enter the body in five ways:

- Swallowing
- Inhaling
- Injecting
- Snorting
- Inserting them by a suppository (most commonly up the bum)

Some drugs have many names or 'street names' which can change depending on where you live and even differ from a few streets away. For example, cannabis is also known as blow, bud, dope, herb, marijuana, pot, resin, skunk, or weed to name just a few!

## **Common drugs**

The effect a drug will have on the body depends on the group of drugs it belongs to.

Some will slow the brain activity down, which means you become less aware of your actions, emotions and thoughts, become more relaxed, mellow or occasionally

anxious and aggressive. These are known as **depressants, or more commonly referred to as 'downers'**.

Examples include: alcohol, cannabis

### Examples of how this could affect you:

- Forgetting to take your insulin
- Underestimating the amount of carbohydrate in snacks and not giving enough insulin (downers can give you the 'munchies')
- Missing hyper or hypo symptoms
- Can lead to addiction

Some drugs will speed the brain activity up, which means you become more energetic, alert, excited and more talkative depending on how much has been taken. These are known as **stimulants or more commonly referred to as 'uppers'**.

Examples include: cocaine, ecstasy, speed

### Examples of how this could affect you:

- Forgetting to take your insulin
- Miscalculating insulin dose (some stimulants can reduce your appetite)

- Increasing your risk of hypo (especially if combined with dancing)

- Dehydrating

- Missing any regular hypo symptoms you would normally feel

- Can lead to addiction as they are highly addictive

Other drugs alter the way your brain perceives information and can trick you into hearing or seeing things that aren't there, can cause mood swings, and the effects vary a lot. These are called **hallucinogens**.

Examples include: cannabis, LSD, spice, magic mushrooms

### Examples of how this could affect you:

- Forgetting to take your insulin
- Miscalculating insulin
- Difficulty in managing blood glucose levels as effects can last several hours
- Not eating properly which will take its toll on your diabetes management
- Longer-term mental health issues if you experience reoccurring 'trips'

## Mixing drugs

Combining drugs will have additional risks as they can interact with each other and put even more strain on your body as it tries to cope with processing them. This includes mixing any drugs with alcohol. Taking two of the same type of drug can also lead to an overdose.

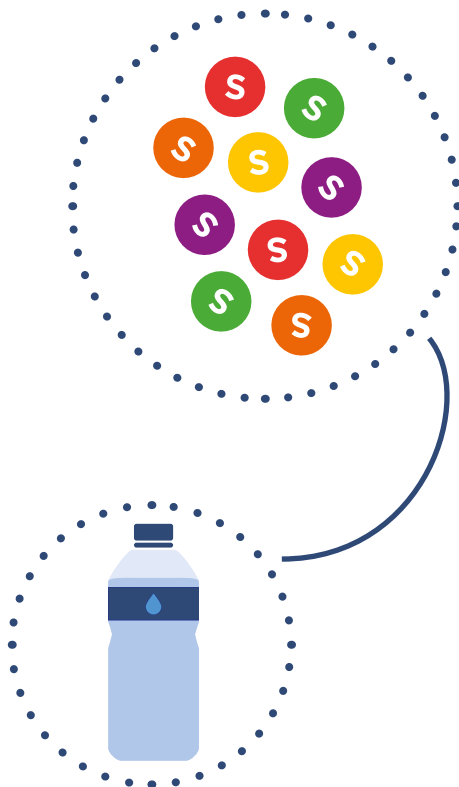
## Staying safe

**No drug is a safe drug and you should never feel pressured into taking anything you don't want to.**

- Make sure you know exactly what it is you've taken
- Carry medical ID with you
- Let the people you're with know that you live with Type 1 diabetes
- Stay hydrated (avoiding alcohol) – especially if you're dancing/clubbing
- Make sure you've had plenty of carbs
- Keep an eye on your blood glucose especially if you feel unwell
- Keep hypo treatment with you

- Make sure you have a safe way of getting home
- Never mix alcohol and drugs

If you feel unwell, seek medical attention and always be honest about what you've taken as it means you can get the most appropriate help in the quickest amount of time, because then healthcare professionals know exactly what they're dealing with.

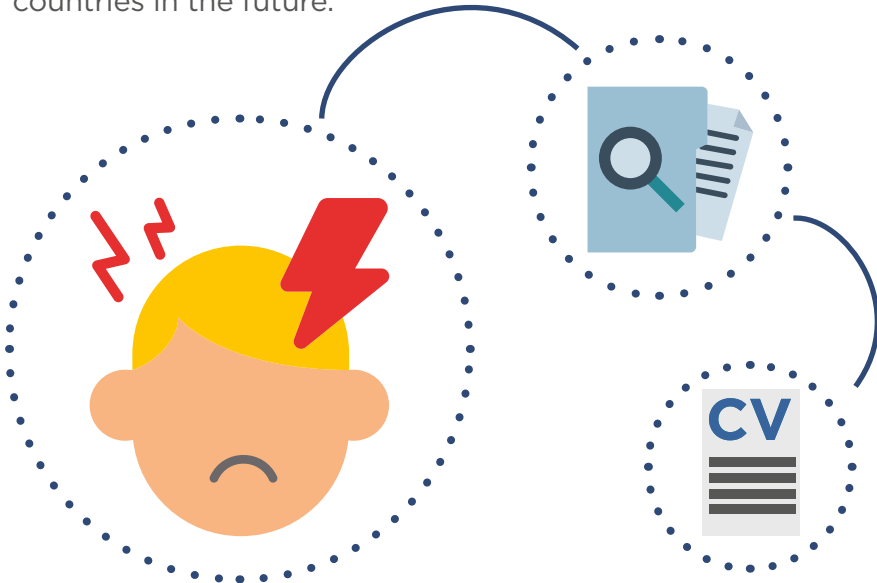


## Knock-on effect

Engaging in illegal drug-taking as a one-off at a festival, a party or as a regular occurrence will always carry a risk and there could be short-term and long-term risks to your physical and mental health. It can also impact on your relationships, studies, employment, finances, and sexual health.

**Caution:** If you're caught in possession of illegal drugs, there will be legal implications which can affect you for the rest of your life, as you could end up with a criminal record. This can restrict your career and employment opportunities, as well as travel to certain countries in the future.

- If you find that you're struggling with substance misuse, or addiction, it's really important that you confide in someone you trust and seek professional help.
- For more information or support with substance misuse you can call **DAN24/7 Wales Drug and Alcohol Helpline**
- Call: **0800 633 5588**
- Freetext: **DAN to 81066**
- Visit: **www.dan247.com**
- Or Talk to Frank at **www.talktofrank.com**



## Body Art

**If you're thinking of getting a tattoo or piercing, as with most things when it comes to Type 1 diabetes, there are a few extra things to consider. The good news is, living with Type 1 diabetes doesn't mean a blanket ban on body art.**

People living with Type 1 diabetes are able to get either kind but there are some important things to consider:

- Discuss this with your team who can tailor their advice to your circumstance
- Always use a licenced tattooist or body piercer
- Consider the area of your body you want to get tattooed – avoid places where there's a higher risk of developing poor circulation and places where you would regularly inject or wear medical devices

If your blood glucose level has been running high for some time, this can affect how quickly and how well your body is able to heal. It is worth trying to stabilise your blood glucose levels as much as possible before getting a tattoo or piercing, so that it has a better chance of healing correctly and there is less risk of developing an infection.



It's tempting to just go ahead and do things, but I used getting a tattoo as my reward for the hard work I put in to managing my diabetes, knowing I needed to bring my levels down a lot. It was good to have a focus. I was really pleased with the result and I feel a lot better for being in a better headspace to take care of myself too.

**Kyle, living with  
Type 1 diabetes**

# Diabetes throughout the year

Use every opportunity to learn more about your diabetes management.

You may notice that you will need to adjust your management throughout the year. Many factors can increase or decrease your insulin sensitivity (how cells in your body respond to insulin) such as changes in your diet, exercise, hormones, temperature, bodyweight.

Take note to see if these are likely to change between the seasons and if you can tweak your diabetes management to cater for this.

Subtle changes are not always obvious so paying attention and taking time to suss out your own patterns including using data collected from your diabetes technology, can help you make decisions on the necessary adjustments over the course of your own diabetes journey.

Your body is forever changing, and your needs will too.



# Religious festivals

**Coming together to celebrate religious festivals at certain times of the year is common among most religions.**

These are often occasions where people eat or drink specific types of food or drink at certain times of the day, and in differing quantities. They may sing, play instruments, reflect or pray, or take part in even more energetic activity like dancing.

Such events can make certain times of the year more difficult to manage your Type 1 diabetes. Many people say the lead up to Christmas or Easter is a particularly difficult period to manage their diabetes, their blood glucose or regular diet. Some people who follow Islam say that Ramadan\* is a particularly difficult time for them.

\*People living with diabetes who follow Islam are medically exempt from fasting. Some people struggle with this and also the changes to daily routine particularly relating to evening prayers. If this is

something you are struggling with, talk with your diabetes team as they should be able to provide you with more specific advice. You could also try to connect with fellow Muslims who live with Type 1 diabetes who are going through similar experiences.

Whichever religion you follow, you can gain a better understanding of your body's needs which can help you to better manage religious events each year. You can learn to tweak your diabetes management to accommodate this with the help of your diabetes team. Find what works for you but bear in mind that periods of time away from your norm, such as a religious festival, can throw a few extra hurdles your way that you'll need to deal with and overcome.

# Notes

## Other SEREN Connect Resources

**Drinking alcohol with Type 1 diabetes**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a smartphone with a graph, a glass of beer, a cocktail glass, a first aid kit, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Learning to drive and driving safely with Type 1 diabetes**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a steering wheel, a road sign, a car, a large 'L' sign, and a key.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Managing Type 1 diabetes: post-school, at university and in the workplace**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a smartphone with a graph, a hand holding a pen, a person with a plus sign, a building, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Pregnancy, parenting and Type 1 diabetes**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a smartphone with a graph, a person with a plus sign, a baby, a person with a plus sign, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Sex, relationships and Type 1 diabetes**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a rainbow heart, a person with a plus sign, a person with a plus sign, a person with a plus sign, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Understanding Type 1 diabetes, kidney health and nephropathy**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a water bottle, a person with a plus sign, a kidney, a person with a plus sign, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Understanding Type 1 diabetes, your eye health and retinopathy**  
Developed as part of SEREN Connect Diabetes Education, supporting young people with Type 1 diabetes.

Icons include a person with a plus sign, a person with a plus sign, a person with a plus sign, a person with a plus sign, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.

**Understanding Type 1 diabetes, your feet and neuropathy**  
Developed as part of SEREN Connect diabetes education, supporting young people and young adults living with Type 1 diabetes.

Icons include a person with a plus sign, a person with a plus sign, a person with a plus sign, a person with a plus sign, and a person with a plus sign.

SEREN Connect logo and partner logos (GIG NHS, UMC) are at the top.