



(E027a) Type 1 6 week Support Pathway T1 Kidz & (E027b) Test Bolus, Injection Reminder T1 Kidz

Florence

DAILY REMINDER @ 10:00
Hi, have you had a bolus with your breakfast? Enjoy your day

WELLBEING READING DAY 2 @ 16:00
Do you feel like you are struggling with your diabetes today? Reply OVER 1 for yes, OVER 2 for no. Thanks Flo

MONITOR READING DAY 6 @ 16:01
Think of one small change you'd like to make today & make that your goal! Send it to me so you can look back & remember what you said, text # plus goal, Flo

WELLBEING READING DAY 8 @ 16:00
Look back at the goal you wanted to achieve, have you managed to reach it yet? Reply GOAL 1 for yes, GOAL 2 for no. Thanks Flo

WELLBEING READING DAY 12 @ 16:00
Is your diabetes getting in the way of the things you enjoy? Reply ENJOY 1 for yes, ENJOY 2 for no. Thanks Flo

OVER 1
Don't forget to celebrate small victories and achievements, Flo

OVER 2
That's good. How about writing some things down which have made today a good day? You can use these to look back on the days that are more difficult, Flo

CONFIRMATION MESSAGE
Good Luck :-)

GOAL 1
That's great, the team will be proud of you, well done Flo

GOAL 2
There's always tomorrow. Are you setting goals which are too big? Remember to keep them small or break them down into smaller achievable steps. Goodluck!! Flo

ENJOY 1
How do we get over these hurdles? Lets find a solution. Would talking it thru help? Try family, friends or the diabetes team 01912824277/CYPDiabetes@nuth.nhs.uk

ENJOY 2
That's great! Diabetes shouldn't get in the way, but it can sometimes, Flo

WELLBEING READING DAY 18 @ 16:00
Have you managed any of your goals today? Reply GOAL 1 for yes, GOAL 2 for no. Thanks Flo

DEPRESSION QUESTION DAY 22 @ 16:00
Are you worrying a lot about your diabetes? Text WORRY 1 for yes, WORRY 2 for no. Thanks Flo

WELLBEING READING DAY 32 @ 16:00
Do you feel like diabetes is holding you back? Reply HOLD 1 for yes, HOLD 2 for no, thanks Flo

WELLBEING READING DAY 36 @ 16:00
Is everything going well? Reply WELL 1 for yes, WELL 2 for no, Flo

GOAL 1
That's great, the team will be proud of you, well done Flo

GOAL 2
There's always tomorrow. Are you setting goals which are too big? Remember to keep them small or break them down into smaller achievable steps. Goodluck!! Flo

WORRY 1
Allow a minute to think about how you feel & explore where these feelings come from? Need help? You're not alone-contact the team at CYPDiabetes@nuth.nhs.uk

WORRY 2
That's good. How about writing some things down that have gone well today? You can use these to look back on in the future, Flo :-)

HOLD 1
Making a list of when it gets in the way may help tweak your timetable to reduce the impact. We can help-bring the list to clinic / email CYPDiabetes@nuth.nhs.uk

HOLD 2
Well done you seem to have a good balance. Keep up the good work, Flo

WELL 1
Great, we look forward to hearing all about it in clinic, Flo

WELL 2
If you're finding it too difficult why not give the team a call on 0191 2824277 or email CYPDiabetes@nuth.nhs.uk, Flo



Florence

