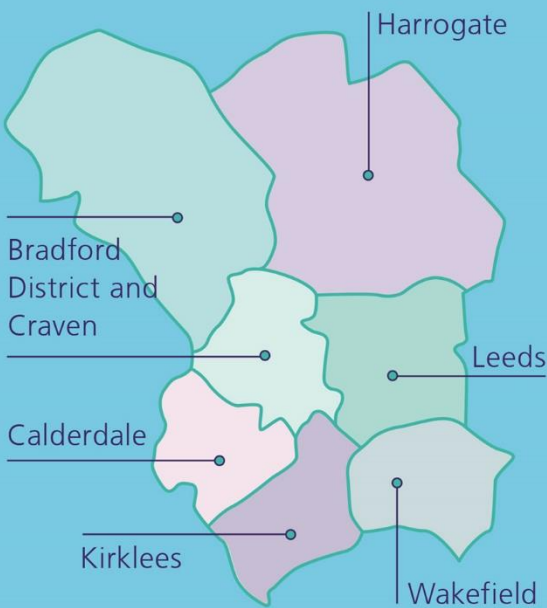


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.7 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



#DiabetesStories

We're supporting [Diabetes Week 2021](#) from 14 to 20 June 2021.



There are two main types of diabetes: type 1 and type 2. About 8% of people with diabetes in the UK have type 1 diabetes.

Type 1 diabetes is a serious and lifelong condition where your blood glucose (sugar) level is too high because your body can't make insulin.

It's got nothing to do with diet or lifestyle and there is no known cure.



On the next page, Elise Featherstone, Graduate Digital Project Manager for the Partnership's Digital Programme, tells us her story about living with and managing type 1 diabetes.

My diabetes story by Elise Featherstone

Originally from the North East, I moved to Leeds in 2015 to study Graphic and Communication Design at the University of Leeds. After graduating I decided to make the permanent move to West Yorkshire.

My diagnosis came at an early age in 2002 when I was just 5 years old. I became unwell with symptoms including weight loss and tiredness, I was eventually rushed to hospital by my GP where I was treated for a week at the Great North Children's Hospital Diabetes ward.

Although diabetes does not run in my family exactly one year after my initial diagnosis my twin sister was also diagnosed with type 1 diabetes. Having been through my ill health and diagnosis a year before my family were able to recognise her symptoms very early on - preventing initial deterioration of her health and could quickly adjust.

Growing up with diabetes at a young age is restrictive. As a child, it was difficult to understand why my eating and activities differed from other children but being able to grow through it with my twin was monumental in understanding I wasn't isolated.

After suffering a diabetic seizure during my sleep in 2012 due to a low blood sugar my confidence and control of my diabetes spiralled. I didn't want to be in that position again so ensured my blood sugar levels remained higher, an unhealthy and dangerous cycle. With the introduction of new glucose warning technology my control is now healthy and within target but I still occasionally experience anxiety around sleep and my blood sugar.

The advancement of diabetic technology is truly life changing. After being prescribed the Freestyle Libre sensor-based glucose monitoring system in 2018, my HbA1c and health have dramatically improved. I feel more independent - and for the first time since being young, I am able to feel significantly more in my fingertips after switching from finger prick glucose monitoring to the sensor. I also feel far less anxiety around my sleep as the Libre sounds an alarm via my phone when my blood sugar is dropping through the night.

Today I don't allow my condition to define what I can or cannot do. I believe transparency and openness is essential in raising awareness and understanding for the million others like me living with the condition not to hide it, to embrace injecting in public and openly address any questions or advice around living with type 1 diabetes.



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Diabetes Week is an annual campaign organised by the charity Diabetes UK and devoted to raising awareness of diabetes and raising money to help fund research into the condition. This year the focus will be on looking back over an extraordinary year, sharing **#DiabetesStories** and celebrating the diabetes community.

NHS Wakefield CCG
White Rose House
West Parade
Wakefield
WF1 1LT

✉ westyorkshire.stp@nhs.net
🌐 www.wyhpartnership.co.uk
🐦 @WYHpartnership
☎ 01924 317659

A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

June 2021

West Yorkshire and Harrogate
Health and Care Partnership

