



**#DiabetesChat**

Contents:

*Page 1... Mission Statement  
& Values & objectives of #DiabetesChat*

*Page 2... #DiabetesChat Twitter Space  
& Community Feedback*

*Page 3... What we do?*

*Page 4... #DiabetesChat Hot Topics*

*Pages 5-6... DiabetesChat in-person Events*

*Page 7... How to find #DiabetesChat?*

#DiabetesChat Mission Statement



#diabeteschat

HYP0 ⚡ BLOOD SUGAR PUMP! MONDAY! CGMS

diabeteschat.net @diabetes\_chat

# Mission Statement

**"The idea behind #diabeteschat is to connect with people with Diabetes from all around the world to chat, share ideas & experiences, raise awareness of Diabetes and unite people together in a unique peer support group".**

**Tom Dean - Founder of #diabeteschat**



Guest Speaker Chats  
& Open Forum Chat



Weekly  
Diabetes Polls



Diabetes News  
of the week



#thursdaythreads

Our Mission Statement highlights why the community was set up and the things our community do.

#DiabetesChat Values and Objectives



#diabeteschat

HYP0 ⚡ BLOOD SUGAR PUMP! MONDAY! CGMS

diabeteschat.net @diabetes\_chat

# peer support

making diabuddies

Learning new things

sharing lived experiences

not feeling alone

connecting

Normalising things

talking

Amir Hassan @AmirHassan - The most beautiful, supportive and resilient community I am so grateful for you all! #diabeteschat

Muhammad Irfan Ismail @IrfanIsmail99 - Aug 30 - Being understood without having to explain yourself

علي آلف @AliAssalWarior - People who I can relate to when nobody's there!

Christopher Owen @ChrisSGOwen - Aug 29 - Peer support means this... to me the diabetes chat, just talking about the different experiences everyone has and helping each other!!

Toni @SwitchAgenda - Aug 29 - Peer support is being able to talk in our language and have people understand! It's like an exclusive club. It's also the ability to speak freely and share thoughts and feelings without fear of stigma or misunderstanding. #diabeteschat

Gay Lesper @GayLesper - I'm just glad I found you all! I've always felt isolated from others with diabetes so I'm very grateful to be here. #diabeteschat

Gillian Kerr @GKerr21kerr - Great place to meet others, learn from peer experience and what's new in the bigger diabetes world

Here are our community underpinning values and objectives.

Page 1

## #DiabetesChat Twitter Community & feedback

The image is a collage of visual feedback from the #DiabetesChat community. On the left is a blue graphic with the 'DIABETES chat' logo, the hashtag #diabeteschat, and various diabetes-related terms like 'HYPO', 'BLOOD SUGAR', 'CGMS', 'MONDAY!', 'JUICE', 'PUMP!', and 'INSULIN'. Below the graphic are the website 'diabeteschat.net' and the Twitter handle '@diabetes\_chat'. The main part of the collage features a screenshot of a tweet from Tim (@skate\_or\_fie) dated Mar 21, 2022, at 8:56 PM. The tweet includes a recording player for a 'Diabetes Chat' session from Mar 21, 2022, at 3:41:52, and a 'LIVE' chat interface for 'Diabetes Chat #diabeteschat' with a 'Mindful wellness · Cycling' theme. A yellow box in the center of the tweet screenshot reads 'OPEN FORUM Chat Every Monday 8pm (UK Time)'. To the right of the tweet is a grid of 12 participant avatars, including hosts, co-hosts, speakers, and listeners. At the bottom right, there is a 'Mute everyone' button. The background of the entire collage is blue.

*Here are some visual feedback from the #DiabetesChat community*



## What we do?



[Research Events](#)

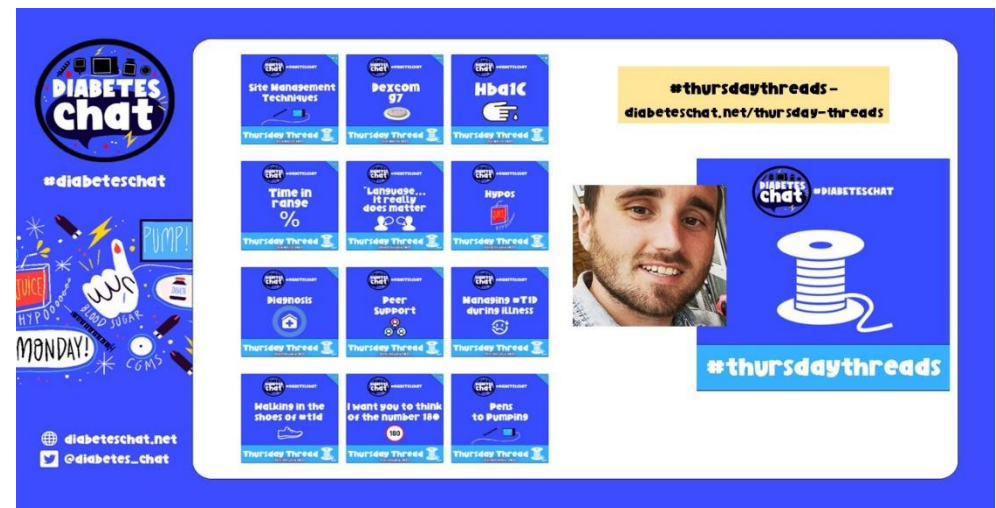
[WDD 24-Hour Space](#)



[Guest Speakers Chats](#)



[#DiabetesChatStories Events](#)



[#ThursdayThreads](#)

# Hot Topics

**diabetes research** **wilderness** **illnesses** **peer support** **complications**

**SUPPORT** **Social Stigma** **#NothingAboutUsWithoutUs** **Insulin sensitivity**

**hypoglycaemia** **exercise** **accessibility** **pregnancy** **Language**

**sports** **parenting** **mental health** **gestational diabetes** **technology**

**diabetes representation: books, films, plays, Ambassador roles** **diabetes camps** **diet** **#t1d** **#t2d** **availability** **culture**

**behavioural change** **#LanguageMatters** **#cwd**

**diabeteschat.net**  
**@diabetes\_chat**

Here are some of the 'Hot Topics' that the #DiabetesChat community have spoken about since it's launch in February 2022 in our Guest Speaker Chats and our community Open Forum Chats.



## #DiabetesChat in-person events (London – February 2023)

**diabeteschat** @diabetes\_chat

In @welshy\_89 @JDRFUK presentation yesterday he talked about the importance of #peersupport ❤️

The community wrote down "what peer support means to them" on a balloon 🎈.

We passed the balloons around the room, had fun & shared some of the community views. This was special!



Flipper and 4 others

8:02 PM · Feb 26, 2023 · 3,708 Views

View Tweet analytics Promote

7 Retweets 1 Quote 34 Likes

**Tom Dean** @welshy\_89 · Feb 25

#NewProfilePic

#diabeteschat #diabeteschatontour




1 Retweet 17 Likes 724 Views

**diabeteschat** @diabetes\_chat · Feb 26

The community's powerful voices on what peer support means to them:

- community
- confidence from others
- inspiring
- sharing information
- problem shared
- people that get it
- sympathy
- no judgement
- people like me
- opening up

#diabeteschat #peersupport



You and 4 others


6 Retweets 15 Likes 1,517 Views

### #DiabetesChat in London

## #DiabetesChat in-person events (Birmingham – February 2023)


diabeteschat @diabetes\_chat · Jun 17  
#diabeteschat has arrived at the @JDRFUK Discovery day event in Birmingham

#peersupport #talkingisimportant



You and 9 others  
Marc Lungley @MarcLungley

Some of me pictures from the @diabetes\_chat Breakout Session yesterday. #DiabetesChat #GBDoc



You and 3 others

8:28 PM · Jun 18, 2023 · 1,655 Views

2 Quotes 10 Likes

diabeteschat @diabetes\_chat · Jun 18  
Yesterday we did an in-person community #diabeteschat

The community was talking & sharing lived experiences together. #peersupport #community #talkingisimportant

We asked "What does peer support mean to you?"

Check out the thread below to see what the community said.



You and 7 others

4 6 21

### Community Feedback on "What Peer Support means to them"

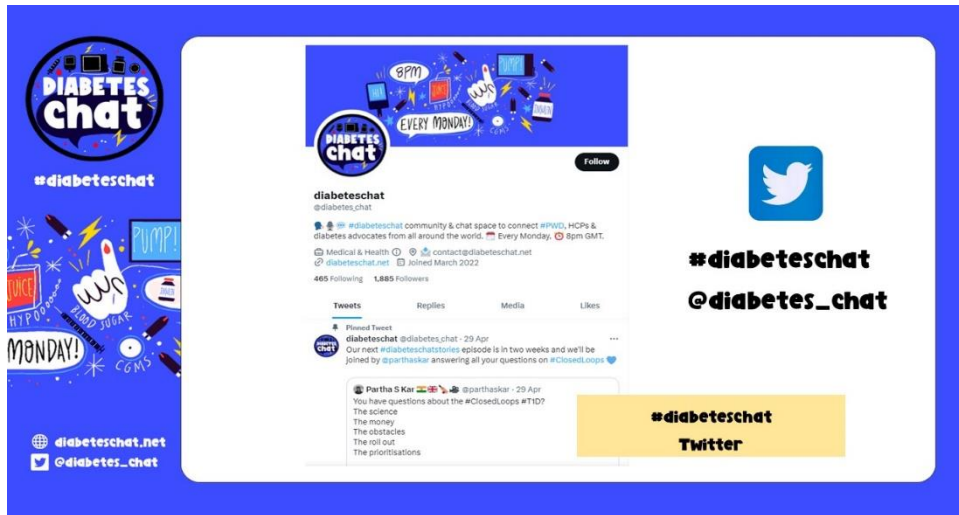
diabeteschat @diabetes\_chat · Jun 18  
"Community, friendship, support, problem solving/advice, information, non-judgemental"



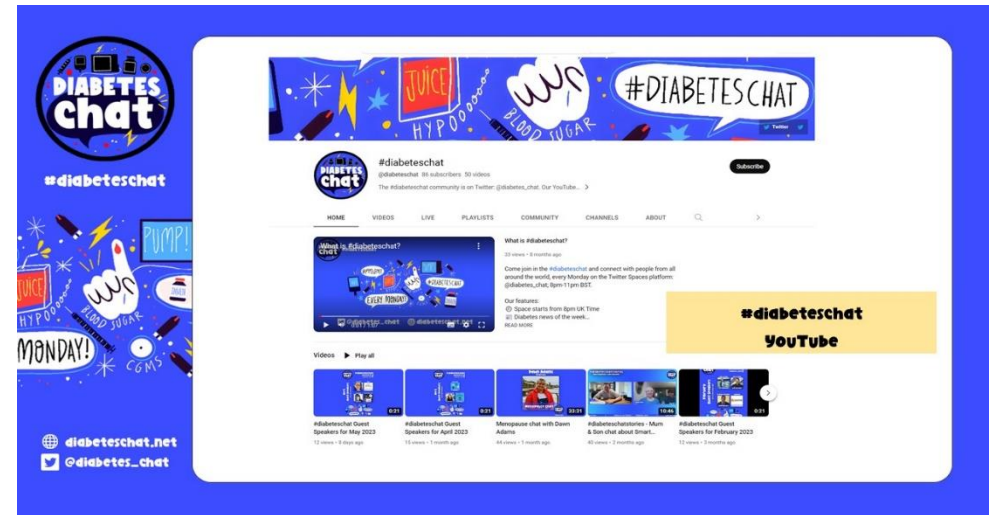
Community  
friendship  
Support  
problem solving/Advice  
Informative  
Non judgemental

1 4 95

## How to find #DiabetesChat?



[@diabetes\\_chat](https://twitter.com/diabetes_chat) on Twitter



[DiabetesChat](https://www.youtube.com/channel/UC...) on YouTube



[DiabetesChat Website](https://www.diabeteschat.net)