

### More to follow first type 1 Dublin support group meeting

**T**he first Dublin Support Group Meeting for adults with type 1 diabetes was held in February in the head office of the Diabetes Federation of Ireland. There was a great turnout and plenty of issues arose, including:

- HbA1c control
- Pregnancy planning
- Diet and exercise
- How partners and friends cope with loved ones having type 1 diabetes.

People attending had been diagnosed between the ages of two and 39. There

was a wealth of experience and opinion on offer, which led to a long list of issues people wanted to discuss over the coming meetings.

What was clear from the meeting was that no matter how long you have been diagnosed, everyone faces the same issues and frustrations. There is a need for support from people who understand what you are going through.

The aim of the group is to give the newly diagnosed the opportunity to learn from those diagnosed a lot longer, and for

the veterans to re-focus and get new ideas and a fresh approach.

The next meeting will take place on Wednesday 23 March at 6:30pm in Federation's offices at 76 Lower Gardiner Street, Dublin 1.

The group looks forward to welcoming new members so their experience and ideas can be added to the mix.

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