

Your health

Organising Chaos

Check out some of Claire's amazing products here. With accessories for both type one and type two diabetics, these stunning items help you maintain your diabetes and look stylish while doing so.

Please visit: organising-chaos.com

Heart to Heart ETC
Dana Cover, £3.99



Medical equipment doesn't have to be boring!

Organising Chaos
Pink Kitbag, £23.99



Diabetes Awareness Flower
Libre Sensor Cover, £1.29



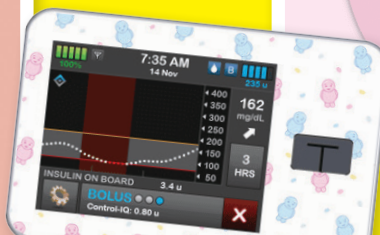
Lazier than my Pancreas
Hypo-Pot, £3.99



Spotty Pink Dexcom
Patch, £2.99

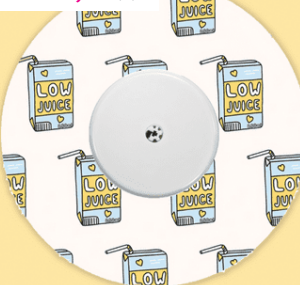


Pump-Kin Spike
Latte Dexcom G6
Sensor Sticker, £1.29



Jelly Baby T: Slim Cover, £3.29

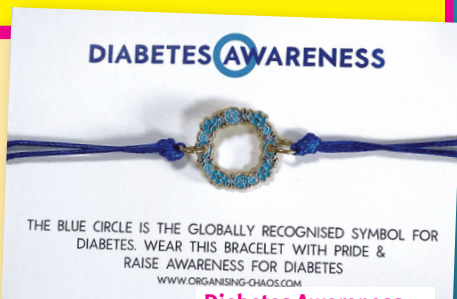
Juice Box Freestyle
Libre Patch, £2.99



DIABETES AWARENESS

THE BLUE CIRCLE IS THE GLOBALLY RECOGNISED SYMBOL FOR DIABETES. WEAR THIS BRACELET WITH PRIDE & RAISE AWARENESS FOR DIABETES
WWW.ORGANISING-CHAOS.COM

Diabetes Awareness
Flower Bracelet, £6.99



ACCEPTING MYSELF

BIG health story

Claire Panchel, 32, from Burgess Hill, neglected her condition for years...

Putting the numbers down in my diary, I knew I'd fool my doctors. I had been for most of my teenage years.

You see, I was diagnosed with type one diabetes in 1996, when I was six years old.

And during my teen years I was rebelling against this diagnosis in every way I could.

I would go out and have fun, ignoring my diabetes, eating and drinking what I wanted, not taking my insulin – I didn't own a working glucose metre.

Taking my health into my hands like this was so dangerous, but I didn't care.

I was sick a lot of the time – I felt lethargic, confused, always needing the toilet, thirsty, and had ear and chest infections.

And looking back, I knew this was as a result of ignoring my diabetes.

'You need to get your levels under control,' doctors warned. But this didn't stop me.

Fudging the numbers in my

glucose diary was just one of my ways of deceiving everyone around me.

'I'm getting on with it,' I'd smile at my parents, Bian, 68, and David, 69. 'I'm fine!'

As someone who's always been independent, my parents believed that I was looking after myself.

And by the time I was at university studying business management, my diabetes was out of control.

Meeting my now-husband, Rahul, 31, as I studied, I hid my rebellion from him, too.

In 2013 we got engaged, and in 2015, when planning the wedding, I had a wake-up call.

'I can't wait to have children,' Rahul told me, and I realised that I couldn't keep going on

like this.

I can't have kids when I'm slowly killing myself, I thought.

I knew I had to get my diabetes under control if Rahul and I were to have a future.

But I had ignored my illness for so long, I had no idea how to.

I reached out to my GP for some extra support and Rahul was always by my side.

Together we learnt to count carbs and how much insulin to inject myself with.

It was a relief to share what I had been hiding from with Rahul – I felt less alone.

I continued to battle along with Rahul by my side, but in 2017 I found a whole community of people like me.

Clicking the Instagram explore tab, I saw someone had shared a photo of their Freestyle Libre – a sensor to help monitor glucose levels.

Scrolling a little more, I realised lots of people were

doing the same.

Why are people sharing photos of their diabetes? I thought. *I've spent my whole life trying to hide it, and these people are proud of it...*

I decided I no longer wanted to struggle in the darkness, I wanted to be proud like these Instagram accounts.

Creating my first diabetes account – @

clairet1d – I was too embarrassed to tell anyone, even Rahul.

But after posting my first snap of a plate of food I was welcomed into the community.

Everyone was so supportive. In 2017 I also began self-funding my Freestyle Libre followed by Dexcom in August, which helped me control my diabetes more effectively – I could know get a glucose reading whenever I scanned my phone on the sensor.

I spent thousands, before it

I ignored my illness

Rahul is always by my side



like this.

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Health REAL LIFE

finally became available for adults on the NHS last year.

But it was worth it, as the tech has been life changing, and now I always had diabetes equipment on me.

I have to carry all this equipment around...can't it look pretty? I thought.

As a little girl I would choose every matching accessory in Claire's Accessories. Now an adult, why couldn't I have pink, sparkly diabetes accessories?

I made myself a pretty pouch for my insulin pump and snapped a pic for Instagram.

OMG, where did you get this? the comments read, and I pondered making more.

In June 2018, Diabetic Supply UK – a family-run company that produces products to help make living with diabetes easier – found my Instagram and helped me set up a market.

By October, it was time for me to launch my own website – Organising Chaos – and ever since, my small business has gone from strength to strength.

Offering cute accessories for diabetes equipment, such as sensor cover, kitbags and pump stickers, I'm helping people with diabetes love themselves a little more.

I want to bring joy to something crap to live with.

It's important to me to keep my products affordable and accessible as I don't want anyone to feel left out. I regularly donate some of my proceeds to Diabetes UK and T1 International, too.

I'm miles away from that scared teenage girl – I've fully accepted my diabetes, and I love myself now.

Follow Claire on Instagram: @_organising.chaos

GET INVOLVED

Diabetes UK has a variety of different ways you can get involved to help raise awareness surrounding diabetes. Give them a go!

● **One Million Steps Challenge:** Walk around 10,800 steps every day to raise money for Diabetes UK. All you need is a sponsorship form, and a good pair of walking shoes.

● **Swimm22:** Swim 22 miles – the length of the English Channel – to raise some cash

for charity. You can also do 11 miles or even 44 miles. You can take the challenge at your own pace, in your own local pool or open water, over three months with team mates.

● **Fundraise your own way:** Simply order a fundraising pack from Diabetes UK to get started. It's packed with loads of helpful tips and advice to help you plan the perfect fundraiser! You could arrange a bake sale, or have a fancy dress day at work!

