

**HAPPY
HOLIDAYS**



TALKING TYPE 1

This picture illustrated by Richard Dwyer is based on characters from the story book *How to Manage a Mammoth* from the *Talking Type 1* book range written by Dr Rose Stewart. *Talking Type 1* is an NHS Wales initiative designed to improve emotional wellbeing for children and families living with diabetes.

For more information visit
www.diabetespsychologymatters.com/talkingtype1

