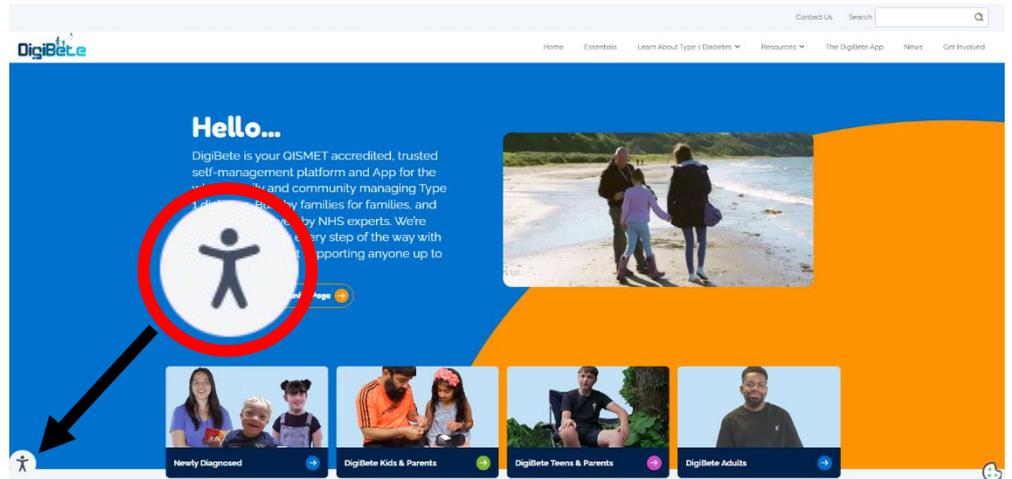


## ReachDeck Help Guide

### Using the ReachDeck function to translate written resources into different languages.

In the bottom left-hand corner of the DigiBete website you will see the ReachDeck icon.

If you can't see the ReachDeck icon, check that cookies have been accepted.



Click on the icon and the following toolbar will appear at the top of the screen.

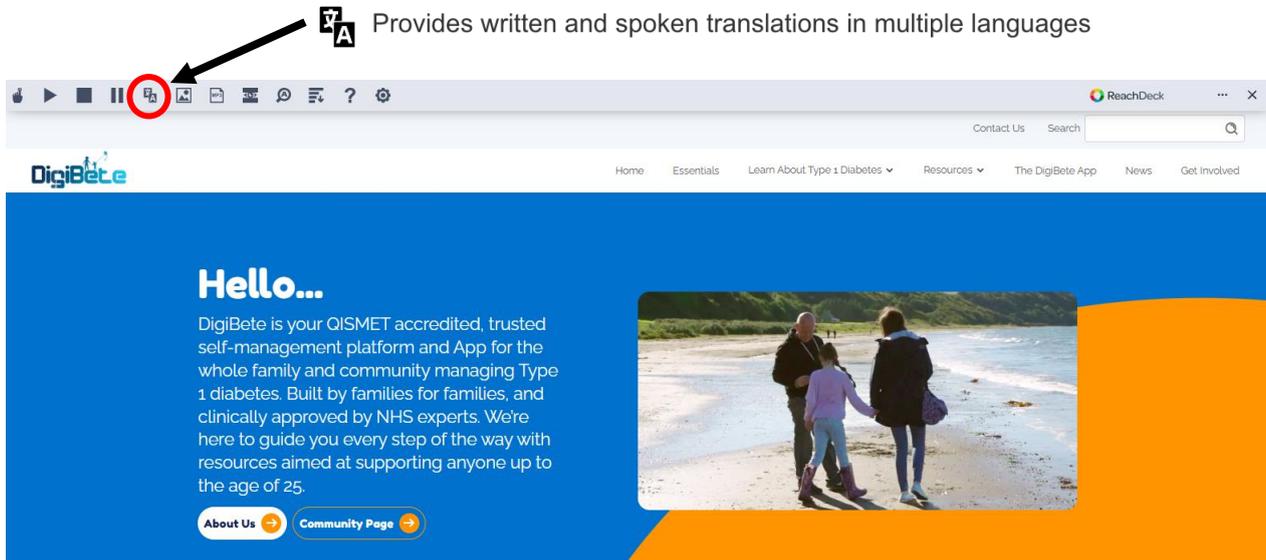


If you click on the ? icon in the toolbar you can see a menu of what each of the icons on the toolbar means – see below.

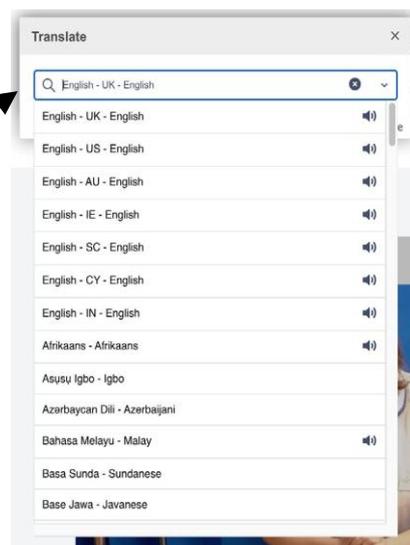
**Help** ×

-  Starts reading the page out loud - switch between hover and click in the settings menu
-  Starts reading selected text or reads from the top of the page
-  Stops reading and clears highlights on the page
-  Pauses reading and retains highlights on the page
-  Provides written and spoken translations in multiple languages
-  Displays pictures related to text selected on the page
-  Converts selected text into an MP3
-  Blocks distractions on screen with a tinted mask
-  Enlarge text as it is read out loud
-  Removes clutter from the screen, displaying only the main text
-  Show a simple help page that explains what the ReachDeck toolbar does
-  Customise options to suit individual needs or preferences

To see the DigiBete written resources in other languages you need to click on the following icon from the ReachDeck Toolbar which “provides written and spoken translations in multiple languages”.



You can also use the search to find the language you need as the list of languages is very long.



Once you have clicked on the ‘translate’ icon you can then select which language you need from the drop-down menu. There are 99 languages to choose from!

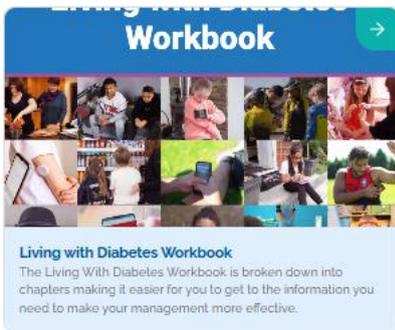
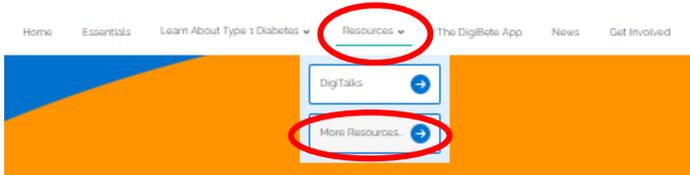
Once you have selected the language you can then choose the resources you would like to see, and the text will be interpreted for you. The PDF documents will open in a new tab.

You may need to refresh the page for the text to translate. You may also need to refresh when navigating to a new page.

To return to English, you will need to go click on the ‘translate’ icon again and select English from the language choice menu, then click on the blue cross on the ReachDeck toolbar to close the ReachDeck function.

# Living with Diabetes Workbook

A helpful resource on the website that will help families who speak little or no English is the Living with Diabetes Workbook, you will find this under the Resources Section.



## Foreword

"The precursor to DigiBete was UpBete, an award winning website that was the brainchild of Dr. Philip Holland, Consultant Paediatrician at Leeds Children's Hospital, who sadly passed away in 2014, shortly after his retirement. Dr. Holland was an innovative, enthusiastic and inspirational doctor who would have very much welcomed the natural evolution of UpBete to the DigiBete platform.

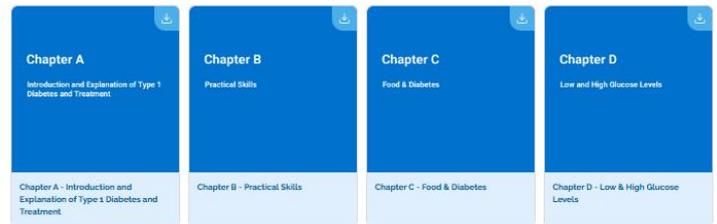
The approach we have taken in the design and delivery of this new educational platform has embodied the values and behaviours of The Leeds Way: Patient-centred, collaborative, fair, accountable and empowered.

The Children and Young People's Diabetes Team have worked in partnership with their patients and families. By listening to them we now better understand their needs. We have used simple language that is easy to understand so as to empower them to confidently self-manage their diabetes to the best of their ability. In doing so we hope that we will help our children and young people who are living with diabetes, to live long and happy complication free lives."

**Dr. Fiona Campbell**

Consultant Paediatric Diabetologist, Leeds Children's Hospital

March 2027



The entire workbook has been translated into several different languages and you can access them by following the link on the page (shown below). If you can't access your chosen language you can use ReachDeck to translate the separate chapters.

## Multilingual Living with Diabetes Workbooks



## Welcome to our Multilingual Living with Diabetes Workbook page:

Here you will find our Living with Diabetes workbook in different languages. More multilingual resources can be found using the language picker on the essentials page [here](#) or the technology resources page [here](#).

If you have any feedback on these language resources then please contact us at [hello@digibete.org](mailto:hello@digibete.org)



Resource last reviewed November 2025