

# Rules for the Insulin Pumpers UK group

*What you can and can't do in the Insulin Pumpers UK group*

## Make a note of these

- Email to the whole group: [ip-uk@insulin-pumpers.org](mailto:ip-uk@insulin-pumpers.org)
- Insulin Pumpers UK website: [www.insulin-pumpers.org.uk](http://www.insulin-pumpers.org.uk)
- To get help: [help@insulin-pumpers.org](mailto:help@insulin-pumpers.org)

## Take care!

What you read in the group is not like what your doctor says. If you want to change how you run your diabetes, talk to your doctor first.

## How to start

### What is this group?

This group lets you get emails from other people like you. People who want to know more about pumps.

### How do I send an email to the group?

- Send it to [ip-uk@insulin-pumpers.org](mailto:ip-uk@insulin-pumpers.org) and the whole group gets your email.
- You can also do it from the website at [www.insulin-pumpers.org.uk/post](http://www.insulin-pumpers.org.uk/post)

### How can I find out who else is in the group?

Go to the website at [www.insulin-pumpers.org.uk/discussion](http://www.insulin-pumpers.org.uk/discussion) and click on "The other members of the Insulin Pumpers UK group". Here you can read what each person said when they joined.

### How do I leave the group?

Write to [help@insulin-pumpers.org](mailto:help@insulin-pumpers.org) and ask to leave.

### Can I leave the group for a short time while I go away, and join again when I get back?

Yes. Write to [help@insulin-pumpers.org](mailto:help@insulin-pumpers.org)

### I get too much email from this group. What can I do?

- Write to [help@insulin-pumpers.org](mailto:help@insulin-pumpers.org) and ask to get the digest. You will get just one big email a day.
- Or ask for the browser version. You get no emails but you can read them all at [www.insulin-pumpers.org.uk/discussion](http://www.insulin-pumpers.org.uk/discussion)

### Where can I read old emails?

We keep all the emails at the website. Go to [www.insulin-pumpers.org.uk/discussion](http://www.insulin-pumpers.org.uk/discussion)

### Will I get spam?

We hope not. We will not give away your email address.

## What can I say?

- Your emails must only be about diabetes and pumps. If you just want to chat, send the email to the other person and not to the group.
- Do not send adverts to the group.
- Do not say you heard something if you can't say where you heard it.
- If you talk about your blood sugar level, use the UK units – *mmol/L*
- An email has a subject. Make sure the subject says what is in the email, or else people may not read it.
- When you reply to a long email, don't leave all the old email there as well.
- If you get the digest, when you reply you will have to make a new email and send it to [ip-uk@insulin-pumpers.org](mailto:ip-uk@insulin-pumpers.org)

## Some other things

- Insulin Pumpers runs some other groups. You can join them at <http://www.insulin-pumpers.org>.
- It's free to use these groups.
- You must not tell others who else is in the group. That is secret.
- If you break these rules on purpose, we will throw you out of the group.
- Insulin Pumpers is a California charity to help spread the news about pumps. If you want to help, write ring or email us at: Insulin Pumpers, 4600 El Camino Real, Suite 206B, Los Altos, CA 94022, USA. Tel: 001 650 494 3351. Fax: 001 650 494 3356. email: [editor@insulin-pumpers.org](mailto:editor@insulin-pumpers.org). At 5pm in London it is 9am in California.
- An up-to-date copy of these rules are on the website at [www.insulin-pumpers.org.uk/rules](http://www.insulin-pumpers.org.uk/rules). John Neale last changed these rules on 28 Jan 2001

Thanks for reading this email. We hope you like the Insulin Pumpers UK group.

*Created: January 1998; Last updated: Tuesday 5 June 2001*