

Gráinne Flynn Biography

Gráinne Flynn has been living with diabetes since 1993 and lives in Co. Clare, Ireland.

Gráinne started volunteering with Diabetes Ireland (the Irish national charity for people with diabetes) in 2007 and helped to set up Support Groups and Public Information Events on Diabetes in her hometown of Ennis. She began blogging about her life with diabetes on BloodSugarTrampoline.com in 2010 and co-founded Thriveabetes; an Irish diabetes community event in 2014. She also volunteers on the Diabetes Ireland Advocacy Group, the National Transfusion Advisory Group and the Diabetes Self-Management Alliance conference organising committee.

Social Media Links;

Personal Blog; Blood Sugar Trampoline - <http://bloodsugartrampoline.com/>

Twitter handle - @BSugrTrampoline <https://twitter.com/BSugrTrampoline>

Facebook page - <https://www.facebook.com/BloodSugarTrampoline/>

LinkedIn Profile - <https://www.linkedin.com/in/grainneflynnblogger/>

Instagram - <https://www.instagram.com/bloodsugartrampoline/>

Thriveabetes Blog - <http://thriveabetes.ie/index.php/blog/>

Thriveabetes Twitter Handle - @Thriveabetes <https://twitter.com/Thriveabetes>

Thriveabetes Facebook page - <https://www.facebook.com/Thriveabetes/>

Thriveabetes Instagram - <https://www.instagram.com/thriveabetes/>