# Description of what happens on screen in the What does a hypo feel like video

Hypo shows some of the symptoms of hypoglaecemia- known from three people’s perspectives. The video is primarily shown from a point of view shot. The three scenes are cut together to form one story.

A group of friends are playing football on an outdoor football pitch. Character one (Kahmal) walks up to a teammate and greets him with a handshake.

A couple are cycling along the waterfront of Brighton, laughing as they ride. The couple (Fay and her girlfriend Amelia) are sat on the beach playfully throwing pebbles at each other and running around.

A man (Steve) enters a pub and begins to play darts with his two colleagues.

Kahmal passes the ball to his teammate who shoots and scores. Kahmal gives her the thumbs up. Fay and Amelia are now walking down Brighton Pier amongst the colourful lights and arcade machines. Steve’s colleague gestures for them to go and get another round of drinks. Steve gets up and follows him.

As Steve walks up to the bar he looks exhausted and begins to breathe heavily, needing to rest on the bar. The colours begin to desaturate slightly and there is a soft blur around the edge of the screen. Kahmal is shown on the football pitch, separate from the team looking around in a disorientated manner. The word “disorientated” appears on screen. Fay is shown on Brighton pier looking very anxious and upset. Amelia is comforting her with her arm around Fay. The word “tearful” appears on screen. Steve is still leaning on the bar and begins to wipe his forehead with his hand. The word “sweating” appears on screen. Steve’s colleague places a hand on his shoulder and gestures at him to ask if he’s ok. Steve takes the hand off of his shoulder and pushes his colleague gently. The word “irritable” appears on screen. One of Kahmal’s teammates runs over to ask if he’s ok. His teammate is blurry and is appearing multiple times. The words “blurry vision” appear on screen. Fay, Kahmal and Steve are all now sat down looking at their hands visibly shaking. The word “Shaky” appears on screen.

Steve’s colleague brings out his blood testing kit to him. Kahmal readies his kit and Fay pricks her finger. Kahmal holds up a glucose monitor showing a reading of 2.0.

Steve’s colleague brings him a glass of orange juice that he begins to drink. Amelia is passing Fay three glucose tablets and Kahmal begins to drink a Lucozade energy drink. Steve lowers his empty glass to the table. The colour begins to normalise, and the blur disappears. Amelia asks Fay if she feels better.

Kahmal kicks and scores a winning goal. His teammates run up to him and celebrate close to camera. Steve orders another round of drinks, picks them up and walks back to his seat. Him and his colleagues cheer and clink their glasses. Fay and Amelia are walking away from Brighton Pier, arms around each other, looking happy.

Diabetes UK logo.