Joining together as one team, the diabetes community has the power to influence real change and improvements in services, care and support. One person may be ignored but not 276,000! Let us know what issues are most important to you and together we can ensure that diabetes care in Scotland is truly person-centred, reflecting the needs of the people who are affected most. You. Wishing you all the best for 2016!

**Welcome to our new Chief Executive Chris Askew**

We extend a hearty Scottish welcome to Diabetes UK’s new Chief Executive Chris Askew!

Chris joined the charity in September, bringing with him a wealth of experience in the charity sector. He was previously Chief Executive of Breakthrough Breast Cancer where he oversaw considerable growth in income, charitable spend and profile as well as negotiating the ground breaking merger to form Breast Cancer Now. He has also worked with Crisis and Action for Children.

Chris said: “I am delighted to have been appointed as Diabetes UK’s Chief Executive. This a very exciting time for Diabetes UK and I look forward to us collectively working through our Reach for the Stars strategy which is already well underway. I have met with Diabetes Scotland’s National Director, Jane-Claire Judson, and am very much looking forward to visiting Scotland and seeing the fantastic projects Diabetes UK is involved with. So here’s to a fantastic year ahead in 2016 where we will Care, Connect and Campaign on behalf of all those affected by or at risk of diabetes.”

**We took a little jaunt to Shetland in November to host a Family Fun Day and also to present Diabetes UK medals to a number of islanders.**

Kathleen Jamieson, John Cameron, David Grieve, John Ramsay, Linda Stout and Robert Tait received the Alan Nabarro Medal for living with diabetes for 50 years while Joyce Smith and Olivia Tulloch received the Robert Lawrence Medal for living with the condition for 60 years. (Olivia could not attend the presentation but has received her medal). Thanks to Shetland Council Convener Malcolm Bell and NHS Shetland Chief Executive Ralph Roberts for joining us to honour these special residents. Congratulations to all!

**Type 1 in the City in Edinburgh**

On World Diabetes Day Diabetes Scotland hosted the first Type 1 in the City event for young adults aged 16-25 living with Type 1 diabetes.

A free event, it was designed to allow young people with the condition to come together, learn more about how to manage their Type 1 diabetes and most importantly have fun! As well as workshops on living with the condition, the young people also took part in hip hop and drumming sessions. It was a great day and we hope we will be able to deliver more of these events in 2016. Watch this space!
Access to emotional and psychological support is one of the 15 Healthcare Essentials that every person with diabetes - no matter which type of diabetes they have - should receive if they are assessed as needing it.

Linda McGlynn, Healthcare and Patient Engagement Manager at Diabetes Scotland, said: “When you’re diagnosed with diabetes there is a huge focus on ensuring that you’re physically well and are receiving the health checks which will monitor your blood glucose levels, blood pressure and other physical indicators. However, getting to grips with your diagnosis can take its emotional toll and it’s important that people receive the right support to ensure they have good mental health and can cope with the pressures and challenges of living with a long-term, life-changing condition. “People with diabetes tell us that coping with their condition every hour of every day can be stressful and overwhelming. It can feel very isolating as so few people understand what it’s all about. But we know that getting the right emotional support can make a huge difference in improving people’s mental health as well as helping improve their physical health outcomes.”

The 15 Healthcare Essentials are the vital checks and services that everyone with diabetes should be getting from their healthcare team. For more information about the 15 Healthcare Essentials and to download your guide go to diabetes.org.uk/15-essentials.

Introducing Scotland’s Clinical Champions
Diabetes UK believes that local Clinical Champions and networks are the key mechanisms that will foster the leadership and collaboration necessary to create effective, joined-up services.

Diabetes UK Clinical Champions are healthcare professionals with the knowledge and drive to improve care locally for people living with diabetes. They act as catalysts for change, working closely with local decision makers to ensure diabetes is at the top of the health agenda and to implement innovative solutions to local issues. In Scotland our Clinical Champions are; Sheena MacDonald, Specialist Diabetes Detician, NHS Dumfries and Galloway; Dr Debbie Wake, Consultant and Clinical Senior Lecturer, University of Dundee, NHS Tayside; and Dr Kevin Fernando, GP with special interest in Diabetes & Medical Education, NHS Lothian. Each Champion was selected on the basis that they demonstrated the personal skills, clinical expertise, passion and integrity to help deliver tangible improvements in care for people with diabetes.

These Champions join Diabetes Scotland’s Clinical Champions, as it is achievable and help share best practice amongst schools, helping to ensure that all students with diabetes achieve their full academic potential. Recognising that some schools will have some concerns about how to support students with diabetes, as part of its Type 1 diabetes: Make the Grade Campaign, Diabetes UK has created free resources to help parents and schools get the right care in place. Along with this, the charity has launched a Care in School Helpline which provides parents of children and young people with Type 1 diabetes in Scotland, England and Wales with information and support around the care their child is entitled to receive at school.

Additionally, in Scotland, Diabetes Scotland has worked with the Scottish Government to produce Making Connections: Supporting Children and Young People with Type 1 Diabetes in Education. These guidelines outline the roles and responsibilities of the child, parents, schools and healthcare teams in ensuring that children are healthy and happy at school while being supported to manage their Type 1 diabetes. The publication has been issued to all schools across Scotland but additional copies can be requested by parents or teachers from Diabetes Scotland by email scotland@diabetes.org.uk or telephone 0141 245 6380.

Jane-Claire Judson, National Director of Diabetes Scotland, said: “Many schools in Scotland are working really hard to ensure their students with Type 1 diabetes are not held back by their condition and have exactly the same opportunities as their peers without diabetes. We want to celebrate the achievements of these schools and are calling on parents and students who are receiving good care to nominate their schools.”

Nominations for this year’s Good Diabetes Care in School Award can be made anytime until Thursday 16 June 2016. Winners will be chosen by an assessment panel, which includes parents and representatives from Diabetes UK. The winners will receive a trophy which is valid for two years.

For more information on the Good Diabetes Care in School Award visit: www.diabetes.org.uk/school-award.
Due to the high quality of proposals received, around 25 per cent of Diabetes UK’s research budget is invested in projects at Scottish institutions including University of Edinburgh, University of Aberdeen, University of Glasgow and University of Dundee.

At the University of Edinburgh, Dr Shareen Forbes is leading a study to improve the effectiveness of islet transplants. Islet transplantation can be successful at restoring awareness of hypoglycaemia in people with Type 1 diabetes, but the current process is not perfect. At least two donor pancreases are required for every recipient, over sixty per cent of islets are lost in the first forty eight hours following transplantation into the liver and the function of successfully transplanted islets declines over time. Furthermore, people with Type 1 diabetes rarely become independent of insulin after an islet transplant and those that do often have to return to insulin therapy later.

Dr Forbes said: “Around 20 per cent of people with Type 1 diabetes have impaired awareness of hypoglycaemia but, thanks to funding from Diabetes UK, we are making solid progress in our mission to improve the effectiveness of islet transplants, so that one donor pancreas may be sufficient to impact on the diabetes control of one recipient. This makes more efficient use of donor pancreases, which are a scarce resource, and therefore a treatment option for more people who are affected.”

Scotland is one of the busiest units of all the seven within the UK Islet Transplantation Consortium, with over 47 islet transplants having taken place since the commencement of the Scottish programme in 2010. By helping to optimise islet transplants, Dr Forbes’ work could have a significant and immediate impact on the long-term effectiveness of this pioneering treatment and allow more people to benefit from it in the future.

QIC Awards for Diabetes Scotland

Diabetes Scotland was presented with not one but two awards at the recent Quality in Care Awards! Our young people’s Making Connections youth engagement toolkit project was the winner in the best initiative for children, young people and emerging adults category.

The QIC Award for supporting equality of care for vulnerable and ‘hard to reach’ groups was awarded to our DeFT project – Diabetes at Your Fingertips which engages with older people in the BAME community using e-learning and interactive tools.

Thanks to everyone who has supported these projects and helped us reach out and support people affected by diabetes.

Four year old Beth Harris was also highly commended in the People’s Award category for her campaigning work on behalf of children with Type 1 diabetes. What a star!
Nominations for Inspire Awards now open!

The wide-reaching work of Diabetes Scotland would not be possible without the support and dedication of our volunteers and local groups.

Hundreds of committed individuals give their time each year to help us provide care and support and raise awareness of diabetes in local communities across the country. We are grateful to every person who gives their time to support us.

To recognise those people who go above and beyond in support of the charity and people affected by diabetes, we hold our annual Inspire Awards. Nominations are invited in a number of categories including:

- Fundraising award
- Campaigning and raising awareness award
- Local group and community award
- Local group fundraising award
- Supporting others award
- Young person’s outstanding contribution award
- The John Ireland award

Winners will be announced at the Diabetes Scotland Inspire Awards in Aberdeen on 16 April 2016. These winners will be put forward as nominees for Diabetes UK’s Awards which will be presented in summer 2016.

We also recognise and celebrate volunteers who have supported us for over 20 years by giving Long Service awards.

For more information or to nominate someone you know visit www.diabetes.org.uk/inspire-Awards or call the Diabetes Scotland office on 0141 245 6380.

New Local Groups

Welcome to the new groups which have launched this year including the Ayrshire Family Group, Ayshire Community Group, Perth & Kinross Type 1 Group, Grampian Type 1 Group and Craigmillar Peer Support Group.

We now have 31 groups across Scotland which are supporting people in their communities, taking part in fun activities, raising awareness and fundraising. If you would like to find out more about local groups in your area or open a new group, please contact Allan in the Diabetes Scotland volunteering team.

Email allan.kirkwood@diabetes.org.uk or call 0141 245 6380.

Highland Youngsters with Diabetes

A volunteer-led group in Highland is reaching out to families to offer support, friendship and the reassurance that they’re not alone.

Led by co-chairs Mhairi Macdonald from Ullapool and Collette Allen from Inverness, who both have children with Type 1 diabetes, Highland Youngsters with Diabetes is a Diabetes Scotland Local Group which provides opportunities for families to take part in group activities and meet others who are facing similar experiences. Benefitting from peer support and shared knowledge, parents and children are given confidence in dealing with the condition, allowing them to be more positive and enjoy healthy, happy lives.

Mhairi Macdonald said: “When your child is diagnosed with a long term condition such as Type 1 diabetes, it can be overwhelming trying to learn all you need to know to manage the condition well. Every day is a careful balancing act monitoring blood sugars, diet, exercise and insulin dosages to prevent dangerous hypos. Sometimes it can feel like all you’re doing is counting! And, even when you’re doing everything right, sometimes blood sugar levels can still go a bit haywire and you don’t understand why.

“Speaking to other families who understand what you’re going through is a huge help and the support network offered through Highland Youngsters with Diabetes provides a great opportunity to share knowledge and tips.”

The group is keen to reach out to families of children with diabetes across Highland, particularly those who attend remote clinics in Wick, Broadford (Isle of Skye), Golspie, Inverness and Fort William. For more information on how to contact Highland Youngsters with Diabetes please contact the volunteer team at Diabetes Scotland on 0141 245 6380 or scotland@diabetes.org.uk
Meet the Campaigns Team!

Our Scottish campaigns team has tripled in recent months with two new members joining us to drive our campaigns which aim to ensure that everyone affected by diabetes gets access to the best treatment and standards of care. This is every person’s right, irrespective of their age, ethnic group, postcode, or type of diabetes.

We lobby and brief key policy and government representatives and influential bodies across the UK. We alert them to shortcomings in diabetes care, and urge them to make the necessary improvements in the commissioning and provision of diabetes care and treatment. With the Scottish Parliamentary Elections taking place on Thursday 5 May 2016, our Campaigns team will be working extra hard to ensure that diabetes is at the top of the agenda.

The team are keen to hear from people who are living with, or caring for someone, with diabetes to find out what are the most important issues which need addressed. Tell us: What things need to change for people living with diabetes? What do people in power need to sit up and pay attention to?

It’s easy to get involved, complete our quick survey to let us know the issues which you care about and help plan our campaigns. www.surveymonkey.com/r/ScotlandDiabetesVoices

Gavin

A new member of the Diabetes Scotland team, Gavin is the Diabetes Voices Programme Manager. Gavin says: “I lead Diabetes Voices which is about making sure your views, experiences and opinions are heard by people in power. It’s also about working to change anything unfair or not right that’s affecting people living with diabetes. So get in touch if there’s a change you want to make.”

Read more about how to join Diabetes Voices on page 14.

Rupert

Rupert is our Policy & External Engagement Manager and the lead author of our State of the Nation report. Rupert says: “The State of the Nation report is our key annual publication which we use to illustrate the delivery of care across each of the Health Boards in Scotland. We use the information within the publication to highlight issues, campaign for improved NHS Scotland services and support for people living with diabetes.”

Read about our State of the Nation report on page 12.

Ryan

Another new face in the Diabetes Scotland office, Ryan has joined us as a Policy Manager working on campaigns including Putting Feet First and Education. Ryan will also be leading our Scottish Election campaigning work. Ryan says: “As the Policy Manager I help to ensure that the voice of people living with diabetes is heard in Parliament and within the Scottish Government. The election in Scotland is an opportunity for diabetes to be at the heart of the political agenda. We campaign for the improvements in care and support that people affected by the condition want to see.”

Read more about the Education campaign on page 15.
Diabetes Scotland's latest State of the Nation reports on 

The Age of Diabetes

“Healthcare in Scotland is grounded on the premise that there is equitable access for all. The evidence presented from Scottish Government’s own figures is indicating that this is not the case for people with diabetes. Across the country people with Type 1 diabetes are routinely receiving poorer care than those who have Type 2 diabetes. Additionally, if you have diabetes and live in an area of deprivation, you are more likely to receive poorer care and outcomes.

“We know that frontline healthcare professionals are dedicated to delivering the best care for their patients. What we need to see now is a Scotland-wide revolution in the provision of person-centred diabetes care with healthcare professionals working in partnership with the person with diabetes to agree goals, identify support needs, develop a care plan and monitor progress. Engaging with and empowering people in this way has been proven to motivate positive change. We hope that Healthier Scotland’s National Conversation launched by Cabinet Secretary for Health, Wellbeing and Sport, Shona Robison MSP, will provide an opportunity for developing and implementing these progressive ideas.”

Given the increasing prevalence of diabetes across Scotland, Diabetes Scotland is urging that action be taken to improve care for all people with the condition in this new ‘Age of Diabetes’.

Jane-Claire added: “We have been talking for years about diabetes being the nation’s fastest growing health threat but it is good to acknowledge that it is no longer a potential threat but a reality for a considerable proportion of the population. There are over 276,000 people living with the condition in Scotland and one in five are at an increased risk of developing Type 2 diabetes. We are now living in the Age of Diabetes and we must make a concerted effort to ensure that we have no regrets when we look back at how we have dealt with this period of our history.”
Do you want to raise your voice and make a difference to diabetes services and care in Scotland?

With Diabetes Voices, you can campaign and influence for change. We will support you to contact the decision makers who can make the improvements you want to see.

Taking action can be as quick and simple as signing a petition or contacting the decision makers who can make the improvements you want to see.

Diabetes Scotland is searching for extraordinary volunteers to be the eyes and ears of diabetes care by joining the Service Champion network.

Service Champions help to ensure that people living with diabetes across the country receive the best quality care. They represent Diabetes Scotland at key NHS Scotland meetings and events, speaking on behalf of the charity and putting forward views and suggestions on how services could better meet patients’ needs.

The role should take between four to six hours per month over the course of a year and is very flexible. Service Champions are provided with full training and support, as well as materials and briefings to enable them to make the difference to their local care services.

Diabetes Scotland Health and Patient Engagement Manager, Linda McGlynn, said: “Being a Service Champion is a crucial role which helps the charity to ensure that NHS services for people with diabetes reflect the real needs of the people that use them.”

Everyone is welcome, lunch will be provided and we can cover your travel costs if needed.

NHS Ayrshire and Arran:
Saturday, 30 January 2016
NHS Borders:
Saturday, 20 February 2016
NHS Greater Glasgow & Clyde:
Saturday, 27 February 2016

Find out more about Diabetes Voices on our website www.diabetes.org.uk/scotland or contact Gavin by email gavin.thomson@diabetes.org.uk or phone 0141 245 6380.

Most people with diabetes only spend around three hours a year with their doctor, nurse or consultant. For the other 8,767 hours they must manage their diabetes themselves.

The Taking Control campaign wants to make sure that everyone is given the chance to learn about their diabetes and manage it well. Education can help people with Type 1 or Type 2 diabetes take better control of their condition, giving them the best possible chance of living long and healthy lives.

Jennifer, 29, from Glasgow was diagnosed with Type 1 diabetes in 2006 and attended a week-long DAFNE (Dose Adjustment for Normal Eating) course at the Victoria Hospital in Glasgow in November 2013.

Jennifer said: “I had been living with Type 1 diabetes for seven years before I attended the DAFNE course and I can honestly say it transformed my life. The positive changes I’ve made during and after the course have helped me gain confidence and better control of my diabetes.

“It was a relief to discover the answers to problems that had been worrying me for a long time. For example, how to treat a hypo and avoid a huge surge in blood sugar levels or how to exercise without going low. For me, it was great to spend quality time with my Diabetes Specialist Nurse and look really thoroughly at my blood glucose readings and daily routine to work out what adjustments should be made and how I can best manage my diabetes. Diabetes is all about balance and the course really helped me to redress the balance in my life and manage my diabetes well.

“At first the thought of spending five whole days in a hospital wasn’t very appealing and it felt like quite a big commitment but actually, I really enjoyed the whole experience. It was relaxed, friendly and it didn’t at all feel like a series of hospital visits. I would recommend the DAFNE course to anyone with Type 1 diabetes – it will be the best thing you ever do to help you take control of your condition.”

As well as highlighting the positive difference diabetes education can make for people living with the condition, Diabetes UK’s Taking Control campaign calls for education for all people with diabetes to be offered in all areas. Additionally, there needs to be a proper local system that explains to people with diabetes the benefits they will gain from attending an education course and ensures that courses are well run.

Jane-Claire Judson, National Director at Diabetes Scotland, said: “Managing diabetes is complicated and people must be supported to understand the condition and live well. Education can be the silver bullet. By attending a diabetes education course people feel empowered to take control, manage their condition with confidence and reduce their risk of developing avoidable complications.

“We want to encourage everyone in Scotland who is living with diabetes to ask their healthcare professional to be enrolled in a diabetes education course. Similarly, we are reaching out to NHS Scotland and healthcare professionals to ensure that everyone who is diagnosed with diabetes is offered education as part of the 15 Healthcare Essentials which everyone with diabetes should receive routinely and free of charge.”

To find out more about going on an education course, speak to your GP or healthcare professional.

To support the campaign visit www.diabetes.org.uk/taking-control. Join the conversation #TakingControl.
Have a butcher’s at this fundraising venture

A well-known fixture in the local community and nationally as winners of the coveted World Scotch Pie Championship in 2012, John G Renicks butchers shop in Thornhill, Dumfriesshire has been in the Renicks family for almost three decades. The shop has been supporting Diabetes UK with a simple, yet profitable initiative for the past ten years – giving bones to dog owners in exchange for a donation to support people living with diabetes.

“It’s an easy thing for us to do but, as it turns out, it can be quite profitable as we’ve raised well over £1000 over the years – not bad for something which we’d otherwise be throwing away!”

Sugar Rush Ball

In Highland, the second ever Sugar Rush Ball took on a Wild West theme. At the time of going to press we’re still counting the money raised but it’s set to be a bumper five figure sum! Event organiser Amanda Croall said: “I’d like to say a huge thanks to everyone who helped make the Sugar Rush Ball a reality this year. It was a fantastic event and we’ve raised lots of money to support Diabetes UK’s work.”

Shear24

One of the most unusual fundraising ventures of the year was by 22 year old farmer Grant Hurcomb from Stranraer. He completed a sheep shearing 24-hour marathon giving a total of 938 sheep a much-needed haircut. The sheep were donated by local farmers, which were transported in a steady flow by local haulage companies.

Grant has been shearing in the UK since he was 16, and has so far travelled to New Zealand, Australia and Denmark to shear sheep. It is believed to be the first time the task – said to be the physical equivalent of running three marathons back to back - has been attempted in the UK and that other attempts worldwide have never been completed in the same time.

Grant raised an amazing £21,460 to be shared between his chosen charities Diabetes UK and Cancer Research UK.

A frighteningly good fundraiser

On Friday 30th October the Aberdeen Fundraising Group hosted their first Walk for Diabetes. Adding a twist to their walk, attendees had to find clues on a ghost hunt around the city centre. Starting and ending at the Caledonian Hotel in Union Terrace, home to friendly ghost Mary, the walkers passed many of the city’s famous haunted buildings such as The Central Library, His Majesty’s Theatre, and the Tolbooth Museum.

Enjoying some spooky treats and slimy mocktails on their return, the walkers were then able to enter a prize draw to win a family portrait session and afternoon tea. A great time was had by all and over £250 raised on the night.
Chris Gray from Hamilton in Lanarkshire, was diagnosed with Type 1 diabetes in 2008, aged 22.

Having initially struggled to come to terms with his diagnosis, Chris has since developed a love of running and is doing everything he can to prove that having diabetes will never hold him back. He has completed numerous marathons, half marathons and more 10k and 5k runs than he can remember. Known as the “Bunnyman”, he takes part in events wearing a very distinctive costume!

Chris said: “When I was diagnosed at 22, I was at the wild stage of my life when I was going out partying every weekend. Then the bubble burst. Being sat in the doctor’s chair, with him handing me a pamphlet informing me that I needed to go to the diabetes ward because I had Type 1 diabetes was a massive shock to the system.

“In the beginning it was very difficult and I felt that I was not able to enjoy myself without peering eyes looking on along with the constant questions of ‘Are you alright? What’s your blood sugar? Do you need to go home?’

“The constant questions were driving me crazy, and so after the second week I just crumbled into a state, wailing that I couldn’t do it. I kept testing myself for a few months, with my blood sugar readings always in the 20s - the more I looked into the testing, the more upset with myself I got, so eventually I just stopped testing. It was a very stupid thing to do. I stopped testing for five years, hence why I am suffering for it today with early stages of neuropathy. I’m now testing 14 times a day and my ketones are down to 0.1.

“I wasn’t very active when I was younger. At times I would play the odd sport but I was never fully into anything other than swimming and playing American football. It wasn’t till my first 10k back in 2010 that I realised I quite liked running, and I really liked the medals! I booked maybe two or three runs in a year, then slowly a few more from 2011 to 2013. By 2014 I had achieved 36 runs in the calendar year and I’ve kept going. I have lost count on how many I have completed now!”

As well as completing his own personal run challenges, Chris has been inspired by his love of running and maintaining a healthy lifestyle to set up a running group in the Lanarkshire area called DB12Run, a free jogging, running and walking group for people with Type 1 and Type 2 diabetes and other medical conditions.

Chris stresses that the group, which meets at Strathclyde Country Park on a Wednesday night at 7.30pm and a Saturday morning at 8.45am, is not about running times or pace, but for people who would like to be more active and to make new friends.

Chris adds: “I’ve become completely obsessed with running. It helps so much with anxiety problems, health, fitness, socialising - anything you can think of, running helps! I also love to prove people wrong. If someone says to me, ‘Oh, it’s diabetes, you can’t do this or can’t do that’, my answer is: watch me! This is what I have done. Now tell me who can’t do this or that!”

Adding another string to his bow, Chris is also taking on the role of events planner having already organised two successful running events at Strathclyde Park, including Bark in the Park where participants were joined by their four-legged friends, with money going to Diabetes UK and the Nicola Murray Foundation for Ovarian Cancer.

His next big event, CURE, is on Valentine’s Day with a choice of distances 6k, 12k or 18k.

For more information on the DB12 running group or Chris’ running events at www.db12run.wordpress.com or call the fundraising team at Diabetes Scotland on 0141 245 6380.
COMING UP IN 2016

Swim 22
This year we saw over 1300 super swimmers take on our Swim 22 challenge across the UK raising over £160,000. Registration for 2016 is now open and we already have over 140 eager swimmers across the UK ready to take on the challenge to reach French shores (virtually) between 22 February and 22 May. If you want to make the splash and help raise money towards a cure for diabetes, join our incredible team here: www.diabetes.org.uk/swim22

Diabetes UK Roadshows
The Diabetes UK Healthy Lifestyle Roadshow will be touring once again with planned stops in Glasgow, Edinburgh, Ayrshire, Dumfriesshire, Highland and Falkirk. Keep your eyes peeled for further information and please let all your friends and family know to come visit us to find out their risk of developing Type 2 diabetes and information on healthy living.

Living with Diabetes Days
Our popular Living with Diabetes Days are free education days held across the UK for people newly diagnosed with Type 2 diabetes and those who have little knowledge of how to manage the condition. Scheduled dates in Scotland include Wick on 5 April and Dunfermline on 17 May. Go to www.diabetes.org.uk/Living-with-Diabetes-Days for further information and to book your place.

Diabetes Professional Conference
This year Glasgow is host to the Diabetes Professional Conference and will welcome around 3000 delegates to the SECC from Wednesday 2 March to Friday 4 March. The conference is the only event of its kind in the UK run exclusively for healthcare professionals and scientists working in the field of diabetes. We are looking for volunteers to assist at this event. If you would like to find out more please contact Lorraine in the volunteering team on 0141 245 6380 or scotland@diabetes.org.uk. More information on the conference is available at: www.diabetes.org.uk/Diabetes-UK-Professional-Conference/