

Your **DIABETES UK NORTHERN IRELAND** newsletter **SUMMER 2018**

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NORTHERN IRELAND



Dear Supporter

It's been a busy 6 months for us here in Northern Ireland filled with plenty of activity, influencing and raising the voice of the diabetes community.

At the end of February, we held our 'Make Change Happen' event at Lough Neagh Discovery Centre and were delighted to be joined by almost 80 of you.

This gave us an opportunity to explore the journeys of people living with diabetes and the key times for needing support, or information, or education and what Diabetes UK's role is in that. As a consequence, we are thrilled that a significant number of people have volunteered to work with us in a variety of different ways to make change happen for people living with diabetes in Northern Ireland. If you'd like to know more about how you could get more involved with us please contact nivolunteering@diabetes.org.uk. Read more about the Make Change Happen event on page 4.

At the beginning of March we announced the new prevalence rates of diabetes across the UK and in NI. The number of people living with diabetes across the UK has doubled in the last 20 years, in NI that means that there are an estimated 92,400 people living with diabetes, the equivalent to filling Windsor Park 5.5 times over. In addition, we estimate that there are a further 25,000 people in NI who are at risk of developing Type 2

diabetes. We are pleased that the Department of Health recognises this as an important issue and has committed money specifically to do something about it. This money will help identify those individuals who are at risk of developing Type 2 diabetes and then refer them to programmes that will reduce their risk.

The NI Audit Office published its report 'Type 2 diabetes – prevention and care' in early March. Their report again highlighted that it costs our health service £1million every day to treat diabetes and its complications. As the number of people living with diabetes rises, this cost will continue to rise. We cannot ignore this. The report stated that the development of high quality services that deliver best practice has been slow and that more tangible progress could have been achieved. We have had the Diabetes Strategic Framework since November 2016 which set out a clear list of recommendations that would improve services and therefore outcomes for people living with diabetes. Unfortunately the progress to deliver those recommendations has been slower than was anticipated but we hope that with the recent announcement of additional money to support the

work of the Diabetes Network we will now see the recommendations being translated into tangible improvements in services and significantly improved outcomes for people living with diabetes. We will continue to apply pressure to ensure the focus remains on delivering outcomes for the local diabetes community.

Our charity partnership with Click Energy is continuing and we were delighted that they sponsored our Inspire Awards this year and included a category of 'Unsung Hero' to recognise the diabetes healthcare professionals who go above and beyond in the care of their patients.

We mark Diabetes Week in June and I'd like to thank you for your contribution to our theme 'Let's Talk About Diabetes' helping us to raise awareness of the condition and the impact it can have.

Thank you for your continued support as we work together for a world where diabetes can do no harm.

Jillian Patchett
Diabetes UK Northern Ireland
National Director



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DiabetesUKNI



@DiabetesUKNI

Awareness event to improve diabetes care in hospitals

Diabetes UK Northern Ireland, in collaboration with Queen's University Belfast and the Making Insulin Treatment Safer research team, held a special event with BBC Radio 4's JP Devlin at Malone House in Belfast on Friday 2 March.

The event highlighted the work of the Making Insulin Treatment Safer (MITS) team, funded by the Research and Development Division of the NI Public Health Agency. MITS is a collaboration between clinicians, researchers and people living with diabetes who have had first-hand experience of being in hospital and receiving insulin treatment whilst there.

MITS has, so far, helped over 100 recently qualified doctors, who play an important part in the insulin treatment of diabetic patients in hospital, learn from their experiences of doing this. MITS has trained over 50 health professionals and people with diabetes to support junior doctors' learning. Two features are novel. One is that MITS helps doctors behave safely when the right course of action is uncertain. The other is that it uses the expertise of people with diabetes to help doctors learn.

Following the event, JP Devlin said, 'For those of us who have diabetes, and have had it for a long time, we know how to manage our condition and for the most part, manage it in a way that suits our own personal situation.'

"It can therefore be somewhat shocking when, on admission to hospital, our insulin and glucose are removed from our possession. The very things that keep us alive."

This is, to say the least, unnerving but actually, it is disempowering. Living with diabetes you are in a long-term relationship with insulin



and glucose and all those other diabetes-related things, so to have them taken from you can expose us to a vulnerability that we perhaps aren't accustomed to.

'I thoroughly enjoyed this event and listening to the varied experiences from both the patient and the healthcare professional perspectives demonstrated how there is a need for improvement and support. Despite all our differences and differing experiences in a hospital setting, diabetes was the connector on the day and I look forward to hearing more about the next steps of the MITS programme and how it aims to help improve diabetes care in hospital settings.'

Diabetes UK Northern Ireland National Care Advisor, Florence Findlay White, said, 'What was clear from this event is the need for more communication. Patients in hospital should be given the chance to have their voice heard and respected when it comes to managing their diabetes. Likewise, clinicians at all levels, should have the resources and support to ask for help with a condition they may not be experienced in.'

'Ultimately, we want clinicians to feel confident when prescribing insulin and managing diabetes. We want people living with diabetes to be empowered and engaged in their diabetes management if they find themselves admitted to hospital. Hopefully with events such as this, we can help raise awareness and get more people talking about how best to manage diabetes in hospital settings for everyone involved.'

Flash



Flash Glucose Monitoring (Flash GM) is a new technology available on the NHS Drugs Tariff from November 2017. In principle, it is available to people across the UK on NHS prescription.

Flash is suitable for adults and children who use insulin to manage their diabetes, principally those with Type 1 diabetes, using multiple daily injections or an insulin pump. It may also be suitable for people with highly variable blood glucose levels, hospital inpatients and people who have a fear of needles.

The system consists of a hand held reader and a sensor. The reader can show a trace for the last 8 hours showing the direction of glucose readings reducing the need for painful, stressful finger pricking while reducing the associated costs of test strips.

The system has been introduced across all 5 Trusts in Northern Ireland following consultation with hospital diabetes teams, primary care, Diabetes UK and the Diabetes Network Technology sub-group, involving people living with diabetes.

Emma, the mother of a child with Type 1 diabetes, said: "Flash has made a huge difference to my daughter's lifestyle and diabetes care. This has been a life changing technology for us now prescribed on the Health Service."

Follow progress and the Diabetes UK campaign on Flash GM roll out at www.diabetes.org.uk/flash.



Make Change Happen

In February we were delighted to welcome along so many to our 'Make Change Happen' event in Lough Neagh Discovery Centre.



We were enthused by how many of you joined us, both known and new faces, to talk about your journey living with diabetes and together help us to 'Make Change Happen'.

A core value of Diabetes UK is to 'Make Change Happen' and this theme was prevailing throughout the day. Jillian Patchett, Northern Ireland National Director, opened the event with the emphasis on wanting to involve as many of you as possible, hear about your journey and find out...

"...how we can best support you as your charity."

To start the day we heard from inspirational speakers including a mother of a child with Type 1 diabetes, a young person living with Type 1 diabetes, a lady who had gestational diabetes, a lady with late onset Type 1 diabetes and two gentlemen living with Type 2 diabetes.

Each speaker had a unique and powerful story to tell about their diabetes journey, with people in the room recognising parts of their stories from their own experiences. It was both inspiring and unifying, all

sharing a common and unwelcome companion – diabetes.

After enjoying a networking lunch and sharing individual diabetes journeys on our artwork around the room. Dr David Chaney, Diabetes UK Assistant Director for Local Impact, updated us on the ongoing work of the Diabetes Network and the need for delivery and outcomes for people living with diabetes.

Some of the Diabetes UK Northern Ireland team shared their work and encouraged more people to 'Make Change Happen' through different volunteering roles in Diabetes UK Northern Ireland.

Brendan Heaney, Policy and Public Affairs Manager spoke about the importance of those who can influence and campaign on behalf of Diabetes UK. He referred to a very recent and successful campaign for life-changing technology, flash glucose monitoring. It was also an opportunity to thank the volunteers who joined us in the campaign.

Florence Findlay White, National Care Advisor, spoke about the exciting work of the Northern Ireland Research Partnership Groups which she and Sara Carse look after. The

Research Partnership Groups are made up of volunteers who are living with diabetes who contribute to research through their expertise of living with the condition, helping to make change happen in the field of research. The groups have already yielded great success and respect from the researchers and academics they have worked with.

Lastly, Naomi Breen, National Fundraiser, spoke passionately about how...

"...as a charity we can achieve more when we work together."

Naomi stressed the importance of receiving voluntary donations which allow us to continue to carry out our work and make change happen here in Northern Ireland. We couldn't do what we do without the kind and much needed donations from our supporters in Northern Ireland.

After listening to members of the team, our attendees split off into three workshops; 'Shared Learning Space', 'Connections Ambassador' and 'Volunteer Focus Group'. All of which hold exciting plans for the future and received fantastic ideas

Volunteering with Diabetes UK



I have had Type 1 diabetes for the past 36 years. As a retired teacher I decided to take on volunteering roles with a charity that means a lot to me.

“Volunteering has its benefits– both physically and (especially) mentally. I am not the sort of person to sit around looking at four walls so volunteering with Diabetes UK helps me fulfil much of the advice that I have been given about staying active in retirement. This includes:

- (a) have an interesting and varied diary;
- (b) be open to new ideas and activities;
- (c) get involved in work which enables you to “make a difference”;
- (d) surround yourself with people.



For me, volunteering with Diabetes UK ticks all these boxes and more!

I speak to community groups about Diabetes Awareness, delivering a Diabetes UK powerpoint presentation. These groups range from ladies’ church gatherings to entire workforces whose employers are having a health-promotion day. We also go to small groups in urban or rural communities who may have limited mobility – indeed this may be their only weekly outing. It is a tremendous privilege to meet and raise awareness of diabetes. If you don’t feel comfortable talking to groups then there are plenty of other opportunities to volunteer from admin support in the office, attending health fairs, representing the charity at community events, helping a local support group and of course, helping to raise money.

If I were asked to choose what my favourite annual event is, I would have no hesitation. Diabetes UK volunteers are invited to attend Queens University to speak to their Level 3 Pharmacy students about their experiences of living with diabetes. It is fascinating to be questioned about diagnosis, medication and potential future complications. The response is lively and engaging. It is rewarding to be in the company of pharmacists of the future and even more humbling to think that our opinions and experiences are valued in a way which not only illuminates what they are taught by their lecturers and tutors, but their teachers often defer to our judgments and opinions, as we are the ones living with diabetes.

Not everyone who volunteers with Diabetes UK is retired. Not everyone has diabetes but they may be living with someone who has the condition or they may just have an interest in diabetes and promoting the work of Diabetes UK. I rub shoulders with volunteers who are in full-time employment and indeed some who are students. Volunteers are as varied as the roles that are available so it is a great group to be a part of.

If you have some time and would like to volunteer, why not consider contacting the Diabetes UK office in Belfast where the helpful and hardworking staff will direct you to the activities across Northern Ireland which best match your time, talents and interests. Come on and join our team of volunteers, I highly recommend it!

Robert Stevenson

and opinions about moving new projects forward.

To close the inspiring afternoon, Jillian Patchett announced the exciting launch of our local partnership with Click Energy for the upcoming year. The Diabetes UK Northern Ireland and Click Energy partnership will see Click Energy donating a substantial sum to the charity which will help Diabetes UK Northern Ireland to deliver programmes that can make a real difference to people living with diabetes of all ages, and their families, in 2018. They have also kindly sponsored our 2018 Inspire Awards and introduced a new award for healthcare professionals in the ‘Unsung Hero’ category.

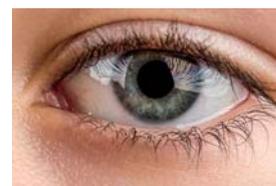
We hope to enjoy more days like this, with you at the centre of all that we do – together we can make change happen!

If you would like to get involved then please contact NIvolunteering@diabetes.org.uk.



Keeping an eye on your diabetes

Diabetic retinopathy or 'retinopathy' is damage to the retina (the 'seeing' part at the back of the eye) and is a complication that can affect people with diabetes. Retinopathy is the most common cause of blindness among people of working age in the UK.



What causes retinopathy?

To see, light must be able to pass from the front of the eye through to the retina, being focused by the lens. The retina is the light-sensitive layer of cells at the back of the eye – the 'seeing' part of the eye. It converts the light into electrical signals. These signals are sent to your brain through the optic nerve and your brain interprets them to produce the images that you see.

A delicate network of blood vessels supplies the retina with blood. When those blood vessels become blocked, leaky or grow haphazardly, the retina becomes damaged and is unable to work properly. Retinopathy is damage to the retina.

Risks to your eyes

Persistent high levels of glucose can lead to damage in your eyes. To reduce the risk of eye problems, blood glucose, blood pressure and blood fats need to be kept within a target range, which should be agreed by you and your healthcare team. The aim of your diabetes treatment, with a healthy lifestyle, is to achieve these agreed targets.

Smoking also plays a major part in eye damage so, if you do smoke, stopping will be extremely helpful.

Diabetic Eye Screening

Diabetic Eye Screening is a key part of diabetes care and the aim of retinal screening is to reduce the possible complications of diabetic retinopathy.

In Northern Ireland, the diabetic eye screening programme is carried out across Northern Ireland at GP practices and at some static sites. Screening is offered every year to patients aged 12 years and over. The only exception is people who

have no light perception in either eye.

Information from each GP Practice in Northern Ireland is used to identify those people with diabetes who will then be invited to come along to a screening appointment at least once a year.

These annual eye checks are also included in Diabetes UK's 15 Healthcare Essentials checklist which identify the basic care that someone living with diabetes should expect to receive.

You will receive a letter to attend a screening appointment. On receiving the letter you should call the booking office on 028 9063 9599 to book a local screening appointment. You will then receive a letter with a free screening appointment at either your GP Practice or, if you live in the Western Trust area, at one of six static sites. It is really important that you attend your appointment so that your eye health can be monitored for any changes.

What happens at the appointment.

At the screening appointment, you may require drops in your eyes to temporarily make your pupils larger. You will be asked to have a seat for 10-15 minutes to allow your pupils to dilate. This allows the screener to take two photographs of each eye. Some people can experience a stinging sensation with the drops but this should only be temporary. The photographs are taken using a digital camera which does not touch the eyes. The photographs are then sent to an expert to review. This

appointment will last approximately 30 minutes and in doing so, will help you manage your eye health and any diabetes-related complications

General Advice

If you wear glasses, especially for distance or contact lenses, bring them along to the appointment. You should also bring lenses' solution for contacts. Your eyes can feel sensitive after the eye drops so wearing sunglasses for a short while can help.

The eye drops can affect your sight for up to to nine hours. If is advised that you do not drive or operate machinery after your screening appointment due to the affect the eye drops may have on your eyesight.

The Results

The photographs are reviewed and the results are sent to yourself and your GP. The letter will inform you of any changes seen and when you should be reviewed again.

It is important that you attend both your free eye test with your own optician on a yearly basis and the Retinal Screening Service. It is not enough to just attend your optician's eye test so ensure to follow up with the Retinal Screening Service to get your annual eye test done with them also.

If you develop any new changes in your eyesight between screening appointments, please contact your optician in the first instance and they will referral you onto the Hospital eye service if necessary.

If you have any concerns then please speak to our Helpline on 0345 123 2399.



The Learning Zone



Diabetes UK is introducing a new free online education service for adults with Type 1 and Type 2 diabetes

The Learning Zone is a website with videos, quizzes and information designed to help people manage their diabetes more effectively. It can be accessed from the Diabetes UK homepage. It is quick and easy to register for the Learning Zone. All it takes is an email and a few questions about you.

We ask these questions about your diabetes in order to give you tailored information. What you see in the Learning Zone will differ, depending on what type of diabetes you have, where you live in the UK and how long you've had the condition for, amongst other things. This makes it possible for us to give the information that is most useful and relevant to you.

The Learning Zone isn't meant to replace structured education programmes, or visits with your healthcare professionals. It is something you can dip in and out of when it suits you, whether that's at home, on your lunch break or waiting at the bus stop.

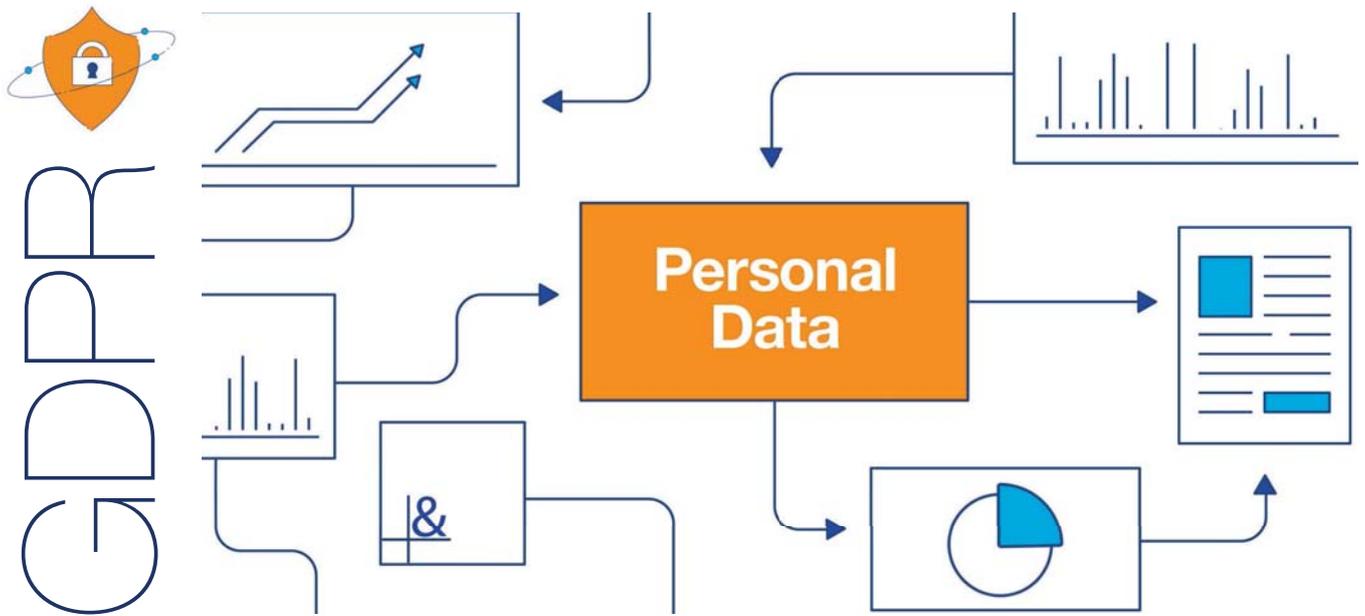
The Learning Zone has involved people living with diabetes every step of the way. It combines the latest medical advice with real experiences of people living with diabetes. Kathryn Kirchner, Diabetes UK Clinical Advisor, is working on the Learning Zone says "Learning Zone is for anyone wanting some up to date pointers on how they can look after their diabetes, straight from

real people. You never know what you might learn from someone, even just listening to their experiences can help you think about your diabetes in new and different ways."

The Learning Zone collects information from its users through quizzes and questionnaires, and we'll be using this information to see how effective the Learning Zone is at helping people to manage their diabetes. We'll collect feedback from you to see if it truly gives you what you want and need most.

Kathryn adds "We currently have information and activities about preventing diabetes complications and how to learn more about diabetes. Over the next year we'll be adding more topics to the Learning Zone including food, physical activity and mental and emotional health. Please try it out and let us know what you think."

If you'd like to be involved in the Learning Zone as someone with diabetes, or think the Learning Zone could be useful for your diabetes service please get in touch with us at learningzone@diabetes.org.uk.



What is the GDPR?

The General Data Protection Regulations (GDPR) is an updated version of the existing Data Protection Act 1998. General Data Protection Regulation (GDPR) is a new set of rules that sets guidelines for organisations who collect and process individuals' personal information. GDPR sets out the principles for the management of data as well as the rights of the individual.

GDPR has been designed to protect your personal data and as an organisation we want to make sure we protect your data.

How is Diabetes UK Preparing?

I am Ashantel Lachhani and I am the Diabetes UK Information Governance Manager. The Diabetes UK Information Governance team is known as the 'guardians of data and information' - GDPR is at the heart of all we do.

To ensure the compliance of GDPR, Diabetes UK has set up a GDPR Programme, which ensures that we are preparing for the new regulations.

We also want to make sure that we can stay in touch with as many supporters as possible and GDPR

requires us to explain our lawful basis for processing your data and our data retention periods. Shortly you'll be able to view our updated Privacy Policy on our website at www.diabetes.org.uk.

Facebook and Data Breaches

You will have heard in the news about the Facebook and Cambridge Analytica data breach; this is a reminder that when personal data is handed to an organisation, the organisation has a duty to ensure that they protect the data and do not misuse the purpose they have obtained it for.

Under GDPR, Diabetes UK will be required to report on incidents concerning personal data. Sometimes things can go wrong and mistakes can be made, however it is important that we do the best we can to rectify the incident as quickly as possible and also learn from any incidents we encounter to ensure they don't happen again. This is very important and something the GDPR team at Diabetes UK will be managing.

Final Thoughts

The GDPR is about accountability, transparency and the fines are relative. Our motto is 'as an organisation we put people first, let's do the same with their data'!



Ashantel Lachhani, Information Governance Manager at Diabetes UK

How is the Northern Ireland office preparing?

The Northern Ireland office is one of our GDPR flagship offices - it was the first to have the Information Governance team audit and the team trained in GDPR. I had a most wonderful time at the Northern Ireland office and was very impressed by the GDPR knowledge within the team so they get a big thumbs up from the Information Governance team!

Jillian Patchett, National Director in Northern Ireland, is so very passionate about ensuring that GDPR is implemented throughout the office and she has also appointed Jade Knowles as the NI 'GDPR Lead' to ensure that there is a local contact in the Northern Ireland office.

Jade Knowles, Volunteer Support Officer from the NI office has already started her journey and here is what she had to say...

“As Data Protection lead in the Northern Ireland office I have been given a great opportunity to ensure that we, as a team, are connecting and communicating with people lawfully and with their best interests at the heart of all that we do. This role gives me the opportunity to understand and highlight the importance of internal data policies and procedures to protect both Diabetes UK and members of the public who we contact or are contacted by. In my role I have so far enjoyed being able to support and advise members of the team in the process of getting ready for the introduction of GDPR and have started to implement changes to create an open and transparent relationship with those who we engage with and will have future relationships with.

“As a Volunteer Support Officer, my role in Diabetes UK is a public facing one where I engage with members of the public on a daily basis. Combining my job with my new role of GDPR lead ensures that I remain vigilant and proactive when considering how we use and store information. It has been really rewarding to see how our team has committed to making the relevant changes and talking to people about how GDPR will change things going forward.”

We would invite you to contact us if you would like to review your data options and either opt-in or opt-out of current communications with Diabetes UK so please contact helpline@diabetes.org.uk or call our Helpline on 0345 123 2399 for further information.



Diabetes and Stigma – is it caused by Fake News?

Tackling stigma is a major priority for Diabetes UK. We think that the stigmatisation of diabetes flows from people not understanding the toll of diabetes and that both Type 1 diabetes and Type 2 diabetes are serious conditions.

We recently published a report called ‘The Future of Diabetes’ based on the experiences of people with diabetes. In that report, Chris Askew CEO of Diabetes UK stated, ‘Diabetes is often stigmatised. It can take courage to talk about it. We are deeply grateful to every one of the more than 9,000 people who talked to us’.

When we launched ‘The Future of Diabetes’, the day-to-day toll of diabetes and the need for better support was our top message that featured in many media outlets. However, is it the media themselves that makes a major contribution to people with diabetes feeling stigmatised?

Tom Rush, who has Type 2 diabetes and is a volunteer for Diabetes UK Northern Ireland expressed his worries;

“My biggest concern is that the media obsession with diabetes and obesity (especially Type 2 diabetes) leads to ‘fake news’. I feel the image of diabetes is not always helped by some of the representations presented on the media. My fear is that if there is a general belief that diabetes is the ‘simple’ fault of lifestyle choices by individuals then even professionals and academics may be persuaded by this and not want to understand the multiple causes of Type 1 and Type 2 diabetes.

Exposure on the media should lead to a better understanding of a given issue but media exposure of diabetes often includes images of overweight people sometimes eating ‘unhealthy’ foods and seemingly the architect of their own ‘diabetic downfall’.

Recently at a conference, I listened to parents talking about childhood diabetes and diabetes in pregnancy and the guilt they felt about their situation, especially in relation to their children. That guilt is at least fuelled, if not caused by, forces outside of the person with diabetes.

It is vital that media health correspondents from TV, radio, and newspapers are given the true facts of the causes of diabetes and helped to understand how damaging it is to be blamed and shamed about having diabetes.

I would like a campaign that informs the media that both Type 1 and Type 2 diabetes has several different causes, some which can be influenced but others, including genes, stress and poverty that cannot. The aim would be to try to change these negative images and replace them with helpful images”.

In ‘The Future of Diabetes Report’ Diabetes UK has identified that ‘Diabetes can affect all aspects of someone’s life, but a lack of awareness and understanding can lead to stigma and people not getting the support they need’

‘People with diabetes want to be treated as a person, not a condition. They need care that is joined up and centred around them, so it’s easier to access the support they need, when they need it. And they need a health and care workforce that understands the realities of living with diabetes’.



If you would like to contribute to this discussion about diabetes and stigma please contact n.ireland@diabetes.org.uk.

You can download the Future of Diabetes Report from our website.



Week in the life of a fundraiser

My name is Naomi Breen and I am the Diabetes UK Northern Ireland National Fundraiser. I have been working for the charity for 10 years.

What does an average week look like in Community Fundraising?

I know it is a cliché, but no single day is ever the same, nor the week. My role is National Fundraiser at Diabetes UK covering all things community fundraising in Northern Ireland which includes individual and DIY fundraising, local groups' fundraising, and corporate and schools fundraising. The role definitely wouldn't be suited for someone who thrives on routine as it requires evening and weekend work.

How did you get into fundraising?

Like all fundraisers, by accident. I studied Maths and Physics at Queen's University with the ambition of being a Meteorologist, however my home bird instincts wouldn't allow me to go to England to further my career in this field. So I began my career working with the Western Trust for a couple of years, doing some volunteering in my spare time. I realised I wanted my job to mean something, to contribute to society in a positive way, no matter how small that contribution might be. In 2008 I saw the position of Fundraising Assistant at Diabetes UK, and haven't looked back since.

Over the years I've learnt that the more you can personalise the experience for the people supporting our charity and make it relevant to their interests, the more successful the outcome will be for the supporter and the charity overall.

What's the best piece of fundraising advice you've ever been given?

Stay true to yourself and putting the person at the heart of what I do and what we as a charity are trying to achieve. I've been given lots of great advice over the years, but this is the advice that has really stuck with me and it's the approach I take to life. I really enjoy bringing to life our fundraisers ideas and making them happen, and if we can challenge the public's assumptions and stereotypes along the way, then that's even better! Get out there and make things happen whilst building lasting relationships and hopefully doing some good along the way.

What qualities do you believe are important in a good fundraiser?

Ideally a fundraiser is a fully rounded character. You are numerate, strategic, have solid business sense and

Monday

Team Meeting in Glasgow. I am part of the fundraising directorate and my team consists of Scotland, North of England and Northern Ireland. We try and catch up via Skype but there is nothing to beat a face-to-face team meeting whereby we can share our successes and opportunities, and swap ideas. Only down side is a 4am start and a late return home.

Tuesday

A day to catch up on emails and missed phone calls. Inspire Award nominations and Institute of Fundraising NI Nominations – we have some inspiring and significant fundraising that has taken place in the past year.

Wednesday

Meeting with Omagh local support group to discuss their fundraising activities including a fashion show, bag pack, Christmas Craft Fair and an upcoming Car Show.

Thursday

Meeting with a fabulous fundraiser in Belfast who is organising the event of the year for 2019. It is being held on 18th May 2019, at Titanic Belfast. The event is called the MothBall. Please read this poem and it will all become clear:

Ever fancied a trip down memory lane; or the chance to wear that one dress again?

Then hoke it out now, and dust it all down, and you'll have the perfect, Moth Ball Gown!

Single or partnered or free of wedlock; come one and come all in your best wedding guest frock Ushers and groomsmen and those with a tux; Add the finishing touches to this deluxe!

We'll be dining and dancing the whole night away; so grab a ticket and support Diabetes UK!

We discussed all aspects of the event; from venue and compere, to sponsorship packages and who would be strategically aligned to us, to marketing, to budget, to ticket sales, photography, entertainment, even down to the final showstoppers! So put this event in your diary now and join us for what will be an amazing night of glamour and fun.



Naomi Breen talking about the important role of fundraising for Diabetes UK Northern Ireland

creative flair. You need to be a good communicator and also target driven. You must be able to work independently and be a team player.

It's a classic fundraising mantra that "people give to people". Fundraising is a lot to do with marketing, supporter stewardship, and building excellent relationships internally and externally. Enthusiasm, initiative and a "can do" attitude go a long way. Being resilient, persistent and staying calm in a crisis are essential. The willingness to stay up late, work weekends, lug boxes up and down stairs, and put up marquees while keeping a sense of humour is really important if you want to work in events and community fundraising.

Friday

Meeting with my Fundraising Ambassador to discuss some fundraising opportunities that have arisen and how she can help with them. I always come away feeling so good when chatting with volunteers. Our fundraisers are so inspiring.

Saturday

Whisker Way Walk was the scene of 35 enthusiastic walkers and fundraisers taking on the challenge of walking 7km around the townland of Tullywhisker, between Sion Mills and Castlederg. A local bakery supplied refreshments which I collected early morning, and armed with my helium balloons, I set off at 10am to put the finishing touches to the walk. A lot of chatter and laughter accompanied the event, and £1700 was raised. There was even talk of it becoming an annual event. Get in touch if you would like to arrange your own Walk for Diabetes in your area: fundraising@diabetes.org.uk.

The NI Audit Office Report

The Northern Ireland Audit Office published a report in March 2018 which examined the prevention and care of Type 2 Diabetes, a condition it described as now affecting 6 per cent of the adult population, projected to reach 100,000 by 2020.

The Comptroller and Auditor General, Kieran Donnelly said: "For too long the prevalence of the condition, the serious healthcare outcomes for people living with it and the costs associated with treating it have been increasingly unchecked. I can only conclude that to date value for money has not been achieved in delivering Type 2 Diabetes services."

A review of diabetes care in 2003 had pointed the way towards adopting many areas of best practice but the Audit Office found there was limited implementation and recorded disappointment that no comprehensive strategy for diabetes was introduced until late 2016, thirteen years on.

The Auditor General continued, "This was clearly a missed opportunity to slow the growing prevalence of the condition, and to reduce the numbers of serious complications which can arise, including blindness and lower limb amputation."

Diabetes UK welcomed the publication of the Audit Office Report and the need for targeted investment in Prevention and delay of Type 2 Diabetes and its deadly complications. The Department of Health response to the Audit Office is expected soon.

To Know Your Risk of Type 2 diabetes
go to <https://riskscore.diabetes.org.uk>



Our team was recently at Balmoral Show talking about diabetes. Thank you for all your support

Has the Penny dropped?

As part of the spring statement, Chancellor Philip Hammond announced a consultation on cash and digital payments in the new economy, which included the suggestion that 1p and 2p coins could be abolished.

There was quickly an outcry, with some warning that it will directly hit those at risk and who rely on charities. The counter argument was that 60% of 1p and 2p coins end up in a savings jar after just one transaction and that in 8% of cases, the coins are actually thrown away!

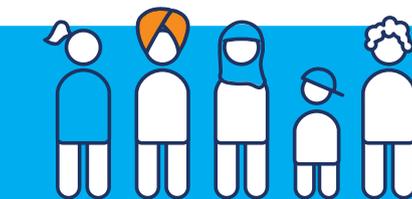
There is however reasoning that, if managed correctly, the withdrawal of 1p and 2p coins would do very little harm. It might even result in both a one off cash boost as people hand over their coppers, and longer term boost as they save 5p and 10p coins instead.

However, we can't lose sight of the value of loose change, even in the cashless society that we currently live. A recent study published by CAF estimated that as a society, we donated £320 million through the giving of loose change in the UK.

Whilst cash is still the most popular form for individual givers and the value of coppers might not be huge; the potential for impact is significant.

Moreover, while digital donations still account for a relatively small part of the total pot, the signs are that they are increasingly important, with an increase in online donations by 18% last year. In the future, you will see more and more charities moving into the contactless methods of giving to support their work. Electronic donation solutions do exist but at the moment they are much more expensive than a bucket or collection tin! All charities will need to be able to offer a range of ways that work for different people and different ways of fundraising.

If you would like to donate your spare pennies to Diabetes UK then please contact fundraising@diabetes.org.uk and we can help you.



Connect Q&A

with Arlene Creighton

Tell us a little about yourself.

Hello my name is Arlene Creighton and I am Diabetes UK NI's new Volunteer Development Manager (maternity cover). I have worked for local charities across Northern Ireland for over twenty years supporting individual volunteers and groups to raise significant funds, particularly for work with vulnerable children & young people and health issues including cancer. I live on the Sixmile River in Antrim. I am passionate about all things holistic and have just started a Diploma in Aromatherapy.

Why did you decide to come to Diabetes UK Northern Ireland?

Diabetes UK is an incredible organisation, and when I learned that there are over 100,000 people across NI living with the condition, I was driven to know more. I was invited to attend the 'Make Change Happen' volunteer engagement event in Oxford Island, Lough Neagh, and listening intently to our volunteers who shared their personal stories, I was blown away by their insight and experiences of living with diabetes.

What inspired me most was the passion shown by our volunteers on the day. It was incredibly powerful, and the message for me was very clear - diabetes is far more serious than you think, but with the right treatment, knowledge and support people can live well with diabetes. I am very excited for the year ahead.

What are your impressions so far?

Recently I sat in on the 'Inspire Awards' judging panel and got the opportunity to hear about the inspirational work our volunteers do on behalf of Diabetes UK Northern

Ireland. I couldn't have asked for a better induction and I am truly humbled by the commitment shown by individual volunteers, our groups and health professionals - 'unsung heroes' every one!

How important are volunteers to Diabetes UK Northern Ireland?

Diabetes UK Northern Ireland is a small team but I am learning fast that we are big in ambition and volunteers are crucial to enable us to reach out and support all those affected by diabetes in the local community. Whether it's by fundraising, campaigning or raising awareness - everyone has a vital role to play.

Is there anything in particular that you are looking forward to over the next year?

I am looking forward to meeting you all and working with Support Groups, Health Promotion, School Speakers, Parent Peer Support volunteers and our new Connection Ambassadors, and of course volunteer fundraisers. With my background and experience, my antenna will be up throughout the year for new fundraising opportunities for the organisation.

With your experience in the charity sector, what are your top tips for volunteers?

For me my top three tips are:

- Follow your passion! If you are passionate you will be motivated and if you are motivated you can achieve anything
- Keep it simple! Do one simple thing to support Diabetes UK NI and you will have a tremendous impact
- Have fun!