



Hello,

As the main contact for your local group, we are writing to you with important updates. We need you to pass this message on to your committee and people that visit your group, where relevant, to make sure your group is kept informed.

The Volunteer Development Team

Updates

Welcome to the team

We have two new additions to the volunteering team. Arlene Creighton has joined the Northern Ireland volunteering team as Volunteer Development Manager (maternity cover for Heather Causer) and Kristina Konascuka is our new Group Liaison Officer for the Eastern and Midlands regions.

Volunteers' Week 2018 - 1-7 June

We simply couldn't do what we do without the fantastic support of our local groups. This Volunteers' Week, we want you to get involved and help us share all your wonderful stories and experiences. Whether it's a blog, a short video, or a selfie of you and your group, we want to hear from you. Send your submissions to your local volunteering team.

Diabetes Week 2018 – 11-17 June

Talking about diabetes isn't always easy. It can be tricky. And awkward. And difficult. Or funny. And everything in between. So this Diabetes Week, we want to make it easier for you to have those conversations, with your doctor, friends and family, or people you've just met. We want you to #talkaboutdiabetes. We have resources, conversation tips and details on how your group can get involved, please contact your local team for more information.

Inspire Awards 2018

Thank you for your nominations. Your local teams will be in touch with you in due course with more information on the winners and ceremonies.

Step it up this summer towards a healthier you

Between 1 July and 30 September, push yourself out of your comfort zone and take 1 million steps over 3 months, getting sponsored for every stride. Walk it. Jog It. Dance it. The choice is yours. You can take on the challenge alone, or better still, get your family, friends and colleagues involved. You can even split the million steps between a team to make it easier. For more information, please contact fundraising on 0345 123 2399 or email events.fundraising@diabetes.org.uk

Local groups update

Spring issue

Let's keep in touch

Do you want someone else to act as main contact? Get in touch with your local volunteering team so we can update your details.

Local volunteering teams

<p>Eastern volunteering team Ground Floor 8 Atlantic Square Station Road Witham, Essex CM8 2TL Tel: 01376 501390 Email: eastern@diabetes.org.uk</p>	<p>North West volunteering team Unit C, 2nd Floor Dallam Court Dallam Lane Warrington WA2 7LT Tel: 01925 653281 Email: n.west@diabetes.org.uk</p>
<p>London volunteering team Wells Lawrence House 126 Back Church Lane London E1 1FH Tel: 020 7424 1116 Email: london@diabetes.org.uk</p>	<p>Scotland volunteering team The Venlaw 349 Bath Street Glasgow G2 4AA Tel: 0141 245 6380 Email: scotland@diabetes.org.uk</p>
<p>Midlands volunteering team Suite 2c St David's Court Union Streey Wolverhampton WV1 3JT Tel: 01922 614500 Email: midlands@diabetes.org.uk</p>	<p>South East volunteering team Blenheim House 1 Blenheim Road Longmead Business Park Epsom, Surrey KT9 9AP Tel: 01372 720148 Email: south.east@diabetes.org.uk</p>
<p>Northern Ireland volunteering team Bridgewood House Newforge Business Park Newforge Lane Belfast BT9 5NW Tel: 028 9066 6646 Email: n.ireland@diabetes.org.uk</p>	<p>South West volunteering team Victoria House Victoria Street Taunton TA1 3FA Tel: 01823 448260 Email: south.west@diabetes.org.uk</p>
<p>Northern & Yorkshire volunteering team 1.3, Business Central 2 Union Square Central Park Darlington DL1 1GL Tel: 01325 488606 Email: northyorks@diabetes.org.uk</p>	<p>Wales volunteering team Argyle House Castlebridge Cowbridge Road East Castlebridge Cardiff CF11 9AB Tel: 2092066 8276 Email: wales@diabetes.org.uk</p>