

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

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NORTHERN IRELAND



Dear Supporter

2018 has been a busy and productive year for the Diabetes UK Northern Ireland team

November is always an important month for us as it marks World Diabetes Day and more recently, the anniversary of the launch of the Diabetes Strategic Framework in 2016. The Strategic Framework contains a comprehensive set of recommendations which need to be implemented in order to achieve the improvements in diabetes care we need across NI. A significant amount of work has been undertaken by a number of the workstreams over the past 2 years to do this.

With the additional investment in diabetes care that was announced over the summer, we're delighted that we will soon see changes in foot care, structured diabetes education and inpatient care to name just 3 of the areas to benefit from this extra investment. All of this work has been overseen by a Diabetes Network Project Board and I'm pleased to tell you that we are about to transition from a project basis to a fully functioning Diabetes Network.

Dr Tony Stevens, Chief Executive of the Northern Trust, has taken on the role of the Network Chair and by January 2019 all the key leadership appointments will have been made. The establishment of the Diabetes Network leadership team will provide a greater focus for the work of the Network and I look forward to seeing more progress during 2019. I will be part of the leadership team and my role is to represent your views and

opinions as well as to share learning from across Diabetes UK. My question to you is; what is the most important thing about your diabetes care that you want me to shout about? I have heard many different responses to this question so please do join the conversation.

During 2019 we will be focussing our work on 4 priority impact areas, these are: prevention of Type 2 diabetes; remission; emotional and psychological support; and digital learning. We'll hear about more results from the DiRECT trial which may offer some people with Type 2 diabetes the opportunity to put their condition into remission. We'll be offering more Know Your Risk assessments so people understand their risk of developing Type 2 diabetes and if you'd like to be trained to do these assessments please let us know. More and more we're hearing about the emotional and psychological impact of living with diabetes and we will be developing ways to support people. We know that the more people understand their diabetes the better their outcomes are and that's why we've developed the online Learning Zone which provides tailored content to give you information and resources to help you better manage your diabetes.

Look out next autumn when we aim to run an event sharing 'what's new in diabetes' which will include the Network, research and academia.

I am delighted to announce that we've been successful in our application to the Big Lottery and the article on page 3 describes what this four year project aims to achieve for young people living with Type 1 diabetes in NI.

For young people with Type 1 diabetes the transition from paediatric clinics to adult clinics can be a difficult time so I'm delighted that in NI we'll be running 1 of 4 Transition ChangeLabs which will help to improve this stage of care. Clinicians, young people and parents from across NI will come together over a 9 month period from January to September, to identify where improvements can be made. I look forward to sharing the results in our next issue.

We couldn't achieve all we need to if it wasn't for you, our volunteers and supporters, and I'd like to thank all of you for your support over the past year which made 2018 so successful. Please keep an eye out for the opening of the nominations for the Inspire Awards which will be early 2019 with the Awards Ceremony in June.

As you can see 2018 has been a very busy year and already 2019 is shaping up to be even busier which is exciting as it means we are making progress towards a world where diabetes does no harm. Thank you!

Jillian Patchett
Diabetes UK Northern Ireland
National Director



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Our Lives, Our Voices



LOTTERY FUNDED

At the beginning of December we were delighted to announce that we had been successful with an application to the Empowering Young People stream of the Big Lottery Fund. We have been awarded £430,000 over 4 years to deliver the 'Our Lives, Our Voices' project for young people aged 13-25 years in Northern Ireland with Type 1 diabetes

Our Lives, Our Voices will empower young people to take an active role in managing their condition and find solutions to wider issues that affect the young diabetes community across Northern Ireland. We'll do this by improving confidence, developing peer support networks, increasing wellbeing and improving engagement with health care professionals (HCPs). Similarly, we'll seek to improve HCPs' interactions with young people. We believe that young people with diabetes are the best people to identify and develop solutions for the gaps in their care. Our project will:

- » Be led by young people, supported by Diabetes UK Northern Ireland and work in partnership with local mental health organisations, AWARE and Action Mental Health
- » Improve the confidence and emotional wellbeing of young people
- » Create opportunities to meet other young people with Type 1 diabetes and access peer support
- » Create better relationships with support networks and HCPs delivering diabetes care.

There are an estimated 1,890 young people in this targeted age group living with Type 1 diabetes in Northern Ireland. Sadly, a

young woman with diabetes has a seven-fold increased risk of death compared to her peers and a young man has a four-fold increased risk of death. Young people are also three times more likely to experience psychological problems than those without diabetes. They have told us that they feel isolated and want to have the opportunity to meet more people their age with diabetes.

This project aims to create a safe space where they can talk, learn and feel part of a community. This project will make a difference during a time when emotional support is needed the most as they shift through transitions in their education, hospital care, family relationships and many other major life changes.

We will recruit 4 to 5 Youth Leaders from each of the five Health and Social Care Trusts (HSCTs) to influence and help deliver the project. In partnership with these 20-25 Youth Leaders, we will deliver four project activities: confidence building sessions; peer support; wellbeing programmes; and engagement with HCPs.

We know that young people today face a range of challenges in a rapidly changing world. Through this project, we will build the skills and capabilities of young people to better face these challenges.

This project will enable young people with Type 1 diabetes to face the challenges of isolation, low confidence, mental health difficulties (e.g. stress, depression, eating disorders) and reduce the prevalence of poor self-care.

We want to encourage these young people to take the lead on challenges they face and feel able to tackle any other difficult areas in their lives whilst having a positive impact on their community.

The proposed project will ensure that young people feel fully supported as and when they need it, with the tools to become more resilient in the future, not just with regards to their diabetes but in life too. At every stage of the project we will engage with the young people to identify how the project works, and they will also be involved in deciding how we measure changes to them and the management of their condition.

The project will start in January 2019 and if you'd like to get involved please contact us on n.ireland@diabetes.org.uk or call us on 028 9066 6646 for more information.



Omagh Living with Diabetes Day

In November, with thanks to our Omagh Support Group, we held a Living with Diabetes Day in the Silverbirch Hotel welcoming over 30 people living with diabetes



I am Hamed Mustafa, a 24 year old postgraduate student at Queen's University Belfast, doing my Masters in Construction Project Management. I was born in Egypt and raised in Dubai, United Arab Emirates.

I signed up as a volunteer for Diabetes UK at Queen's Freshers' Fair because I want to be able to raise awareness about diabetes and give back to the wonderful community of Northern Ireland.

What I enjoy most about my role as a Know Your Risk volunteer is that it allows me to talk to people about what I am passionate about: living a healthy lifestyle. I play a lot of sport and enjoy looking after my diet, something I know is really important in the prevention of Type 2 diabetes.

I would recommend all students like myself to volunteer for Diabetes UK because not only will they meet kind and lovely people but they will also gain interpersonal skills to help them with future employment.



Sara Carse, Diabetes UK National Care Advisor, opened the morning session providing an overview of diabetes and the care people should expect to receive, referring to our Diabetes UK 15 Health Care Essentials. We were delighted to welcome along guest speakers and Diabetes UK Clinical Champions; Siobhan Monaghan and Lesley Hamilton from the Western Health and Social Care Trust. Each speaker ran their own workshop focusing on two aspects of diabetes management.

Siobhan spoke about diet and lifestyle, highlighting the positive impact they can have on living well, maintaining good blood glucose regulation and reducing the risk of future complications. To follow, Lesley informed people of treatment options and the care pathways available to those living with diabetes in the local area.

To close and give people time to reflect and relax after a day of learning and sharing experiences, Marella Fyffe ran a group mindfulness session where she recognised the importance of emotional wellbeing when living with a long-term condition.

A Living with Diabetes Day is an excellent opportunity for anyone who is living with or at risk of developing diabetes. The day gives people a chance to learn more about living with the condition and also the opportunity to meet people in a similar situation.

We look forward to holding more Living with Diabetes Days in 2019 and hope you might join us at our next event.



Thank you to Maeve McSparron who raised a whopping £1,300 when marking her first diaversary at a fundraising workout session at her local gym in Larne. Thank you!

The Power of Peer Support

Guest Contributor:
Jessica Anderson

Moving to the other side of the world can be daunting



When my husband and I decided to take the small leap across the globe to New Zealand, it was hard not to let the excitement of a new adventure; with new jobs and new places to explore, be tainted by the reality that I wasn't also gaining a new fully functioning pancreas. I had no clue about the healthcare system or what I'd be eligible for on my visa, and whilst I could physically relocate my paraphernalia (a loot of pump supplies, insulin vials, jelly tots, glucometer, test strips and even a sharps bin) to keep me going until I got settled, the fear of being removed from my support network of family and friends and a healthcare team who understood my diabetes was rather sobering in the midst of our departure.

Having found such a great community of support through Diabetes UK NI, I decided I would try and reach out to Diabetes NZ. I sent a rambling email to the office in NZ, explaining that I was moving abroad and would love to know how I could get connected into a Diabetes service (it was more a plea for advice than anything else). However, it turned out to be one of the best things I did in preparation for moving. Diabetes NZ put me in touch with Niamh. Niamh is my age, Type 1 and one of the best people I have met in all my years living with diabetes. Since arriving in NZ and with help from Niamh, I have got enrolled in a GP practice, had a full diabetic review, been referred into my annual retinopathy and foot care checks, as well as being introduced to the best New Plymouth food spots, gin brands and Zumba classes!

However, beyond a doubt, the most valuable part of being connected with Niamh has been the freakishly easy friendship that formed between us. We recently

took part in the 'Round the Mountain' Relay, which is a 160km run/walk around Mount Tarankaki, beginning at 11pm on Friday night and finishing around 5pm Saturday afternoon. Diabetes Youth NZ sponsored a team composed of young children with T1, their parents and friends. It was a great event and the kids who ran a leg were absolute heroes! Being one of the only teams with children (let alone the fact most of us had to keep check on blood sugars throughout!) we were pretty proud! I did the 10km 'late night shift' - starting at 12:30am and finishing up about 1:45am, whilst I made my husband do a 6km at about 4am... so essentially we failed to get any sleep, before joining the team to cross the finish line together the next day! Adrenaline does wonders for keeping you awake!

As a young person living with a chronic, very frustrating, often unpredictable and sometimes anxiety-inducing illness, being able to resonate with other people is powerful. It's powerful for encouraging you to want to have a healthy blood glucose. It's powerful for equipping you to be able to achieve a healthy mindset. It's powerful for empowering you to be adventurous (and move across the world!) and not let the daily grind of diabetes weigh you down.

I've found such a good friend in Niamh and its made moving across the world so much easier! I've got connected into the health service and feel super supported - all thanks to the power of peer support. Whilst chronic illness isn't ever ideal - it's given me such a good platform for making connections and getting settled into life here. Peer support is powerful, and I am so thankful that the community of a chronic illness can transcend continents.

Psychological Wellbeing and Mental Health

Guest Contributor:
Dr Rebecca Houghton

The Importance of Psychological Wellbeing

Emotional and psychological support is one of the 15 Diabetes UK health care essentials that people living with diabetes should expect from their diabetes care.

The psychological wellbeing of people living with diabetes is attracting more and more attention. The Big Conversation culminated in over 9,000 voices of people living with diabetes producing 'The Future of Diabetes' report. People identified that support for emotional and psychological health is one of six priority areas of development needed to make this condition a condition that is easier to live with. For people living with diabetes in N.Ireland, emotional and psychological support was the number 1 priority.

Psychologists remain the scarcest professional resource within diabetes care. The challenge is how best to support psychological health without directly meeting those people whose psychological health is suffering as a result of diabetes or the interventions involved in its management.

It is for this reason that those Clinical Psychologists specialising in diabetes, work closely with Diabetes UK, to contribute to the development and evaluation of methods to support psychological health.

What we know about psychological challenges

We know that diabetes can be a worrying, frustrating and exhausting condition. Diabetes has been described as one of the most behaviourally and psychologically challenging chronic health conditions to live with.

Below are only a few of the many challenges that people can experience:

- » People can get caught up in unhelpful ways of dealing with the negative emotions that the condition generates in their attempts to regain control.
- » We know that diabetes brings different psychological challenges across the lifespan.
- » Children don't want to be excluded from activities because of diabetes.
- » Diabetes can get in the way of a young person's growing independence from parents.
- » Parents carry a high level of anxiety about their child's diabetes control and often guilt that their child has diabetes.
- » Young adults are managing the transition of leaving home, setting up home, attending university as well as leaving paediatric systems of care to attend adult systems.
- » Adults are navigating diabetes self-management at work and/or as a parent.

- » Older adults can worry about experiencing hypos and falling. Isolation can be even more worrying for older people living with diabetes.

Diabetes and Depression

Research suggests that people living with diabetes are more likely to experience depression compared with the general public.

We know that people who are depressed find it harder to look after their health – to care for themselves in the ways they might want to, or have done previously. The combination of diabetes and depression is not a good one and anyone who feels concerned about their mood should speak with a health care professional about this concern.

The challenge when looking after your psychological health at the same time as diabetes is to clarify which symptoms relate to diabetes and which relate to your mental health. This can be easier said than done.

People describe depression as:

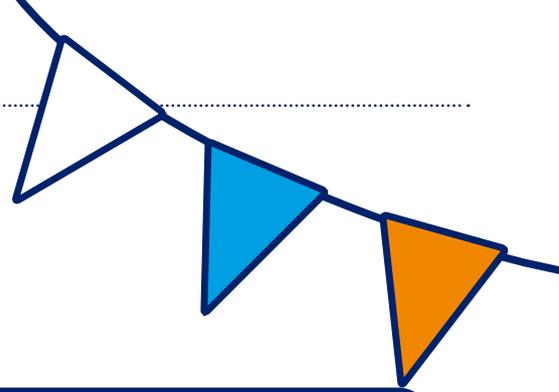
- » feeling down about yourself with a sense of hopelessness about the future
- » not getting the same feeling of enjoyment from things that were once important to you
- » like being weighed down by a heavy burden where even doing the basic things feels like too much of an effort
- » a shutting down of the full range of emotions and being replaced with numbness
- » feeling distant from the world

How diabetes is affecting your psychological health is important and therefore you should feel able to discuss this with any health care professional that supports your diabetes care.

You are not alone

We know that many people living with diabetes struggle at times with their psychological health. We also know that when you feel alone with difficult feelings, you can assume you are the only person to experience these feelings, that somehow this is a failing on your part.

Don't be alone, talk to someone.



Depression What to look out for

If you are feeling four or more of the following symptoms on a daily basis for most of the day, for longer than a fortnight then please speak with your GP

- » Tiredness and loss of energy
- » Sadness that doesn't go away
- » Loss of self-confidence and self-esteem
- » Difficulty concentrating
- » Not being able to enjoy things that are usually pleasurable or interesting
- » Feeling anxious all the time
- » Avoiding other people, sometimes even your close friends
- » Feelings of helplessness and hopelessness
- » Sleeping problems - difficulties in getting off to sleep or waking up much earlier than usual
- » Very strong feelings of guilt or worthlessness
- » Finding it hard to function at work/college/school
- » Loss of appetite
- » Loss of sex drive and/or sexual problems
- » Physical aches and pains
- » Thinking about suicide and death
- » Self-harm

(Mental Health Foundation)



Mental Health Support Information

Urgent Mental Health Support

Lifeline

Call Lifeline on 0808 808 8000

Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

Deaf and hard of hearing Textphone users can call Lifeline on 18001 0808 808 8000

Samaritans

Call Samaritans on 116 123

Trained volunteers are available 24 hours a day, 365 days a year to listen, talk things through and help people find a way through their problems.

Email and text facility available.

Useful Contact Numbers

Diabetes UK NI Helpline

Call: 0345 123 2399

Monday to Friday, 9am–6pm

Email: helpline@diabetes.org.uk

Aware-NI

Helpline 0845 120 2961

Email: info@aware-ni.org

Online Support

Minding Your Head

www.mindingyourhead.info

Living life to the full

www.lttf.com

Diabetes UK Northern Ireland Annual Professional Conference

On Wednesday 6th June this year Diabetes UK Northern Ireland held their annual professional healthcare conference at Riddel Hall, Belfast. This year attracted the largest attendance of healthcare professionals with nearly 250 people attending

This event is open to all healthcare professionals involved in delivering diabetes care across all sectors of Northern Ireland. On a beautiful sunny day, a very warm welcome was given by National Director, Jillian Patchett, followed by opening remarks from Sophie Lusby, Diabetes Commissioner, Health and Social Care Board, on the progress of the Diabetes Strategic Framework.

The morning started with the Keynote Lecture from Dr Athinyaa Thiraviaraj of Altnagelvin Hospital titled: 'Philosophy, Communication and Teamwork; reorganising diabetes care for young adults', and Jessica Anderson from Belfast talked about her personal experiences as a young adult living with Type 1 diabetes. Both presentations were enthusiastically received by the delegates.

Before the afternoon session, the attendees had an opportunity to browse around over 30 posters

showcasing examples of innovative and high quality diabetes care and research being carried out across Northern Ireland by a variety of teams from different specialities.

After lunch, the main topics included the emotional struggles of living with Type 2 diabetes and blood glucose monitoring for people with Type 2 diabetes.

Following on from the morning and afternoon sessions, a total of five workshops were delivered covering subjects such as; diet, diabetes consultations, diabetic foot care, the shame of diabetes and why people don't attend structured diabetes education.

Next year's conference is scheduled for Wednesday 12th June 2019, to be held in Riddel Hall, Belfast.

The 2019 conference theme is prevention and we are looking forward to it already!



Keynote lecture was delivered by Dr Athinyaa Thiraviaraj, pictured (left) and joined by Jessica Anderson who shared her experiences of living with Type 1 diabetes.



Packed house at this year's Professional Conference; above, listening to Jessica Anderson

Exciting news for Northern Ireland research:

Diabetes UK commits over £700,000 to new research in Northern Ireland

- » New funding will be split between two new research projects
- » New research includes eye complications and fertility in Type 2 diabetes



Diabetes UK has committed to invest a staggering £738,418 in two brand new research projects which aim to take steps towards life-changing improvements in diabetes care in Northern Ireland.

Dr Charlotte Moffett, Ulster University, wants to understand how infertility develops in women with Type 2 diabetes. She is investigating whether using drugs to balance the levels of different gut hormones could help improve fertility in women with the condition.

A better understanding of how obesity, Type 2 diabetes, and infertility are linked will help scientists to develop new treatments, which means more support for women with Type 2 diabetes who would like to have children in the future.

Dr Moffett has been awarded the RD Lawrence Fellowship, a new special award to support talented scientists and healthcare professionals to become independent diabetes research leaders.

Professor Tim Curtis, from Queen's University Belfast, has also been awarded Diabetes UK funding to test a new treatment to slow or prevent the early stages of retinopathy, a diabetes-related complication that can lead to sight loss.

Currently, the only treatment options for retinopathy include laser eye surgery, or monthly drug injections into the eye to reduce retinal swelling. These treatments don't always work and they only treat the advanced stages of retinopathy, when significant damage has already taken place inside the eye. This new research could help to protect against devastating sight loss that people with diabetes face, and reduce the need for invasive therapies such as laser eye surgery or injections.

Diabetes UK has been funding research for more than 80 years, leading to landmark discoveries which have transformed the lives of millions of people with diabetes. As the leading charitable funder of diabetes research in the UK, the charity continues to improve lives through pioneering research into all forms of diabetes and diabetes-related complications.

We welcome this huge investment in Northern Ireland research and look forward to continuing to work with our local research community. This is only made possible by the amazing work of our volunteers and fundraisers so thank you to everyone who has supported Diabetes UK and funded diabetes-related research. Together we will work towards a world where diabetes can do no harm.

Membership update



Our Diabetes UK membership scheme has been around for 40 years so we were keen to see what improvements we could make.

We have been busy talking to so many supporters about how we could make those improvements so head over to our website to read more about membership.

www.diabetes.org.uk/Membership

As of November 2018 new members will sign up online and receive these exciting membership benefits:

- » A refreshed Balance Magazine four times a year
- » Tailored health information
- » Monthly email and research updates, based on your interests
- » Regular discounts in our shop and with selected partners

We have listened to what our supporters wanted and we are really pleased with what we can offer as part of Diabetes UK membership. We will continue to look for ways to improve how our members get the information they want, when they want it and hopefully help support even more people along the way.



World Diabetes Day

Stewart Dickson MLA was the sponsor to mark World Diabetes Day on 14 November at Stormont to draw attention to the increasing number of people across the globe with diabetes, now estimated at 400 million

The new prevalence figures in Northern Ireland to 31 March 2018 were announced at the event, recording over 95,000 people with a diagnosis and a further 13,000 people with Type 2 diabetes undiagnosed here.

The Regional Diabetes Commissioning Lead, Sophie Lusby, reported that the Diabetes Network continued to make progress and the many work streams were beginning to have an impact on diabetes care in relation to feet, pregnancy, inpatient care and structured diabetes education.

Diabetes UK Northern Ireland Director, Jillian Patchett, highlighted the successful partnership between the Technology work stream, Medicines Management, Diabetes UK and the Diabetes Network in creating a

Pathway for prescribing Flash Glucose Monitoring in all 5 Trusts. A high proportion of children and adults are now able to access the technology by prescription, saving previous costs of £100 per month.

Donna Hanlon and Natasha Porter gave a passionate presentation around the benefits of the DESMOND programme for Type 2 diabetes across the Northern Trust. They reported the great support staff and patients had from the local Integrated Care Partnership in getting the programme established.

DESMOND for Type 2 diabetes, DAFNE for Type 1 adults and CHOICE for children and their families, will be available in every Trust in Northern Ireland.

Freestyle Libre

This is a relatively new technology which uses a small sensor, worn on the skin, records blood sugar levels continuously and can be read by scanning the sensor whenever needed



Flash Glucose Monitoring, also known as Freestyle Libre, can therefore free people from the pain of frequent finger-pricking, making it easier to monitor and keep on top of blood sugar levels. In helping with better control of blood sugar levels, it helps reduce the risk of serious diabetes-related complications such as amputation, blindness and stroke.

Maureen Casey from Ballymena was one of the first here to have Flash on prescription. "I was prescribed Flash and I haven't looked back. It has made a real difference in how I manage my Type 1 diabetes. I had struggled with frequent finger pricking, especially testing through the night. The Freestyle Libre has made this so much easier and I am feeling really confident about being on top of my diabetes. I thoroughly recommend talking to your healthcare team to find out more about it."

Diabetes UK has been campaigning for the new life-changing technology to be available across the UK and particularly in England where many commissioning areas have refused to fund them. This will now change from April 2019 as Simon Stevens, Chief Executive of NHS England, used World Diabetes Day to announce all patients who meet the clinical guidelines will be able to receive Flash on prescription from their local GP or diabetes team.

In NI, people with Type 1 diabetes who meet the criteria can already be prescribed Freestyle Libre by their healthcare professional.

Corporate Fundraising

Our corporate fundraising initiative is essential in making sure we keep up to date with the increase in the number of people diagnosed with diabetes in Northern Ireland, and the knock-on increase in demand for services

Historically, we have had a strong record of fundraising success with the corporate sector including partnerships with Weight Watchers, Ikea, Arthur Cox Solicitors, Daily Bake and most recently Click Energy. Employees and customers/clients of all of these companies have been struck by how diabetes can really impact on someone's life, as well as the impact on those around them. However, with the correct management and treatment, diabetes does not have to control your life. At Diabetes UK, we are able to demonstrate the impact we can make to people living with diabetes which means partners can see the difference their fundraising makes. This encourages them to do more, and raise more - it's a real win-win.

However, the first challenge in working with any organisation is identifying the correct person within the charity committee or CSR Team (Corporate Social Responsibility). A fantastic way for us as charity to get a foot in the door, is to use our educational 'Know Your Risk' tool - it highlights the risk of developing Type 2 diabetes over the next ten years, and is a great way to engage with individuals or organisations face-to-face.

If you have any local contacts within your networks - friends, family, work colleagues - please let us know as we would love to hear of any local opportunities to work with a company - no matter how large or small they may be. We want to work with a wide range of companies from haulage to horticulture, banks to builder's merchants, to help people living with diabetes have a brighter future.

Fundraising Ambassadors

The importance of raising more money in the community is becoming more and more vital

Diabetes UK Northern Ireland realises the enormity of this challenge and to find a solution to this issue, we wish to recruit Fundraising Ambassadors in 2019 from across NI. This is a volunteer role for someone who is looking to make a real difference in their own area by working with schools, clubs and associations and events. In addition, these ambassadors will be working alongside our fantastic local groups, engaging with and exploring local opportunities together, to growing income. Induction and regular training will

be delivered alongside regular planning days with the volunteering and fundraising team. We all want a world where diabetes can do no harm, and by signing up to be a Fundraising Ambassador, this is your perfect opportunity to really make a difference.

To find out more about the role please contact Naomi on naomi.breen@diabetes.org.uk



Tomorrow's Leaders Programme

In October, Diabetes UK Northern Ireland hosted the Tomorrow's Leaders programme in Belfast for the very first time

Tomorrow's Leaders is a leadership programme for DSNs, dietitians, practice nurses and podiatrists that aims to give participants the skills and confidence to lead improvements in diabetes care.

Each participant has a project which, with the help of the programme, they will develop in their own locality. The programme supports participants to develop leadership skills and supports the development of confidence and motivation to advance the delivery of high-quality diabetes care. The programme provides participants with the opportunity to share aspirations and challenges, and develop a peer support network.

How we can help

Need advice about diabetes?
Call our Helpline on 0345 123 2399

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

Interested in diabetes related research in NI?
Contact Florence.
findlaywhite@diabetes.org.uk

Find a support group near you by emailing
NIVolunteering@diabetes.org.uk

NI Audit Office Report

The March 2018 Audit Office Report recorded there was little implementation of recommendations from an earlier report

Diabetes UK welcomed the publication of the NI Audit Office Report in March this year which recognised the need for programmes to delay or prevent Type 2 Diabetes and its complications, and the failure of the Department of Health to take the growing prevalence of diabetes in our population seriously.

Since 2003, the prevalence of diabetes in our local adult population has grown from 51,000 people to over 96,000 with no evidence of serious prevention programmes to reduce Type 2 diabetes in the adult population. A key issue has been the single failure of responsible agencies to monitor or publish data on the rise of Type 1, Type 2

and gestational Diabetes here in Northern Ireland.

The Department of Health has responded to the Audit Office Report with an unusually direct acceptance of failure and has undertaken to introduce a series of remedies. These include full participation in the National Diabetes Audit which will allow the quality of diabetes care in NI to be directly compared with the rest of the UK.

Diabetes UK is actively engaged in supporting the Diabetes Strategy through the Diabetes Network, involving people living with diabetes in the planning and design of services.

Save the Date

Sunday 5 May 2019
Belfast Marathon
– new date, and new route!

Help us to the biggest #TeamDUK yet.

Plenty of opportunity to get involved – marathon, relay, fun run or walk.

Saturday 18 May 2019
Moth Ball
Titanic Belfast Ballroom

Fri 4 Oct - Sun 6 Oct 2019
Family Weekender
For info contact
NIvolunteering@diabetes.org.uk



Say 'I do' to the Moth Ball

One of our amazing fundraisers, Clare Mitchell, is taking on a titanic challenge by organising a gala ball to raise awareness and vital funds for Diabetes UK Northern Ireland. Q Radio Breakfast Show stars, Stephen Clements and Cate Conway, will be the hosts for this one-of-a-kind event



Belfast woman, Clare Mitchell, is organising the prestigious "Moth Ball" to help raise awareness of diabetes in Northern Ireland, because her father had Type 1 diabetes.

The Moth Ball is an opportunity to dust off your wedding attire and wear it one more time for a night of celebration and glamour. It is the opportunity to wear that special dress, or perhaps a dress that has been saved for a spectacular occasion, and help raise awareness and funds for local charity, Diabetes UK Northern Ireland.

Clare explains, "My own personal experiences and conversations with friends that have Type 1 and Type 2 diabetes have confirmed for me that living with this condition can be at times extremely stressful and have a psychological impact on the whole family. But with the right support people can live full and healthy lives, that's why I wanted to set up a truly unique event to raise money for Diabetes UK. This charity has always been close to my heart."

Make your red carpet entrance and enjoy a drinks reception, first class banquet, dancing and

entertainment. This evening of glamour and glitz promises to be a memorable evening for all and we want you to be a part of it. Why not buy your tickets as a Christmas present for friends and family?

The Moth Ball will be held at the awe-inspiring Titanic Belfast Ballroom on Saturday 18 May 2019.

Book your tickets today
online via: www.mothballni.quicktickets.ie