

Ready to conquer the channel?

Your welcome pack



swim **22**

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Get ready to swim

Thank you for taking part in Swim22.

To complete it you'll be swimming 22 miles in three months, in your local pool. And it's going to make you feel fantastic. Swimming is a great all round exercise and is brilliant for improving your mood. You'll also be raising lots of money for people with diabetes. So whether it's feeling a bit fitter or the glow of helping others we promise you'll finish Swim22 with a smile on your face.

To help you on your way here's a few pointers.

Look after yourself

Help avoid injuries by stretching before each swim. If you've got diabetes and need a hypo treatment, make sure it's right by the side of the pool with you.



Set goals

Make swimming 22 miles easier by setting smaller goals along the way. You can try to increase the amount of lengths you do each time you swim. The more you swim the easier it gets.



Get a pool pal

Finding a friend to swim with makes it more likely you'll get to the pool on days you might be short on motivation. Plus you can catch up when you're resting.



Eat and drink

You'll need to fuel your body so make sure you've eaten before you swim. Big meals should be eaten an hour or two before. Don't forget to take a bottle of water with you.



If you are new to exercise, or have any medical conditions which could be adversely affected by it, please check in with your doctor before you start.

Why Swim22 is so important

The lengths you swim and the money you raise could not come at a more important time.

Being diagnosed with diabetes is like being thrown in at the deep end.

You have a life-long condition with no cure. And it is down to you to manage your diabetes every single minute of every single day.

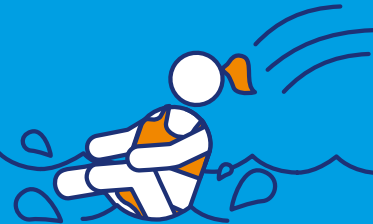
Just like swimming, if you don't know how, it's very difficult. And even if you do know how you can't just stop if you get tired.

If diabetes isn't managed well it can cause blindness, amputations, stroke, heart attacks, kidney disease and, for thousands of people each year, an early death.

We make sure people can manage their diabetes well.

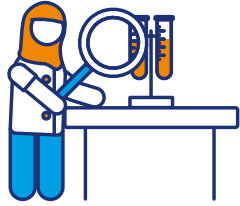
But we need your help. Because more people than ever need our help. There's now **4.6 million people** living with diabetes in the UK.

By taking part in Swim22 and fundraising for us you'll be helping build a better future for everyone with diabetes.



The difference you'll make

Here's just some of the ways the money you raise will help people with diabetes.



Revolutionary research

In labs up and down the country we're creating life-changing new treatments and making ground-breaking discoveries. Each pound you raise and every length you swim takes us closer to a cure.



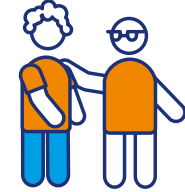
Helpline

Living with diabetes can be confusing, exhausting and tough. Our helpline is there for everyone with diabetes. Our counsellors really know diabetes and provide support, information, advice and a comforting ear during difficult times.



Crucial campaigns

Our campaigns improve life for people with diabetes every day. They secure better care, make sure new technologies reach the NHS and win changes in government policy so diabetes gets that bit easier.



Supporting people locally

Our 358 local support groups make sure people don't have to face diabetes on their own. Your front crawl means more people can learn how best to manage their diabetes from someone nearby, who's been through it themselves.



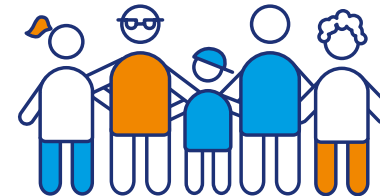
Improving care

We work with nurses, doctors, consultants and managers across the NHS to make sure care for people with diabetes is always getting better. By taking part in Swim22 you're helping us fund this crucial work.



Sharing vital information

There is a whole lot to learn about diabetes. We give people the essential knowledge they need. Our free online Learning Zone is just one of the ways we help people get to grips with their diabetes.



Building the diabetes community

Whether it's online or at one of our events we bring people with diabetes together. It allows people to share their experiences, learn from each other and influence research, care and government policy.

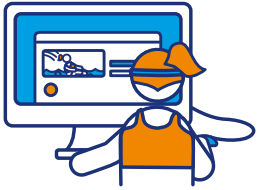


Preventing Type 2 diabetes

By swimming 22 miles over the next three months you're not just getting yourself a little fitter. You're helping us support people to reduce their risk of Type 2 diabetes and making our fight for a healthier country possible.

Let's get fundraising

Now you know the difference you'll be making, here's some tips to get your fundraising off to a good start.



Set up a JustGiving page at justgiving.com/diabetesuk

JustGiving makes it really easy to donate online. Share your link, tell people why you're taking part and ask them to donate.



Make the most of your JustGiving page

Make sure you tell people why you're doing Swim22 and why supporting Diabetes UK is important to you. Just adding photographs and a target to your page will boost your fundraising.



Tell people again and again. And again.

Put up your poster and keep telling your story. People will be impressed you're swimming 22 miles but they might need a few reminders to donate. Spread the word on social media using #Swim22.



Remember Gift Aid

If your sponsors are UK taxpayers ask them to tick the Gift Aid box. It means for every pound they donate we get an extra 25p.

Track your swim

To help you count all those lengths, we've created an online swim tracker for you.

Before Swim22 begins we'll send you an email telling you how to log in to your page. By logging each swim your page will keep count of the total distance you've swum.

You'll even earn virtual swimming badges as you progress which you can share on Twitter and Facebook.

If you've got a competitive streak you can see how you're doing compared to your fellow swimmers on our leaderboard.

Link your tracker up with your JustGiving page so people can see how much you've raised, how far you've swum and click to sponsor you.



is

swimming for a world where diabetes can do no harm.



Dates your diary

8 Feb

Two weeks to go
Set up your JustGiving page and try on your new Swim22 swimming cap.

22 Feb

Swim22 begins
Log your first swim with your online tracker.

4 Apr

Halfway point
Update everyone with how you're doing.

8 May

Two weeks to go
Share your inspiration to take on Swim22 to give your fundraising a boost.

22 May

Last day of Swim22
You're home and dry.

22 Jun

Don't forget
Collect your fundraising and get it to us by today.

Pool length guide

How many lengths do you need to swim the 22 miles of the English Channel?

Length of pool (m)	Lengths total	Lengths per week (approx)
20	1,770	147
25	1,416	118
30	1,180	98
33	1,073	89
50	708	59

Doing 11 or 44 miles? Check your record card for our handy breakdown.

