

Involve Winter

Welcome from Andy



We've got lots to update you on, with a number of exciting plans and events coming up throughout the year. Firstly, we spent the latter part of 2018 developing our first Volunteer Strategy and we'll be sharing some of this with you soon. This is a key step for us as it sets out some of the key things we'll deliver over the next 2-3 years and how we can all work more closely together. We've used feedback from many volunteers to help us shape what we plan to do so that we can continue towards a world where diabetes can do no harm.

Our annual Inspire Awards nominations will open at the end of February, so if you know a Diabetes UK volunteer or Group who deserves special recognition, make sure you nominate them! We're also looking forward to welcoming you to a volunteer conference or event throughout the year.

As we approach the summer, we'll have Volunteers' Week and Diabetes Week to look forward to at the start of June. Volunteers' Week is a wonderful chance for us to shout about all the great things we achieve together and we look forward to hearing your stories and celebrating volunteering. Diabetes Week will focus on the issue of stigma that people with diabetes can face. We'll be updating you with different ways on how you can get involved around Easter.

This year, alongside the many things we're doing, we are focusing on four key themes, called Priority Impact Areas (or PIAs for short). These are:

- Prevention of Type 2 diabetes
- Remission of Type 2 diabetes
- Emotional and psychological support for people living with diabetes and
- Digital Learning

These areas mean we're able to take advantage of the important focus on public health around Type 2 prevention, and building on the results of DiRECT research funded by Diabetes UK when it comes to remission. We also know from the Future of Diabetes and ongoing feedback that support for mental health is vital for people with diabetes and we want to make sure we're able to help as many people as possible with this. Volunteers already play hugely important roles in many of these priority areas, and we'll be sharing more about how you can get further involved in these if you wish.

Finally, we're really excited to celebrate the 80th anniversary of local groups this year alongside the charity's 85th birthday. Local groups have been a mainstay of support, campaigning and fundraising across the UK and we're delighted to be able to celebrate this milestone throughout 2019. If you've got any stories or memories from a local group in your area, please share them with us.

Thank you for all your work throughout 2018 – we've achieved a huge amount together, and we're excited to carry on supporting people living with diabetes and creating a world where diabetes can do no harm in 2019.

Andy Broomhead
Andy Broomhead
Head of Volunteering

News

Tell us about your volunteering experience

We want you to have the best volunteering experience with us. So we've created a survey for a better understanding of what you need to help you in your role, improve our ways of working and ensure you feel valued for the amazing work you do.

It will only take a few minutes, but it will make a big difference.

Link to survey:

www.smartsurvey.co.uk/s/volunteer-survey/%20

Or contact your local volunteering team for a paper copy.

Diabetes UK Professional Conference (DUKPC) Insider is back – find out what's new in diabetes research

We're delighted to announce that DUKPC Insider is back on Saturday 9 March 2019 at the ACC Liverpool.

Join us for the second edition of this amazing event, where the latest and most exciting diabetes research is delivered by leading specialists.

The event brings all the highlights from our professional conference to people living with diabetes. From the pioneering research around remission for Type 2 to prevention and immunotherapy for Type 1, and more.

Tickets are £10 for Diabetes UK members and £20 for non-members – lunch and refreshments are included – so register for your place today. If you have questions, please email events@diabetes.org.uk or call 0845 123 2399

Volunteer Spotlight

Meet Robert Stevenson, our February Volunteer Spotlight



Robert has been volunteering for us since 2015, shortly after he retired as a school teacher.

After being diagnosed with Type 1 diabetes 37 years ago, Robert was passionate about raising awareness about the potential seriousness of diabetes.

As a speaker volunteer, Robert has spoken about his personal experience living with Type 1 diabetes in schools, social groups and workplaces in Northern Ireland.

“I never thought I'd get such satisfaction out of volunteering, but it's enormously rewarding and I get the best buzz out of it.”

Read his full story on our website:

www.diabetes.org.uk/get_involved/volunteer/spotlight

Get involved

Volunteer at Type 1 Family Weekender

Type 1 Family Weekenders offer a unique three-day experience for children and young people to enjoy activities away from their parents, often for the first time, in a safe and fun environment.

Joining us as a Type 1 Event volunteer means you'll be helping children, young people and their families get the most out of the event.

They'll leave feeling supported, more confident with their diabetes management, having made friends and had fun.

Find out more by visiting our website or calling the team on 0845 123 2399

Can you Volun-Cheer?



Our cheering points are loud, legendary and mean everything to our event participants. We are looking for more volunteers to get our runners across the finishing line.

We've got a smashing calendar of events, so if you can spare a whole day, half a day or even just a few hours take a look at the attached list of events and get in touch with the team at events.fundraising@diabetes.org.uk or call 0845 123 2399

Spread the word about Learning Zone

Learning Zone is our free online learning platform for people living with diabetes, offering simple, practical clinical advice from the experts and tips from other people who have been there too – all personalised to you, and available whenever and wherever you need it.

From easy food swaps to ideas for getting active, tips for managing diabetes day-to-day and advice on how to spot early signs of complications, Learning Zone is a new way to learn about diabetes.

We would love it if you could spread the word about this exciting new platform and encourage anyone you know living with diabetes to sign up.

Visit www.learningzone.diabetes.org.uk for more information.

Free Wills

Are you 55 or over? Then you can make a cure for diabetes your life's legacy, and get a simple Will written or updated at no cost to you.

Just enter your details on the March Free Wills Month website to see if solicitors are participating in your area. If not, we can still Help. Contact giftsinwills@diabetes.org.uk or call 0207 424 1853 so we can refer you to National Free Wills Network, which takes place year-round.

We know your loved ones will always come first. But once they're looked after, we'd be so grateful if you'd consider leaving a gift to us in your Will.

A third of our work is funded by gifts like these, so they're crucial for helping us support people with diabetes. Of course, whether you leave us a gift or tell us is completely your choice.

NHS National Diabetes Prevention Programme Type 2 diabetes prevention week 2019



The first week of April is the NHS National Diabetes Prevention Programme (NDPP) Type 2 diabetes prevention week in England (1-7 April).

There are 12.3 million people at increased risk of developing Type 2 diabetes across the UK. The best way to fight Type 2 diabetes is to stop it from developing in the first place. This is why Type 2 diabetes prevention is part of what we do.

As a partner on the NDPP in England, we are supporting Type 2 diabetes prevention week by helping to spread the word about the NDPP.

The NDPP helps GPs to identify people who are at high risk of developing Type 2 diabetes and then refers them onto a behaviour change programme to reduce their risk. We will be sending you more information on how you can get involved soon, in the meantime have a look at the website: www.diabetes.org.uk/preventing-type-2-diabetes/diabetes-prevention-week

Contact your local volunteering team

Eastern

Phone 01306 501390

Email eastern@diabetes.org.uk

London

Phone 020 0424 1116

Email london@diabetes.org.uk

Midlands

Phone 01922 614500

Email midlands@diabetes.org.uk

North England

Phone 01925 653281

Email n.west@diabetes.org.uk

Northern Ireland

Phone 028 9066 6646

Email n.ireland@diabetes.org.uk

Scotland

Phone 0141 245 6380

Email scotland@diabetes.org.uk

South East

Phone 01302 020148

Email south.east@diabetes.org.uk

South West

Phone 01823 448260

Email south.west@diabetes.org.uk

Wales

Phone 029 2066 8206

Email wales@diabetes.org.uk

If you would like to unsubscribe, please contact your local volunteering team