

Local group update

February

News

Annual returns

Thank you for completing your annual returns for 2018.

The information you provided is being processed and we can already see substantial funds donated towards our work and research projects and how your activities are having a real impact on people living with diabetes.

If you have any questions about annual returns, please contact your local volunteering team.

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.

GDPR Survey – update

Thank you for taking the time to complete the GDPR survey.

We’ve collated your responses and created a data protection and confidentiality guide to help you keep safe and legal. You can download the guide from the local groups’ portal (www.diabetes.org.uk/local-groups-portal/gdpr-guidance) or request a copy from your local volunteering team.

Supporting materials, resources and GDPR training will be coming soon, look out for further updates in your next local group update.

Volunteer Spotlight

Meet Chesterfield and North Derbyshire group, our January Volunteer Spotlight



“Over the last few years we’ve really taken off, we run annual coffee mornings, concerts, sponsored walks, social trips for the members and we’ve even held a fashion show that I took part in myself” says Alan Kirk, publicity officer of the Chesterfield and North Derbyshire group.

Local groups are a lifeline for people living with diabetes, offering support, advice and guidance in their local area. This year marks the 80th anniversary of the first Diabetes UK support group.

Founded in 1979 at their local hospital, the group will also be celebrating its 40th anniversary later this year, and have no plans on slowing down now. "We're also planning to work with local pharmacies to deliver more Know Your Risk events." A busy 2019 lays ahead.

Read their full story on our website: www.diabetes.org.uk/get_involved/volunteer/spotlight

Get involved

80th anniversary of the first Diabetes UK support group

Celebrations are underway to mark 80 years since our first local group was set up. We'd love to hear from you and share all the fantastic work you do to support those living with diabetes.

Send us your memories, or highlights or your groups to volunteering@diabetes.org.uk

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.

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.

Join 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

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

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

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