

Local group update

June

News

Volunteers Week 2019

It's Volunteers' Week! This year our theme is #EveryHourCounts.

A massive thank you everything that you do to support people living with diabetes. Throughout this week, we'll be sharing thank you stories on the website and social media so keep an eye out!

If you would like to say a thank you to a volunteer that's made a difference, use #EveryHourCounts or email us at Volunteering@diabetes.org.uk.

80th Anniversary celebrations

We're delighted to be able to celebrate the 80th anniversary of our first Local Group this year.

The idea for groups (or 'branches') as they used to be known, was first raised at an Executive Council meeting way back in 1934 soon after the charity was formed. In 1939, the West Riding Branch of the Diabetic Association was formed and became our first Local Group.

We'll have more on how groups have evolved at Diabetes UK in future newsletters, as well as on the website. If you've got any memories of Groups through the years, drop us a line at volunteering@diabetes.org.uk and share them with us.

New Volunteer Strategy

Our Volunteer Strategy sets out how we will continue to work together towards a world where diabetes can do no harm. Volunteers have always played a hugely important role in the work of Diabetes UK, ensuring that people with diabetes are supported and able to manage their diabetes.

The Volunteer Strategy shows how we'll continue to support those who donate their time, and to make sure we provide the best volunteering experience possible. You can find out more and read the whole strategy by going to: www.diabetes.org.uk/get_involved/volunteer/volunteer-strategy

Survey results are in

Earlier this year we asked you for your thoughts about your volunteering experience and we wanted to share some of the key figures, and let you know about some of the things we're doing to make that experience even better.

Over three-quarters of people (79%) said they were happy with their volunteering experience, and the same number would recommend volunteering at Diabetes UK to someone. Those who responded also said that volunteering has increased their knowledge of diabetes, and over 80% feel that their volunteering makes a difference.

Volunteer Spotlight

Meet Mike Kendall, our April Volunteer Spotlight



“Volunteering has taught me a lot about myself and my own experience of living with Type 1. It’s helped me to grow as a person and given me opportunities that I would never have had otherwise”.

A particularly bad hypo 9 years ago prompted Mike to look online for support. He found the Diabetes UK Support Forum and quickly got involved as a volunteer moderator.

Meet Dilys Shepherd, our May Volunteer Spotlight



Dilys started volunteering at our Type 1 events 20 years ago after her daughter was diagnosed.

“The weekends have such a positive effect. Parents are understandably anxious when they first leave their children at an event. But by the end, they’ve learnt so much and they and their children have made friends and become more confident at managing their diabetes. The magic works every time”.

Read Mike and Dilys’ full stories on our Spotlight webpage.

Get involved

Diabetes Week 2019

This year, Diabetes Week will take place from 10 to 16 June and will aim to increase the public’s understanding of diabetes, and in turn reduce the stigma that many people with all types of diabetes feel.

Living with diabetes is tough enough, without having to worry about what other people think, feel or say. How can we talk about it openly, and start to tackle it when there’s so much misunderstanding?

We know diabetes is complicated and hard to understand, so this Diabetes Week we want to help people know more about diabetes. Not just as a condition, but about how it feels to live with it.

This Diabetes Week, we want people to see diabetes differently.

Find out about how you and your group can get involved with Diabetes Week on the website:

www.diabetes.org.uk/get_involved/diabetes-week

It’s missing campaign

On 14 May Diabetes UK launched its new campaign ‘*It’s Missing*’ which is putting the issue of better emotional and mental health support for diabetes on the agenda.

Local groups across the country provide invaluable emotional and peer support for people living with diabetes. That is why we want to use your skills and experience to help us campaign for better emotional support by asking you to take part in the ‘*It’s Missing*’ campaign.

Please contact your local volunteering team to find out more about how your group can get involved in the campaign and sign up to take part.

Tesco pharmacies launch campaign to help customers know their risk

From 22 May to 2 July, Tesco pharmacies will be promoting their free Type 2 diabetes risk assessments and encouraging customers to find out their risk and how they could reduce it.

The risk assessment offered by Tesco Pharmacies is closely based on Know Your Risk. They will signpost people to local services and Diabetes UK's information and support. We're also promoting our online Know Your Risk assessment.

Encourage family and friends to pop into one of the 374 local Tesco pharmacy stores across the UK, if they want to find out their risk.

In other news

New funding for immunotherapies

Our scientists are developing new treatments that retrain the immune system, to stop or prevent Type 1 diabetes. We're now investing further - in partnership with JDRF - to make sure the benefits of this research reaches people faster. Find out more on the research section of the website.

London Bridges 2019

It's back! Our London Bridges challenge will be happening again on the **29 September**. This year, we're aiming for 5000 supporters on the day and we're looking for lots of volunteers to help us. If you'd like to volunteer on the day, to find out more information, or if you want to take part in the challenge, please contact Stefan: stefan.antill@diabetes.org.uk or call 0345 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

Receive email updates?

If you would prefer to receive an email version of Local Group Update, please let us know at:

Volunteering@diabetes.org.uk.