

# Local group update

## April

## News

### New Volunteer Strategy

Hello,

We love that you volunteer for us. You make things happen. You offer support. You share your knowledge. You lend us your expertise.

We want to make sure that everyone who volunteers for us, no matter what role or how long they spend doing it, enjoys the time they give to Diabetes UK.

#### **That's why in June we'll be launching our first ever volunteer strategy.**

It will set out what we want to achieve with volunteering and how we will make sure everyone finds it rewarding.

Over the last 18 months, Local Groups and volunteers have told me about the difference they make, and why it's so important to them. I've also heard how sometimes paperwork can make doing the things that matter to you challenging.

I know the feeling. Before becoming Head of Volunteering, I was a volunteer myself. I chaired the Local Group in Sheffield for four years, was a volunteer speaker and also helped at Know Your Risk events.

I know how fulfilling it is to be a Diabetes UK volunteer. I also know it's not always as simple as it should be.

So, as the year goes on we'll be making some changes. They won't all come at once but I hope they will mean you get even more out of volunteering. Here's just a couple of things to look forward to.

#### **We're creating new ways to volunteer**

Up in Cumbria our befriending volunteers are making sure no one faces diabetes alone. And we're giving people the power to pick a project - our new taskforce volunteers in Liverpool have been making the city's gyms diabetes friendly. You can find out what new volunteering opportunities are available in your area by getting in touch with your local volunteering team.

#### **Online training**

From June we'll have information relevant to your volunteer role in a new online training area. You'll also find refresher training segments and up-to-date resources on diabetes – all available for you to look at when it suits you.

We also want to know what you think. Email [volunteering@diabetes.org.uk](mailto:volunteering@diabetes.org.uk) to tell us what parts of volunteering you love and what parts are frustrating.

Thank you for volunteering for us.

Best wishes,

Andy Broomhead.  
Head of Volunteering

## Volunteer Spotlight

### Meet Sandra Tweddell, our March Volunteer Spotlight



“Volunteering has helped me develop skills I didn’t know I had. I’ve made lots of new friends and it’s good to feel like you’ve made an impact”.

Sandra started volunteering in 2010 and has since set up a network of local support groups in the South West. She has also volunteered as a lead Know your Risk Assessor, spoken about her own experiences of having diabetes and helped to improve healthcare services locally as a Service Champion.

Sandra says:

“I am proud of the structure of the Bristol network. There were no support groups available at the time, but we now have four groups to support people in the area. I enjoy representing the patient voice in my role as a Service Champion. It can be quite daunting to sit in the same meetings as members of the CCG and local clinicians, but I feel respected and valued at the meetings. They’ll ask me my opinion on new things that they are thinking of introducing”.

Read Sandra’s full story on our website:  
[www.diabetes.org.uk/get\\_involved/volunteer/spotlight](http://www.diabetes.org.uk/get_involved/volunteer/spotlight)

## Get involved

### 80<sup>th</sup> 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 of your groups to [volunteering@diabetes.org.uk](mailto:volunteering@diabetes.org.uk)

### Share your views

Thank you to everyone who has completed our annual volunteering survey so far.

We’re committed to making your volunteering experience the best it can be. If you’d like to share your experience of volunteering, please complete the survey by Friday 19 April. You can complete the survey here:

<https://www.smartsurvey.co.uk/s/volunteer-survey/>

### Nominate a school for an award

The Good Diabetes Care in School Award recognises schools who provide high standards of care for students with Type 1 diabetes.

Parents, carers, school staff, or healthcare professionals can nominate a school. Do you know a school delivering exceptional diabetes care? Nominate them today or help us spread the word so schools don’t miss out!

You can find out more about the award and nominate a school on our website.

### 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 0345 123 2399

## In other news

- Our DiRECT research trial shows that Weight loss can put Type 2 diabetes into remission for at least two years. You can read more by searching "DiRECT results" on our website or call our Supporter Care Team on 0345 123 2399.
- The number of people living with diabetes has reached 4.7 Million. The number is expected to reach 5.5 million by 2030.

### 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, cyclists and walkers 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 events online or get in touch with the team at [events.fundraising@diabetes.org.uk](mailto:events.fundraising@diabetes.org.uk) or call 0345 123 2399

## Contact your local volunteering team

### Eastern

**Phone** 01306 501390

**Email** [eastern@diabetes.org.uk](mailto:eastern@diabetes.org.uk)

### London

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