

# Local group update September

## News

### A letter from the Queen



What better way to kick-off our updates than with a congratulatory message from the Queen? Our patron sent her best wishes for a memorable and successful anniversary year after we wrote to her about our 85th anniversary and the 80th anniversary of our first local group.

### How do you like to be recognised?

Volunteers are at the heart of everything we do and we want you to have the best experience possible. We'd love to know how you like to be recognised for your volunteering. Please take our short survey by going to: [www.smartsurvey.co.uk/s/volunteer-recognition/](http://www.smartsurvey.co.uk/s/volunteer-recognition/)

Alternatively, you can contact your local volunteering team to share your feedback.

## Get involved

### Join our call for emotional support



Thanks to everyone who shared our It's Missing petition. We gave it to the Department of Health on 24 July, signed by over 23,000 people.

But this is only the beginning. We want to keep building the momentum. It's not too late for groups to sign up and be part of the campaign. Help us put emotional support on the agenda.

Groups can sign up to show their support and receive materials: <https://campaigns.diabetes.org.uk/page/43567/petition/1>

## Volunteer Spotlight

Meet the West Lothian group, our latest Volunteer Spotlight



Happy 10<sup>th</sup> anniversary to our West Lothian group! With over 350 group members, they've come a long way since they started. From their Lifestyle Project, to running popular events, talks and everything in between, we're so proud of the amazing work they do in their community.

"The lifestyle project started 5 years ago. We are good at educating people and giving lots of information and support, but we wanted to do more to help people manage their diabetes. We introduced an exercise programme and seated exercise sessions for people with less mobility, continued our weekly walking group and now run a nutrition club every week" (May Millward, Chair).

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

## Upcoming family Weekenders



Come along to one of our upcoming Type 1 events and help children, young people and their families learn about diabetes while meeting new people in a safe and fun environment.

You can find out more about how you can volunteer at a weekend on the website or call 0345 123 2399 to speak to the Type 1 events team.

## London Bridges is on the horizon



That's right - London Bridges is back and taking place on 29 September. Join 5,000 participants and walk 10 miles across 12 iconic bridges for great challenge and a fun day out.

Get your friends and family to join you on the challenge, or be a part of our fantastic volunteering team on the day.

You can find out more, and book your place, by visiting the website or contacting our Events Fundraising team on 0345 123 2399.

## In other news

### Free wills month

Are you 55 or over? This October, you can make a cure for diabetes your life's legacy by getting a simple Will written or updated at no cost to you. It's that easy.

If you'd like more information about Free Wills Month, please get in touch with Becky and Jodi from our friendly Gifts in Wills team by calling **020 7424 1853/4** or by emailing [giftsinwills@diabetes.org.uk](mailto:giftsinwills@diabetes.org.uk)

## Contact your local volunteering team

### Eastern

**Phone** 01306 501390

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

### London

**Phone** 020 0424 1116

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

### Midlands

**Phone** 01922 614500

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

### North England

**Phone** 01925 653281

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

### Northern Ireland

**Phone** 028 9066 6646

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

### Scotland

**Phone** 0141 245 6380

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

### South East

**Phone** 01302 020148

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

### South West

**Phone** 01823 448260

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

### Wales

**Phone** 029 2066 8206

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