VOLUNTEER BLAST SEPTEMBER 2021

GET INVOLVED!

KEEP AN EYE OUT!

This month hosts National Eye Health week (20th-26th September). To celebrate we will be sharing information about eye screening, retinopathy and eye treatments on our Facebook page here: Diabetes UK chat: Your Friends in the North | Facebook

If you would like to **get involved** please feel free to share our information or get in touch to share any of your own stories/experiences with eye health.

UPCOMING EVENTS!

NATIONAL VOLUNTEER CONFERENCE, SATURDAY 9 OCTOBER 10AM – 2:30PM

Join us for Diabetes UK's first online National Volunteer Conference - Volunteering With You! Meet other volunteers from across the UK, hear from our Executive team and join our North of England team to hear from our fantastic supporters and ways to get involved! Plus we will be joined by an inspirational guest speaker!

Register here: https://volunteeringwithyou.eventbrite.co.uk

For more information please get in touch with your regional team!

TYPE 1 AND TECH CONFERENCE, 16 OCTOBER 2021

Join host Partha Kar OBE as we talk to people living with diabetes, healthcare professionals and researchers about the latest in diabetes tech, how to access it and what's on the horizon for diabetes tech and treatments.

Time: 10am to 2pm

Location: Online (you'll be emailed a link before the day)

Cost: Free

Covering topics from:

- Top tech tips
- Pregnancy
- Sport and exercise
- Emotional health
- Future tech innovations
- Q&A

Sign up today for free: diabetes.org.uk/t1tech

ADDITIONAL INFORMATION

THE WOMEN'S DIABETES FOOTBALL COMMUNITY

The Diabetes Football Community Womens project is where we aim to inspire and empower people with diabetes, and especially women and girls, to do what they love on and off the pitch.

We aim to build a community that shares learnings, offers support & helps others enjoy participating in Football and Futsal.

We are looking to extend The Diabetes Football Community with more focus within women's football and the world around it.

We want you to get involved, regardless of your ability or current involvement in the game, there are endless ways in which you can support the growth of the TDFC Womens project. We are looking for players, support with fundraising, brand awareness, social media, the list goes on…

If you are interested in being part of the team or community in any way you can check us out on Twitter **@TDFCWomens** or drop us an email thediabetesfootballcommunity@gmail.com

BE INVOLVED IN RESEARCH

One of our very own volunteers, Elsya, is running a piece of research in order to understand how to help women who have had gestational diabetes make lifestyle changes after pregnancy.

Women who have had Gestational Diabetes are 10-times more likely to get type 2 diabetes after their pregnancy ends but lifestyle changes can stop this happening such as, being more active or changing the types of foods eaten. After pregnancy, mothers face many unique challenges. These can make lifestyle changes even harder to manage.

That is why Elysa and her colleagues want to better understand how to help women who had Gestational Diabetes make lifestyle changes. They also want to focus on the experiences of South Asian women in the UK.

To do this they will have 3 studies over 3 years. These will be:

1. Interviews with South Asian women who have had Gestational Diabetes
2. Drawing a map so they can see what might help women make lifestyle changes after pregnancy.
3. Understand what works, for who, when and where.

The project will last around 3-years, during which they would like to meet with you several times. They will only need your time on the day of the meeting, and you will not be asked to take any work home. Each meeting will last a maximum of a couple hours each time and it will not be a large or time heavy commitment with the timings of meetings to be fully flexible based on your schedule and commitments.

Please see the attached poster or email GDMResearch@shu.ac.uk for further information and/or to take part. If you would like to be involved please be sure to email by the 30th of September.