

VOLUNTEER BLAST NOVEMBER 2021

GET INVOLVED!

WORLD DIABETES DAY, SUNDAY 14TH NOVEMBER

Throughout this year and next we are celebrating 100 years of insulin, and November 10th marks the anniversary of the first successful experiments and so it's only fitting that the theme for this year is **#LabToLife**.

For more information about World Diabetes Day, including how you can get involved we have also attached a guide.

If you are doing anything for World Diabetes Day, do let us know as we would love to share it in our World Diabetes Day special edition of the volunteer blast.



Please visit our Facebook group, [Diabetes UK chat: Your Friends in the North | Facebook](#) for more updates on our celebrations for World Diabetes Day and 100 Years of Insulin.

UPCOMING EVENTS!

WORLD DIABETES DAY VOLUNTEER AND STAFF QUIZ, THURSDAY 11TH NOVEMBER, 4:00PM-5:00PM

On the 10th November it'll be 100 years since Banting and Best reached their eureka moment and discovered insulin. Join us on Zoom on Thursday 11th November from 4-5pm to celebrate World Diabetes Day and this miraculous milestone in diabetes research. Test your knowledge on diabetes discoveries through the ages, the extraordinary tale of insulin and our own **#LabToLife** research legacy.

Paint your nails blue, wear something blue, or dig out your Diabetes UK T-shirt and join our host, Director of Engagement and Fundraising, Kath Abrahams, for what's set to be a fun and informative hour.

Register here to receive your Zoom link:

[Volunteer and staff quiz to celebrate World Diabetes Day | Assemble](#)

Or contact one of the North of England volunteer team.

Please find a poster attached to share with your group members.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

LET'S DO LUNCH, THURSDAY 18TH NOVEMBER, 1:00PM - 2:00PM

We would love to invite you all to our next volunteer e-meet up on Thursday 18th November 2021 from 1pm-2pm on Zoom. So please bring yourself, bring your lunch and join other Diabetes UK volunteers and staff in the North for a catch up.

To register click on the link: <https://volunteercatchup.eventbrite.co.uk>

FRIENDS OF THE NORTH EVENT: SAVE THE DATE, 14TH DECEMBER, 7:30PM-9:00PM

Please save the date for our virtual end of year celebration and festive fun with Friends of the North on 14th December from 7:30pm – 9:00pm on Zoom. Look out for further details to sign up soon in our December volunteer blast and on our Facebook group [here](#).

ADDITIONAL INFORMATION

DIABETES AND INSULIN: THE ESSENTIALS

We have worked collaboratively with healthcare professionals and people living with diabetes in Leeds to develop a new resource for people using insulin to manage their diabetes.

Whether you're new to using insulin, or you've used insulin for a while, our new Insulin Essentials are a handy guide to the care and support you should be receiving. Please have a look and pass on to anyone you know who might find them helpful:

[Diabetes and Insulin: The Essentials](#)

VOLUNTEER SPEAKER TRAINING, NOVEMBER 2021

We are running two online sessions for volunteer speaker training in November. If you are interested or want to hear more about this, please contact our team!

Monday 15th November, 7-9pm | Monday 22nd November, 2-4pm

SHEFFIELD EVENT- DIABETES AND FOOD, 20TH NOVEMBER 2021

Next month our Sheffield Diabetes UK Group will be hosting an event on diabetes and food. Find more information on the poster attached or visit their website here: [Events \(sheffielddiabetesuk.group\)](#)

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WATCH OUR TYPE 1 AND TECH CONFERENCE ON YOUTUBE

Thank you to everyone who attended our virtual Type 1 and Tech conference which took place on 16 October. We hope that you enjoyed the day and learnt something valuable.

For those of you who missed it or would like to re-watch the conference, all the sessions are available on the Diabetes UK YouTube channel [here](#).

If you attended or watched on YouTube and haven't yet given us feedback yet don't forget to fill in our evaluation survey [here](#).

FREE GLUCOTABS

At the Warrington office we have some glucotabs going spare if you or your group would like them. They expire this December, so if you would like some let us know and we will arrange to send them to you as soon as possible.

PUBLIC ENGAGEMENT ACROSS LANCASHIRE AND SOUTH CUMBRIA

The NHS are currently in a three-year period of implementation to enhance acute stroke services in Lancashire and South Cumbria. Although the proposed enhancements to acute stroke care services are widely supported by stroke care survivors, their carers, the Stroke Association and professional staff involved in stroke care, they have not been shared with the wider public and others who will have an interest in any changes. Therefore, Lancashire and South Cumbria Healthcare Partnership are launching a period of public engagement to inform people of the approved option for acute stroke care and gather feedback about any difficulties or concern that people may have about the planned implementation.

Whilst they are looking to reach out to the public as a whole, they are especially interested in hearing from those at greater risk of having a stroke – people with high blood pressure, atrial fibrillation, high cholesterol, diabetes and heart disease.

If you live in either Lancashire or South Cumbria and would be interested in taking part there is a survey for you to complete:

[Implementing the Enhanced Acute Stroke Centres for Lancashire and South Cumbria – Public Survey \(smartsurvey.co.uk\)](https://www.healthierlsc.co.uk/stroke/enhancing-acute-stroke-care)

To find out more about this work you can go to:

<https://www.healthierlsc.co.uk/stroke/enhancing-acute-stroke-care>

Or you can email mlcsu.haveyoursay@nhs.net for more information.

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