

VOLUNTEER BLAST MARCH 2022

Hello everyone,

We wanted to begin this month's blast by acknowledging the tragic situation in Ukraine. Many of our community have been asking how they can best help and support people with diabetes affected by the crisis and we would like to take the opportunity to share a statement from Chris Askew which gives some useful information on humanitarian efforts to support those affected, including people with diabetes. You can find the statement attached or you can view it on [Assemble](#).

These worrying, unsettling times impact on us all, and we know that for many reasons some of you will be feeling particularly anxious and concerned. If it would help to talk, please don't hesitate to get in touch with our Helpline to talk in confidence on 0345 123 2399 or helpline@diabetes.org.uk (9am - 6pm, Mon - Fri).

RAMADAN

Ramadan Mubarak to all who are about to observe the holy month of Ramadan soon! This year, Ramadan will run from Saturday 2nd April to Sunday 1st May, ending with Eid al-Fitr, a religious holiday celebrated by Muslims worldwide

The Qur'an requires Muslims to fast during the month of Ramadan from sunrise to sunset, however there are exceptions to this, and people who are unwell or have medical conditions do not have to fast - this includes people with diabetes.

Ahead of the holy month, we're encouraging anyone living with diabetes and preparing for Ramadan to speak to their diabetes team and their Imam to help them to decide how best to observe Ramadan and manage their diabetes safely as it is important that they have the right information and support available to help them manage their condition during the holy month.

In February 2022, we held a webinar on diabetes and Ramadan offering information and support for anyone preparing for and participating in the holy month where we heard from people with lived experience of diabetes and Ramadan, Moulana Azizur Rahman and health expert Dr Waqas Tahir, from Act as One and West Yorkshire Health and Care Partnership. You can watch the webinar [here](#).

We also have lots of information on diabetes and Ramadan on our website in various languages. To access our FREE Ramadan resources, you can visit our website: www.diabetes.org.uk/ramadan

UPCOMING EVENTS

ART FOR ACTIVISM

Diabetes is the hidden condition. Millions of us live with it, but millions more misunderstand it. That's why we have to get creative to show decision makers like MPs what it's really like to live with diabetes, day in, day out.



Thousands of you have already shared your story, taken our survey, and written to your MP. But this time, we want to try something a little different!

We'd love for you to create a piece of art that brings to life what diabetes means to you. We'll be taking the art you create to Parliament, to show MPs what life with diabetes is really like and inspire them to take action and prioritise diabetes care. Sign up and find out more here: <https://campaigns.diabetes.org.uk/page/99536/petition/1>

BLACKPOOL FAMILY GROUP, FIRST EVENT

On Sunday 19th March from 2pm-3:30pm the Blackpool family group are holding their first get together at Anchorholme Park, Anchorholme Lane, Thornton-Cleveleys, FY5 1LY. So, if you are a parent or guardian of a child with type 1 diabetes looking for some local support, please get in touch with Amy on 07913901766. We have also attached a poster for you to share if you know of anyone who may be interested.

TYNE VALLEY SUPPORT GROUP

Our fantastic supporters Diane and Jane are setting up a support group in their local area. Having met on a DAFNE course in 2006 they want to share the support they have been able to offer each other with their local community. If you are interested in attending the group or would like more information you can contact them at tynevalleygroup@gmail.com

You can also read more of their story [here](#).

SAFEGUARDING TRAINING REFRESHER

On Tuesday 29th March from 7pm-8pm Lucy will be hosting a Safeguarding refresher for all those support groups who need it. It will be online. For more details, please contact the team north@diabetes.org.uk

If you cannot make this date, please also let us know and we will be happy to arrange an alternative.

SPEAKER TRAINING

We are looking to host our next Speaker Training in April, so if you would like to have the training or would just like a refresher, please let us know on north@diabetes.org.uk

TYPE 2 DIABETES PREVENTION WEEK 2022

The date for Type 2 Diabetes Prevention Week 2022 has been set and will be the week commencing the 23rd May. Details of the theme for the week and the resources are yet to be announced, but we will be sure to share that information with you all as soon as we get it.

DIABETES UK SHEFFIELD MOVE MORE EVENT

Save the date for the Saturday 18th June as the brilliant Sheffield Group are holding their Move More Event.

Venue: Pond's Forge, International Leisure Centre, Sheaf Street, Sheffield

Time: 10 am - 4pm

More information, including how to register and a list of workshops and speakers is to follow.



UPCOMING OPPORTUNITIES

If you are interested in attending any of the events, please email:
north@diabetes.org.uk

FULWOOD BARRACKS HEALTH FAIR



Type of event: Information stall

Date & Time: 30th March, 9am-2:30pm

Where: Fulwood Barracks, Watling Street Road, Fulwood, Preston, PR2 8AA

Further details: Fulwood Barracks would like someone to hold a stall with Diabetes UK information for their Unit Health Fair. The target audience will be serving personnel, their families and Civil Servants. The barracks will provide a stall, refreshments and a working lunch for you.

CHESTER DEAFNESS SUPPORT NETWORK

Type of event: Speaker volunteer needed

Date & Time: 20th April, time to be confirmed

Where: ideally in person or online one if in-person is not possible.

Further details: The network would like a speaker to give a presentation to members of their deaf club about diabetes. The network would provide a British Sign Language interpreter and we (the volunteer team) will ensure the presentation is accessible. If you are interested in attending, please get in touch.

FRODSHAM HOME INSTEAD

Type of event: Speaker volunteer needed

Date & Time: to be decided

Where: online and in person options

Further details: Home Instead are an organisation who provide people with residential care in their own homes. They would like a few sessions for their staff to attend diabetes awareness talks. They would like to have several over the course of the year to ensure as many staff can attend as possible. If you would be interested in supporting this please get in touch.

ADDITIONAL INFORMATION

PRIORITY AREAS FOR THE NORTH OF ENGLAND

You may be aware of some recent changes to the way we are working across the North region and have heard about our areas of focus. We thought it would be helpful to explain this a little further. We are continuing to work right across the North but are also trialing approaches to place-based working in Bradford, Hull, Calderdale, Tees Valley, South Tyneside, Wigan and Blackburn with Darwen. This allows us to explore new ways of working locally to improve diabetes care and the support available to people affected by the condition. As we make progress in these areas, we may see an increase in opportunities for providing awareness raising and support, alongside the usual volunteering opportunities from across our region. If you are living in one of our areas of focus and want to find out more or get involved, please get in touch.

OPPORTUNITY FOR THE 2027 DEVELOPMENT PROGRAMME

Diabetes UK have been made aware of an opportunity that we wanted to share with you all. 2027 is a 12-month, salaried job and professional development programme, which gives talented people from working-class communities the tools to become a leader in grant-giving organisations. As part of the programme, you'll be employed full time for up to 12 months at a leading foundation, trust or social investment organisation across the UK.

For more information and to apply, please visit their website. Applications are open until 30th March 2022: [2027 – Talent Programme](#)

UPDATES TO OUR RESOURCES

Our diabetes symptoms video is now available with subtitles in several languages: English, Welsh, Arabic, Bengali, Chinese (simplified), Chinese (traditional), Gujarati, Hindi, Polish, Punjabi & Urdu. You can watch it on [YouTube channel](#).

We've also refreshed our Gestational diabetes guide which you can find on our [online shop](#) where it is free to order and download.

Please feel free to share these resources with your contacts. We'd love to hear any feedback you may have on any of these resources. If you do have any feedback, please e-mail or call Vanessa Laber our Engaging Communities Officer whose details are below:

Email: vanessa.laber@diabetes.org.uk Mobile: 07929732154

100 YEARS OF INSULIN

As we have mentioned in previous issues of the Blast, this anniversary is of huge importance. During our latest Let's Do Lunch, it was mentioned that some of you would like some resources that you can share with others.

Andy Broomhead, Head of Volunteering at Diabetes UK, has shared with us links to a video and quiz that have been created:

- Video: <https://www.diabetes.org.uk/diabetes-discoveries/present>
- Quiz: <https://www.diabetes.org.uk/diabetes-discoveries/quiz>



We are currently creating some posters for you to distribute. Please get in touch if you would like some when they are finished, we will be able to share them in print or as attachments, whichever best suits your needs.

TAKE PART IN RESEARCH

Elysa, one of our volunteers, is undertaking research into how we can prevent type 2 in people who have previously had gestational diabetes. The research is being conducted from Sheffield Hallam University but they would like to hear from people across the UK. They are looking to recruit women who identify as South Asian and had gestational diabetes in the past 5 years. To find out more and apply to take part click [here](#) and we have attached a poster for you to share.

