

VOLUNTEER BLAST FEBRUARY 2022!

FABULOUS FEBRUARY!

Hi everyone,

We hope you're all doing well and looking forward to the longer days and the prospect of Spring. It's been great to catch up with some of you already this year, we have plenty to look forward to this month including our first 'Let's do lunch' of the year.

Please remember you can always get in touch with us if you have any questions or need any support.



UPCOMING EVENTS

LET'S DO LUNCH

Wednesday 2nd March 2022 1pm -2pm

We would love to invite you all to first e-meet up of the year on Wednesday 2nd March 2022 from 1pm-2pm.

We are hosting another online get together for Diabetes UK volunteers and staff, so we can get together for a chat and hear from you.

You will get the chance to meet the lovely Colin Renshaw who is covering for Jenni Shaw as our Senior Volunteer Development Lead whilst she is on maternity leave.

So please bring yourself, bring your lunch and join us for a catch up.

To register click here: <https://letsdolunchfeb.eventbrite.co.uk>

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RAMADAN WEBINAR

Diabetes UK, with support from Act as One, are hosting a FREE webinar for people with diabetes who wish to prepare for Ramadan.

At the event, we'll hear from a range of different speakers.

We'll also hear from people with lived experience of diabetes and Ramadan, with an opportunity to ask your own questions too.

The webinar will take place on Thursday, February 17, from 5 -6.30pm and will take place on Zoom. Please book your place in advance via <https://tinyurl.com/Ramadan-2022>

Please feel free to share the attached poster with your groups or networks.

UPCOMING OPPORTUNITIES

DIABETES UK VOLUNTEER SPEAKER TRAINING

Thursday 17th February 7pm – 8:30pm

We are hosting our first speaker training session of the year for new speaker volunteers or existing volunteers who are interested in becoming a speaker volunteer. If you are an existing speaker volunteer but would like a refresher you are also welcome to join.

The training will take place on Zoom on Thursday 17 February at 7pm and will be an interactive session with other volunteers. We will equip you to feel confident to go out and deliver our diabetes awareness talk in the community or online.

If you are interested in joining this session, please email Evie: evie.kinghorn@diabetes.org.uk

SPEAKER OPPORTUNITIES

Castlegate Surgery & Pharmacy, Cockermouth, Cumbria

Online- One diabetes awareness talk on a Friday lunch time

Choose from 18th Feb, 25th Feb and throughout March to suit your availability.

Home Instead Frodsham, Runcorn, Widnes

Online- One diabetes awareness talk on a weekday starting at 2pm

Mid-February throughout March to suit your availability.

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Manchester Deaf Centre

Manchester Deaf Centre have requested a diabetes awareness talk from one of our speaker volunteers local to Manchester who would be willing to attend and deliver the talk in-person. An interpreter will be on hand to support as the talk is delivered.

The talk will take place on Friday 11th March at 2pm.

If you are one of our trained speaker volunteers or complete the speaker training before this date and interested in delivering any of these talks, please email Evie: evie.kinghorn@diabetes.org.uk

STOCKPORT HEALTH AND WELLBEING DAY- AWARENESS STAND

The event will be held on Tuesday 22nd February 2022 from 10:30 till 1pm with the room available for set up from 9am. If you are interested in running an awareness stand please email Evie: evie.kinghorn@diabetes.org.uk by the 11th February.

RESEARCH OPPORTUNITY-DIABETES AND KEEPING ACTIVE WORKSHOP

We are looking for people from all backgrounds, and especially from Black Caribbean, African and South Asian backgrounds who have:

- Type 1 or type 2 diabetes or any other types of diabetes
- Any complications of diabetes or who are living with diabetes and other conditions
- An interest in physical activity or exercise or find it difficult to do physical activity or exercise

We would want you to come to a face-to-face, one-day meeting in London, on 21st March 2022. You will work in small groups, where we will ask you to share your personal experience and listen to the views of others, so that we can bring different viewpoints to the discussion. We will pay for economy travel, accommodation (if required), food/drink and we will also give a £20 voucher.

If you are interested, please get in touch with Chandrabala Shah at Chandrabala.Shah@diabetes.org.uk to briefly tell us why you would like to come to the meeting and why you are suitable (250 words max) .

For more information please see the attached document from our research team.

ADDITIONAL INFORMATION

In July 2021, Diabetes UK launched our Diabetes is Serious campaign – which looked at the experiences of people with diabetes during the pandemic. In England, we found that a third of people with diabetes had not had any contact with their healthcare teams – and nearly half of people had difficulties managing their diabetes.

We know that so much has changed in the last year – so we want to make sure that people with diabetes aren't left behind and can get the high-quality diabetes care and support they need and deserve.

The NHS is working tirelessly but they need help to work through this backlog of cancelled appointments. That's why we're asking people with diabetes to take our quick survey. Whether it's telling us about cancelled appointments, or not getting the emotional support you need, we'll be taking the results from this survey straight to the Government.

Please take our survey, share, and help us make sure everyone with diabetes gets the care and support they need, when they need it: <https://www.smartsurvey.co.uk/s/DIS0122-q5i8/>



MENTAL HEALTH SUPPORT

Friendly February

We need each other more than ever right now! This month let's focus on reaching out to connect with others and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion. Check out this month's Action for happiness calendar attached or visit their website here: [Action for Happiness](#)

You can also find further support from our [Helpline](#) on 0345 123 2399 from 9am to 6pm Monday to Friday, or email us at helpline@diabetes.org.uk.

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