

# A MESSAGE FROM CHRIS ASKEW: THE ONGOING SITUATION IN UKRAINE

I recognise how unsettling situations of global unrest and war can be, and I know many of you will be directly or indirectly impacted by the events taking place in Ukraine.

This week, representatives from Diabetes UK met with a number of international diabetes agencies to better understand the situation in Ukraine. The meeting was attended by representatives from the International Diabetes Federation (IDF) Global and Europe, Insulin for Life, the World Health Organisation (WHO) and diabetes associations from Ukraine, Poland, Moldova, Romania and Denmark.

We've been assured that there are a number of large and experienced international aid efforts taking place to support those affected by the war, now know there is a specific, dedicated focus on supporting people with diabetes. We are also aware of efforts of major insulin suppliers to support these efforts, and will be reaching out to others to get a clearer picture.

Many of you have asked for ways you can support humanitarian efforts in Ukraine. We'd encourage you to consider supporting, or signposting to established agencies who are experienced in this work and are already part of the aid effort. These include:

- [Direct Relief](#) – which, in partnership with IDF, has already successfully diabetes supplies to healthcare providers in Ukraine
- [The Spare a Rose for Ukraine](#) appeal, which runs throughout March and will be directing funds to Insulin for Life
- [The Red Cross](#)

We're aware of efforts taking place in the UK to collect and ship supplies to Ukraine, but we would not endorse people sending their own prescribed items overseas through these sorts of schemes. These items are necessary for individuals' own healthcare, and we're also advised that, outside of a coordinated aid effort, these schemes will struggle to successfully get resources where they need to be.

These worrying, unsettling times impact on us all, and I know that for many reasons some of you will be feeling particularly anxious and concerned. We know that international events often hit closer to home than many of us realise, which is why I encourage you to look out for and look after one another.

