

VOLUNTEER BLAST APRIL 2022

Hello everyone,

We're officially in Spring (could someone tell the weather that?) and we hope you are all enjoying the longer days and lighter evenings. We are beginning to see more events coming through for you to get involved in from external organisations, but also in this month's Blast you will find interesting events being held by Diabetes UK, so be sure to check them out and register if you would like to attend.

RAMADAN

Ramadan Mubarak to everyone who is observing the holy month of Ramadan which has now begun. We wish you a blessed month.

Shukrat, who lives with type 1 diabetes, talked to us about how she manages her condition while observing Ramadan and how the support she received from other people with diabetes after joining the [Sheffield Diabetes UK Group](#) helped her understand her relationship with the condition. You can read Shukrat's story [here](#).

Last month we shared our webinar on diabetes and Ramadan which we hosted in February with Act as One and West Yorkshire Health and Care Partnership. We wanted to take the opportunity to share this with you again which you can find [here](#).

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

EASTER

This year, Easter Weekend starts with Good Friday on the 15th of April, with Easter Sunday and Easter Monday following on the 17th and 18th of April.

We would like to wish all who are observing the weekend a happy Easter and hope you have a lovely weekend.

We also wanted to share some useful information around managing diabetes around Easter that you can find on our website [here](#) and some Easter recipes that you may find interesting [here](#).

ONLINE EVENTS

DIABETES AND EYE SCREENING

Thursday 21st April, 5:00pm – 6:00pm

The London Diabetes UK team will be joined by Tracy Nobes, Engagement Lead at South West London Diabetic Eye Screening Service, who will talk about what to expect at your eye screening appointment and why it's important to attend when invited.

This will be followed by the opportunity to ask questions about eye screening during a Q&A session. You can register free [here](#).

DUKPC 22 KNOWING DIABETES SESSION

Thursday 28th April, 2:00pm – 3:00pm

Last week we heard some great news for the diabetes community coming out of Diabetes UK's Professional Conference. Lucy Chambers, Head of Research Communications at Diabetes UK will be running a virtual *Knowing Diabetes* session on April 28th from 2pm – 3pm to summarise some of the findings and this is open for Diabetes UK volunteers to attend. **If you'd like to hear more**, you can sign up [here](#).

BUSTING DIABETES MYTHS IN THE SOUTH ASIAN COMMUNITIES

Tuesday 3rd May, 11:30am -1:00pm

The South East Team at Diabetes UK will be delivering an online talk on 3rd May from 11.30-1:00pm on the topic of Busting Diabetes Myths in South Asian Communities. Dietician Fareeha Jay will be providing tips for healthy swaps and much more! The event is suitable for anyone living with Diabetes, their carers or healthcare professionals.

Please see attached poster for information and please feel free to share.

Sign up for free [here](#).

LET'S DO LUNCH- SIGN UP NOW

Wednesday 11th May, 1:00pm-2:00pm

Our next Let's Do Lunch will be happening on Zoom next month and **we can't wait** to see you there! This is your chance to catch up with us and your fellow volunteers from the North of England. You can sign up to register here:

<https://letsdolunchmay.eventbrite.co.uk>

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UPCOMING EVENTS

CELEBRATING MICRO-VOLUNTEERING DAY – FRIDAY 15TH APRIL 2022

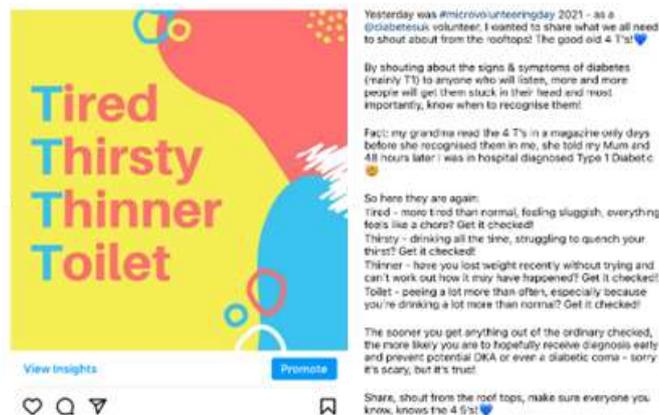
Friday 15th April 2022 marks Micro-Volunteering Day internationally, it is a chance for volunteers to come together in a synchronised effort to demonstrate the empowering concept of micro-volunteering. Micro-volunteering means ‘bite sized, on demand, no commitment actions that benefit a worthy cause’.



Here in the North at Diabetes UK, we are so lucky to have a wealth of passionate volunteers who consistently support us to raise awareness of diabetes through various actions within their communities.

Lucy, one of our volunteers in the North has shared what it means to her to get involved in micro-volunteering: “I love being a volunteer, it feels like each little thing has the power to make such a big difference! Whether it’s sharing the symptoms to look for on social media or a low-carb pizza recipe for Fake-away February, I love it!”

Lucy created the fantastic post below for Micro-volunteering day last year, raising awareness of the ‘4T’s’ of diabetes – Tired, Thirsty, Thinner and Toilet.



Are you confident on social media? Are you part of a work or community newsletter? Would you like to reach people in your community who cannot access support online?

If so, you could help us to share our key messages and raise awareness of new information resources and campaigns. Your team in the North are here to help you with content and to see the impact of your efforts. Small volunteering activities can make a big difference, so we are keen to hear your ideas on ways to micro-volunteer.

If you’d be interested in supporting us by becoming a ‘micro-volunteer’ and getting involved on micro-volunteering day, please get in touch: north@diabetes.org.uk

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SPEAKER TRAINING

Our next Speaker Training will be happening soon. We are running 2 sessions in the hope to accommodate as many people as possible. They will be hosted on Zoom and a link will be sent to you once you have told us you would like to attend.

The dates are:

- Tuesday 19th April, 7:00pm-9:00pm
- Thursday 5th May, 1:00pm-3:00pm (this session can be made an evening one if that is preferable)

If you would like to do this training but cannot make these dates, please let us know as we will arrange a separate date with you. Contact: north@diabetes.org.uk

DIABETES IS SERIOUS CAMPAIGN

On 20th April, we'll be taking our new report into diabetes care to Parliament, as part of our Diabetes is Serious campaign. We'll be telling MPs why diabetes care needs to be made a priority and calling on government to provide it with the investment and attention it needs. You can find out more about our Diabetes is Serious campaign [here](#). If you'd like more information about how you can get involved in the campaign, please do [get in touch with us](#).

TYPE 2 DIABETES PREVENTION WEEK 2022

The 23rd-29th May is Type 2 Diabetes Prevention week and with the dates approaching, we wanted to share a link to the page on our website that will be updated when there is more information about how to get involved:

https://www.diabetes.org.uk/get_involved/diabetes-prevention-week

VOLUNTEERS WEEK 2022

From the 1st-7th June, **Volunteers'** week is the annual celebration to recognise all the incredible work volunteers do across the UK. Keep an eye out for further information on what we will be doing for the week but in the meantime, we have a volunteer opportunity to support in the planning and delivery of the week, check it out [below](#).

DIABETES WEEK 2022

Diabetes Week is 13th-19th June. The theme for Diabetes Week this year is:

“This is your [#DiabetesWeek](#)”

It's all about celebrating people living with diabetes and those supporting them. We have attached a guide for how you can get involved in Diabetes Week, that is also available Assemble in the [volunteer resources folder](#) which you can find in the Document Hub. Further resources and links will be added to this folder as they become available. If you do not use Assemble please [get in touch](#) and we can send you the resources directly.

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 would like to attend any of the events, please email: north@diabetes.org.uk

VOLUNTEER PROJECT ASSOCIATE ROLE

Every year from the 1st-7th June Diabetes UK, along with many organisations, celebrate Volunteers Week. It is a week to celebrate all the incredible work volunteers do and the outstanding contribution their efforts make to the nation. This year we are looking for someone to join our Volunteers Week working group in the role as Volunteer Project Associate to support with the planning and delivery of Volunteers Week 2022 at Diabetes UK. We are currently recruiting for one position, but if there are many applicants, we may increase this. For more information and/or to apply please follow the link below or get in touch with us.

[Volunteer Project Associate | Diabetes UK Volunteering](#)

We have also attached the role description. The deadline to apply is the 22nd of April. The role is open to existing volunteers only.

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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.

DIABETES UK TYPE 1 FAMILY WEEKENDER

Type of event: Volunteers needed

Date & Time: 17th-19th of June

Where: Cambridge

Further details: Are you passionate about supporting children and their families to live well with type 1? Come and volunteer at our Type 1 Family Weekender in Cambridge. We welcome volunteers with a range of experience and backgrounds. All your training, accommodation, travel, and meals are provided.

Find out more here:

https://www.diabetes.org.uk/how_we_help/type-1-events/volunteering

Apply here: <https://eu.eventscLOUD.com/t1eventvolunteers>

FRODSHAM HOME INSTEAD

Type of event: Speaker volunteer needed

Date & Time: not yet confirmed, but will be in Summer

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. One person has already come forwards so if you would be interested in supporting us to deliver these sessions please get in touch.

TALBOT HOUSE

Type of event: Speaker volunteer needed

Date & Time: To be decided but it will be on a Tuesday morning

Where: Manchester, address to be confirmed

Further details: Talbot House are a charity who work with parent carers of learning-disabled adults and would like someone to give a talk to their service users about diabetes.



ADDITIONAL INFORMATION

THE TACKLING INEQUALITIES IN DIABETES LAB

Diabetes does not affect everyone equally and the interactions between different kinds of inequality, and the factors that drive them, are often complex and interrelated.

We know that inequalities related to ethnicity and deprivation can lead to some of the poorest outcomes for people with diabetes. Furthermore, the effects of the Covid-19 pandemic on inequalities are likely to be profound. This inequality in diabetes should not be inevitable.

This Lab focuses on addressing the challenge:

“How can we tackle inequality in diabetes?”

The Lab is an environment where the people involved in the system come together to develop and test responses to complex challenges.

Teams enter the Lab with an understanding of the inequalities that exist in their local area and how these inequalities are affecting people with diabetes. Participants work with our facilitators and coaches to determine whether the Lab approach will work for them. The Lab will run until February 2023.

If you are interested in being part of the Lab and want to know more you can go to our website: [The Tackling Inequality in Diabetes Lab | Diabetes UK](#)

If you are interested our Tackling Inequality Lab is now accepting applications to join in June 2022. If you'd like to take part, please [express your interest and sign up for an exploratory session](#). The exploratory session will allow you the chance to find out more about the Lab process, discover whether it's the right choice for you and share more about your area of work.

If you have any questions about the process or would like to be involved in the Lab in an alternative capacity, please email changelabs@diabetes.org.uk and one of our team would be happy to have a conversation with you.

GET INVOLVED IN DIABETES RESEARCH

We have attached a list of different research opportunities that you could be a part of. If you are interested in any or would like further information on any, please get in touch with us north@diabetes.org.uk and we would be happy to send you more details.

NATIONAL INSTITUTE FOR HEALTH

The National Institute for Health Research are looking for people to become a public committee member:

“We are looking for members of the public who have a broad interest in and knowledge of health, social care and/or actions to improve public health and address health inequalities. You do not need to have a scientific background to help shape research! We are looking for people who are able to use their own experiences to improve the research we wish to fund.

We are committed to creating a supportive, inclusive and positive community. Equality Diversity and Inclusion are fundamental to our values and vital to our success. We are currently looking to diversify and enrich our committees, and we particularly welcome applications from men, people aged 18 to 40, and candidates from an ethnic minority background as they are currently under-represented.

Membership is open to people from across the United Kingdom and we welcome applications from all sections of the community.”

For further information please see their website: [Committees: Public Committee Member - NIHR Programmes | NIHR](#)

The deadline for submitting an application is Sunday 24th April 2022, by 4pm.