

# VOLUNTEER BLAST MAY 2022

Hello everyone,

You may have seen in the news recently, Diabetes UK's call for a recovery plan to tackle devastating delays in diabetes care across the UK.

There are now over 1 million people diagnosed with diabetes across the North of England and yet only 34% of those people are getting the care they need.

After the launch of Diabetes UK's report into diabetes care published last month, we're holding a free online event on Tuesday 21st June 2022 alongside Bradford District and Craven Health and Care Partnership.

Hosted by Sir George Howarth MP for Knowsley and Chris Askew OBE, Chief Executive of Diabetes UK, the event will bring together healthcare professionals and decision makers, alongside people living with and affected by the condition from across the region, as we highlight the devastating impact diabetes is having in our communities.

Our aim is to draw together ideas and some of the great work already happening across our region as we look to what the next steps are for recovering diabetes care in the North.

Register for free at: <https://eu.eventscloud.com/diabetesisserious>

We have also attached an invite that we would really appreciate you sharing with your contacts. If you would like any printed versions to hand out, do let us know and we will post some to you.

There is a mounting crisis. Over **1 million** people in the North of England now have a diagnosis of diabetes. **Only 34%** of those are receiving the care they need.

Join us for an online event and Q&A. Hear from Sir George Howarth, Chris Askew OBE and people living with diabetes and healthcare professionals on the steps needed for a recovery in diabetes care.

**21 JUNE 2022**  
**10AM UNTIL 11.30AM**

Register for your free place at [bit.ly/DiabetesisSerious](https://bit.ly/DiabetesisSerious)  
or get in touch on [north@diabetes.org.uk](mailto:north@diabetes.org.uk) or 01925 653281

**DIABETES IS SERIOUS**

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KNOW DIABETES. FIGHT DIABETES.

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## UPCOMING EVENTS

### TYPE 2 DIABETES PREVENTION WEEK 2022

The 23rd-29th May is Type 2 Diabetes Prevention Week and we can now share with you all the toolkit that the NHS have produced:

[Diabetes Prevention Week Toolkit \[ZIP\] | Campaign Resource Centre \(phe.gov.uk\)](#)

Our website will also continue to be updated:

[https://www.diabetes.org.uk/get\\_involved/diabetes-prevention-week](https://www.diabetes.org.uk/get_involved/diabetes-prevention-week)

### VOLUNTEERS WEEK 2022

Running from the 1st-7th June, **Volunteers'** Week is the annual celebration to recognise all the incredible work volunteers do across the UK. We are looking forward to sharing your stories and celebrating all the amazing work that you do.

Keep an eye on Assemble and our website for updates :

[https://www.diabetes.org.uk/get\\_involved/volunteer/volunteers-week](https://www.diabetes.org.uk/get_involved/volunteer/volunteers-week)



## DIABETES WEEK 2022



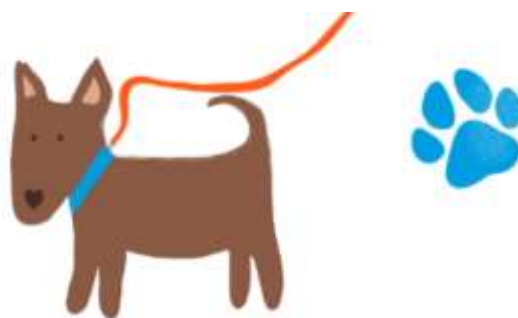
Last week we shared the guide for how you can get involved in Diabetes Week 2022, for anyone who missed it, we have included it this month too. You can also find it on Assemble in the [volunteer resources folder](#) which you can find in the Document Hub. Further resources and links will be added to this folder as they become available. If you do not use Assemble please [get in touch](#) and we can send you the resources directly.

One of the events happening during Diabetes Week is the Big Diabetes Week Dog Walk, which you can now sign up for here:

<https://www.diabetes.org.uk/diabetes-week/big-dog-walk>

You can also order all the resources you need for Diabetes Week from our online shop:

<https://shop.diabetes.org.uk/collections/diabetes-week>



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## DIABETES UK SHEFFIELD MOVE MORE EVENT

The countdown is on for 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

You can register to attend here:

<https://www.eventbrite.co.uk/e/move-more-with-diabetes-tickets-331817012617>

We have also attached a poster for you to share.



## SPEAKER TRAINING

It was lovely to see some of you at the recent speaker trainings, so much so we are hoping to do another soon. For those who were unable to attend. The proposed date is Tuesday 31<sup>st</sup> May, 7pm-9pm. If you are waiting on speaker training, please can you get in touch and let us know whether this date works for you.

## UPCOMING OPPORTUNITIES

If you would like to attend any of the events, please email: [north@diabetes.org.uk](mailto:north@diabetes.org.uk)

## GREAT MANCHESTER RUN 2022

Type of event: cheer volunteer

Date & time: 22<sup>nd</sup> May, 9:15am-12:25pm or 12:30pm-3:30pm

Where: Bridgewater Way, Greater Manchester

Further details: We're looking for enthusiastic people to come along and join our cheer point for the Great Manchester Run on Sunday 22<sup>nd</sup> May. Volunteers will be provided with everything they need to make some noise and help cheer our amazing runners to get them to the finish line. If you are interested, please contact:

Hannah Minnery: [hannah.minnery@diabetes.org.uk](mailto:hannah.minnery@diabetes.org.uk)

## INCREDIBLE, EDIBLE COOKING DEMONSTRATIONS

Type of event: information stall

Date & time: 22<sup>nd</sup> May

Where: Spring Hall Surgery, Spring Hall Lane, Halifax, HX1 4JG

Further details: This is a pilot session supporting the Covid Recovery Plan in Calderdale. Incredible Edible is a voluntary organisation and they are providing sustainable, affordable batch cooking demonstration for members of the community who have diabetes and are experiencing mental health difficulties. **We're hoping that this really is successful as it would be great to support similar events across the North of England. We've been invited to have a presence and provide diabetes support and information to anyone looking for support.**

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## GATESHEAD COUNCIL HEALTH AND WELLBEING BUS

Type of event: information stall

Date & time: 7<sup>th</sup> June, 9am-12pm | 16<sup>th</sup> June, 12pm-4pm | 27<sup>th</sup> June, 9am-4pm

Where: Various locations around Gateshead

Further details: This series of events has been organised by Gateshead council to coincide with Beat the Street in Saltwell and Bridges wards and involves the Melissa Health bus. There are spaces on the bus and outside the bus to hold an information stand at the various locations around Gateshead

## CALDERDALE DIABETES PREVENTION PROMOTION EVENT

Type of event: information stall

Date & Time: 10th June, 9am-4:30pm

Where: M&S, 29 Woolshops, Halifax HX1 1RU

Further details: This is a [West Yorkshire & Harrogate Integrated Care System](#) planned event and we have been asked to attend alongside Reed Wellbeing (National Diabetes Prevention Programme provider). We will be there to signpost, provide information and support to anyone who may already have a diabetes diagnosis

## HEALTH CHECK EVENTS

Type of event: information stall

Date & Time: 14th June, 10am-4pm

Where: Scholemoor Community Centre, Dracup Ave, Bradford BD7 2RJ

Further details: The WOW Community Partnership in Bradford are holding FREE health checks in the community, and they have invited representatives from Diabetes UK to attend and be on hand to offer information about diabetes to the public. There will be two different groups attending, with mostly women in the morning and a **men's** group in the afternoon. Attendees will be speakers of Urdu and English. We have attached a poster with further information about the events.

## 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](https://www.diabetes.org.uk/how_we_help/type-1-events/volunteering)

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

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## CATTERICK HEALTH MELA

Type of event: information stall

Date & time: 18<sup>th</sup> June, 10am-3pm

Where: Colburn Village Hall, 54 Colburn Ln, Catterick Garrison, DL9 4LZ

Further details: Health Mela event for the Nepalese community at Catterick Garrison for various health organisations and healthcare professionals to speak to the public and share information. We are looking for volunteers willing to hold a stand on the day.

## PICNIC IN THE PARK

Type of event: volunteers needed

Date & time: 21<sup>st</sup> June, 11am-2pm

Where: Greenhead Park, Huddersfield, HD1 4DN

Further details: Celebration event for all organisations who support the learning disability community during Learning Disabilities week. It's literally a huge picnic party in the park and we have been asked to go along and join in. All attendees have to provide their own picnic.



## EE, DARLINGTON

Type of event: information stall

Date & time: 21<sup>st</sup> June, 10am – 3pm

Where: Darlington, address to be confirmed

Further details: EE in Darlington are holding a fun day and would like a representative to come and share information on a stand around diabetes.

## 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.



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## ONLINE EVENTS

### WHAT TO DO WHEN DIABETES GETS TOO SCARY

**Tuesday 24<sup>th</sup> May, 6pm-7pm**

Hosted by our brilliant colleagues in the South East, this event will be looking at the link between diabetes and anxiety. This session will explore the reasons and science behind diabetes and the affect it can have on anxiety, fear, and feeling overwhelmed. The event will look at recognising symptoms, where to seek support, what help is available, and what to expect from different treatments.

The event is open to all, across the nation, including those living with any type of Diabetes, those at risk of diabetes, family, friends and carers of people with diabetes, and healthcare professionals

Register to attend here:

[What to do when Diabetes gets too scary Tickets, Tue 24 May 2022 at 18:00 | Eventbrite](#)



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## 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](mailto:changelabs@diabetes.org.uk) and one of our team would be happy to have a conversation with you.