

# VOLUNTEER BLAST AUGUST 2022

Hello everyone,

We hope you are all having a brilliant summer- how is it August already? We know this is a month where a lot of people go on holiday, whether that be in the UK or abroad and so we have kept the information about travelling with diabetes from last month in this one.

If you live in the North East or North Cumbria and have either recently experienced moving from **children's** to adults services or are about to, then please check out the [Transition Survey](#) below.

The celebration of South Asian Heritage Month continues into August, this is its third year and is celebrated between 18<sup>th</sup> July – 17<sup>th</sup> August. The theme for 2022 is Journeys of Empire. The month was established to honour and celebrate South Asian history and culture. It is an opportunity for everyone to appreciate the countries in South Asia and learn new things about their heritage.



If you have any stories of how you've celebrated SAHM and would like to share these with us, please contact: [north@diabetes.org.uk](mailto:north@diabetes.org.uk)

## LET'S DO LUNCH

Our next Let's Do Lunch will be on [Thursday 29<sup>th</sup> of September, 1:00pm-2:00pm](#). For anyone new to Diabetes UK, Let's Do Lunch is an informal, online meet-up where staff and volunteers can get together and catch up. It is a great opportunity to meet other volunteers and share your experiences. There is no set agenda, and you can stay the whole hour or less. All you need to do is let us know you will be joining us by registering using the below link:

[Let's do lunch Registration, Thu 29 Sep 2022 at 13:00 | Eventbrite](#)

Once you have done that, you will receive the joining link. We look forwards to seeing you there!



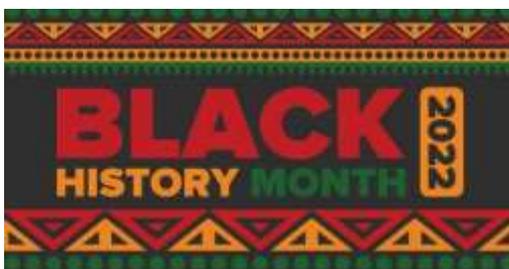
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## BLACK HISTORY MONTH 2022

Although it's only August, in less than 2 months, the UK celebrates Black History Month throughout October. This year's theme for Black History Month 2022 is **"Time for Change: Action Not Words"**. Black History Month is not just a month to celebrate the continued achievements and contributions of black people in the UK and around the world, but it's also a time for continued action to tackle racism, and ensure black history is represented and celebrated all year round.

We'd love to hear from our fantastic volunteers about what action you're planning on taking to achieve this year's theme. We'd also like to hear from you if you are a black volunteer or are engaging with black people in the diabetes community to celebrate you. If you are interested in sharing your story with us, please contact:

[north@diabetes.org.uk](mailto:north@diabetes.org.uk)



## NEWS

### JOB OPPORTUNITY: DIGITAL ENGAGEMENT OFFICER, NORTH OF ENGLAND

Over the past two years Diabetes UK has witnessed a significant change in how we engage with people living with and at risk of diabetes. During this time digital engagement has become a clear development area for us within our national and regional teams.

We are therefore seeking to appoint a Digital Engagement Officer to support the development and delivery of an effective local digital engagement plan, in agreement with the Communications Manager in the North of England team at Diabetes UK. For more information, please visit our jobs portal:

[Digital Engagement Officer - North of England | Jobs and careers with Diabetes UK](#)

The closing date is the **28<sup>th</sup> of August**. If you have any questions about the role, please get in touch. We are always happy to help.

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## VOLUNTEER OPPORTUNITY: WIGAN OUTREACH VOLUNTEER

We are currently focusing on Wigan as an area of priority. That means that we are working to increase diabetes awareness to the public and, for those living with diabetes, signpost them to the support they can get as well as the services they are entitled to.

As part of that work, we are looking to engage with as many people as possible. Attending community events, arranging talks, engaging with local care providers are just some of the ways which we are doing this, but we need your help.

If you live near Wigan and would like to support us with this work, please get [in touch](#). We would also appreciate if you could share our poster (attached) with any of your networks that could reach residents of Wigan.



## USEFUL INFORMATION

### GOING ON A SUMMER HOLIDAY?

If you are planning on getaway this summer, whether it be in or out of the UK, our website has some great advice- if we do say so ourselves! Find information on:

- [Travel insurance](#)
- [Travelling with diabetes](#)
- [Eating whilst on holiday](#)
- [Using diabetes technology at the airport](#)

If you require any of the above web pages printing, please [get in touch](#) and we can arrange this for you. For more advice on managing your diabetes when travelling, you can speak or email with a member of our [helpline team](#).

## UPCOMING OPPORTUNITIES

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

### LEIGH ENGAGEMENT DAY

Type of event: information stand

Date & Time: 18<sup>th</sup> August, 10am-3pm

Where: Leigh town centre

Further details: We will be in Leigh town centre next week holding an information stall for the public. If you would be interested in coming along and supporting the team, whether it be for the full day or part of it, we would love to see you there. Get in touch if you would like to attend.

### NEWCASTLE MELA 2022

Type of event: Information stand

Date & Time: Sunday 28<sup>th</sup>-Monday 29<sup>th</sup> August, beginning at 12pm each day

Where: Exhibition Park, Newcastle Upon Tyne

Further details: Newcastle Mela is an incredible two-day event that takes place every year. It's free, family friendly and everyone is welcome. With up to 40,000 visitors from across the region. Newcastle Mela has been taking place for over 25 years and is one of the most vibrant and popular multi-cultural events in the North East. The event is based around Pakistani, Bengali, Indian and other South Asian cultures and this is your chance to experience the music, food and entertainment associated with these cultures. This year will see the first ever Mela Health Zone and we have been invited to host a stall. **It doesn't need to be all/both days**, so if you are interested in attending, please let us know and we will make the arrangements with you.



### NORTHWICH GOLF CLUB VIP EVENT

Type of event: Information stand and speaker volunteer

Date & Time: 16<sup>th</sup> September

Where: Vale Royal Abbey Golf Club, Vale Royal Dr, Northwich CW8 2BA

Further details: This is a fundraising event, being organised by Jan Cameron and Andrew Wilson and is a golf day and evening event. They would love it if someone could attend, with an information stall, throughout the day and give a presentation in the evening. If you are interested in either of the activities on the day, please let us know.

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## **SUNDERLAND AND COUNTY DURHAM ROYAL SOCIETY FOR THE BLIND**

Type of event: Speaker volunteer, in person talk

Date & Time: Either the 26<sup>th</sup> of September 2022, 24<sup>th</sup> of October 2022 or 28<sup>th</sup> February 2023, starting at 1:30pm

Where: Sunderland

Further details: The group would like someone to come along and give a 20-minute talk about diabetes to their diabetes support group, followed by answering any questions. If you would be interested in supporting one of those dates please let us know.

## **CATTERICK VILLAGE SHELTERED HOUSING TALK**

Type of event: Speaker volunteer

Date & Time: Flexible, any evening or weekend morning in September

Where: Noels Court, Catterick, Richmond, North Yorkshire, DL10 7LH

Further details: Noels Court is retirement housing and the warden has been in touch to ask whether someone would be able to come and deliver a talk about diabetes to their residents. If you are a Speaker Volunteer in North Yorkshire and are interested in attending, let us know.

## **NORTH EAST CARDIOMYOPATHY UK SUPPORT GROUP**

Type of event: Speaker volunteer, online or in person

Date & Time: To be arranged

Where: North East

Further details: The North East support group is for families affected by the heart muscle disease cardiomyopathy. They meet in person and online and aim to provide information and peer support. They are part of a national network of support groups managed through the national charity Cardiomyopathy UK. They would like someone to come along and speak to the members as diabetes is a topic they have shown interest in hearing about. If you are interested in supporting let us know.

## **TALBOT HOUSE**

Type of event: Speaker volunteer

Date & Time: Flexible, any 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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## ADDITIONAL INFORMATION

### TRANSITION SURVEY

Do you live in the North East or North Cumbria? Have you recently experienced moving from children's to adult diabetes services in the region or will you be moving soon?

The Children and Young People's and Adult Diabetes Clinical Networks in the North East and North Cumbria are working together, with support from Diabetes UK and young adults and their families, to gather experiences and insights into transition services and the support you want to see available in the region.

We are asking young adults aged 16 and over, parents and carers of children or young adults with diabetes and healthcare professionals involved in diabetes care across this region, to complete a survey and tell us what they think.

To find out more, head to: [www.diabetes.org.uk/transition-survey](http://www.diabetes.org.uk/transition-survey)

### PULSE SURVEY

We would be grateful if you could spare 5 minutes to complete our volunteer pulse survey. Your answers **help us to learn what we're doing well, and what can be improved** so that you have the best possible experience whilst volunteering with us. The survey will remain open until 21 August. Complete it here: <https://www.smartsurvey.co.uk/s/volunteer-pulse-22/>



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