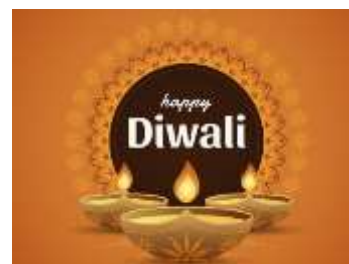


# VOLUNTEER BLAST NOVEMBER 2022

Hello everyone,

How is it November already? We hope you are all keeping well, we know this winter will be a particularly tough one for many and we are here to support, so, please get in touch.

Last week saw the celebration of Diwali, Diwali is the five-day Festival of Lights, celebrated by millions of Hindus, Sikhs and Jains across the world.



Diwali, which for some also coincides with harvest and new year celebrations, is a festival of new beginnings and the triumph of good over evil and light over darkness.

This year Diwali took place over five days from the 22<sup>nd</sup> of October to 26<sup>th</sup> October, and the main day of celebration was on Monday 24<sup>th</sup> October.

To anyone who celebrated, we hope you had a fun and festive Diwali.

We have a few events to share with you for November, and without a doubt the largest of them is World Diabetes Day. Read on for more information on our theme for the year and how you can get involved.

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## WORLD DIABETES DAY 2022

Every year, World Diabetes Day is held on the 14 November, birthday of Sir Frederick Banting who discovered insulin with Charles Best. It is the largest diabetes awareness campaign, reaching 165 countries. This year, at Diabetes UK, our theme is:



Being diagnosed early is so important for all types of diabetes. It can save lives, prevent a medical emergency, and reduce the risk of life-changing complications later. That's why we want to make sure everyone knows the signs to look out for – and knows their risk of developing type 2. But we need your help.

Someone is diagnosed with diabetes every two minutes. Together, we have the power to #RewriteTheStory for everyone living with diabetes, now and in the future

Some of the ways you can get involved include:



[Share the 4Ts of type 1 diabetes](#)



[Take part in our #NailingDiabetes challenge](#)



[Encourage your loved ones to find out their risk of type 2 diabetes](#)

Find out more on our website:

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

Or see our Guide for World Diabetes Day 2022 attached.

Let us know how you are planning on celebrating: [north@diabetes.org.uk](mailto:north@diabetes.org.uk)

WORLD

DIABETES DAY

14 NOV 2022

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## UPCOMING EVENTS

### BRADFORD FAMILY FUN DAY, 12TH NOVEMBER 10AM-1PM

This World Diabetes Day, Team North will be hosting a FREE event for families in Bradford with children and young adults living with type 1 diabetes or type 2 diabetes.



Join us for a day of fun at Airobounce in Bradford.

Sign up below or contact [lucy.wieland@diabetes.org.uk](mailto:lucy.wieland@diabetes.org.uk) for more information. Please feel free to share with anyone you think may be interested in coming along!

[Register here](#)

### COFFEE AND A CATCH UP

#### Online

Over the winter months we will be hosting a series of online get togethers. These will differ from Let's Do Lunch as these events will also be open to anyone in the north of England living with or touched by diabetes and occurring at a variety of times.

These will be informal so there is no agenda or need to register and we will use the same Zoom link each time. The dates and times are:

- 14th November 2022, 7pm-8pm
- 5th December 2022, 12pm-1pm
- 10th January 2023, 11am-12pm
- 16th February 2023, 6:30pm-7:30pm
- 20th March 2023, 1pm-2pm



The Zoom details to join are:

<https://us06web.zoom.us/j/87588595469?pwd=bW1Ka1VhaGJPUWN2WExtOTk5VU9YUT09>

Meeting ID: 875 8859 5469

Passcode: 972639

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## **TYPE 2 DIABETES KNOW YOUR RISK LUNCH AND LEARN EVENT, 14<sup>TH</sup> NOVEMBER, 12PM-1PM**

Hosted by the West Yorkshire Health and Care Partnership, the webinar will run through risk factors for Type 2 diabetes and how you can access practical support to manage these risks.

You'll hear from others who have successfully managed their Type 2 diabetes risk by making lifestyle changes and hear about the support mechanisms that enable them to do this in a sustainable way.

To attend the free event [Register here](#)



## **KARMAND COMMUNITY CENTRE COMMUNITY HEALTH MELA, 14<sup>TH</sup> NOVEMBER 10AM-2PM**

Karmand Community Centre in Bradford are hosting a diabetes awareness event where there will be free health checks and confidential advice as well as support for mental health awareness. It is open to the public and there will be representation there from the Bradford District and Craven Health and Care Partnership, The VCS Alliance and Reducing Inequalities Communities in attendance. There is a poster attached, for anyone interested in attending.



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## TYPE 1 DIABETES SCREENING PROGRAMME RESEARCH UPDATE, 16<sup>TH</sup> NOVEMBER 2PM – 3PM

### Online

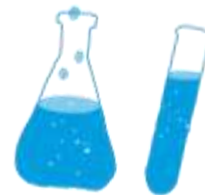
We're inviting all our volunteers, fundraisers, and supporters to join us for a very exciting event where we'll be announcing new developments in creating a type 1 diabetes screening programme.

Screening for risk of type 1 diabetes isn't widely available in the UK at the moment. But, together with JDRF UK, we're funding pioneering research that's exploring how a type 1 diabetes screening programme for children in the UK would best work. Hear about this landmark project direct from the researchers – Professor Parth Narendran and Dr Lauren Quinn – and how their findings could help us #RewriteTheStory of type 1 diabetes. There'll also be the chance to put your questions to the researchers too.



Our Volunteers can register through Assemble:

[Register here](#)



Click 'Attend selected'. Alternatively, log into Assemble, on the left-hand side bar click 'Activities' then 'Events', click on this event and then 'Accept selected'. You'll then receive an email with your confirmation and Zoom link. If you would like to attend but are unsure of using Assemble please [get in touch](#) and we can help you register.

This event is open to all volunteers, local support group members, fundraisers and supporters so please do send the zoom link on to your group members and contacts who are interested in also attending.

## SPEAKER TRAINING, DECEMBER 7PM-9PM

### Online

We are looking to hold another Speaker Training. If you are waiting on the training, would like a refresher or would just like some tips on talking about diabetes even outside of a formal presentation setting, then we would love for you to join. The training will be held online via Zoom, and we will send you a link when you confirm your attendance.

If you would like to attend, please email: [emma.parke@diabetes.org.uk](mailto:emma.parke@diabetes.org.uk)



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## 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)

### **VOLUNTEER SPEAKERS INVITED TO SHARE LIVED EXPERIENCES AT STAFF INDUCTION**

We're looking for volunteer speakers who'd like to share their experiences of living with type 1, type 2, gestational or rarer types of diabetes at our new staff induction sessions. This is a great opportunity to help staff joining us gain an insight into the challenges and success stories that make up the day-to-day realities of living with diabetes. Your talk can be given online or in person at our London Whitechapel office.

To register your interest or find out more, please contact Gemma Jackson, Engaging Communities and Volunteering Administrator:

[gemma.jackson@diabetes.org.uk](mailto:gemma.jackson@diabetes.org.uk) or call 07881 266 370

This opportunity is open to all trained Speaker volunteers and anyone who would like to attend speaker training.

### **BRADFORD DISTRICT AND CRAVEN HEALTH & CARE PARTNERSHIP EVENTS**

The partnership is holding 2 events on the week of World Diabetes Day.

Type of event: Information stand

15th November, 10am-4pm: The Broadway Bradford, Hall Ings, Bradford, BD1 1JR

17th November, 10am-4pm: Airedale Shopping Centre, Hanover Street, Keighley, BD21 3QQ

Further details: Bradford District and Craven Health & Care Partnership are holding two structured events in November. The events will be promoting physical activity along with a local focus to promote the work local organisations are providing around cost-of-living crisis, managing to eat well for less and keeping warm this winter. They will also be promoting mental wellbeing, cardiovascular health and diabetes. We would love to have some volunteers support staff at our stall.



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## **MERSEYSIDE POLICE INTERNATIONAL DAY FOR PERSONS WITH DISABILITIES EVENT**

Type of event: Events or Speaker

Date & Time: 2<sup>nd</sup> December

Where: Merseyside Police Headquarters, Rose Hill, 15 Cazneau St, Liverpool L3 3AN

Further details: Merseyside Police have asked whether anyone would like to attend their headquarters, along with lots of other charities and organisations, to set up a stall and raise awareness about diabetes to staff. If you would like to attend do let us know. We attended last year and it was a brilliant event.

## **INSPIRE SOUTH TYNESIDE- HEALTHNET TABLETOP NETWORKING EVENT**

Type of event: Events or Speaker

Date & Time: 2<sup>nd</sup> December, 10am-12pm

Where: Living Waters Church, St Jude's Terrace, Laygate, South Shields, NE33 5PB

Further details: HealthNet are holding first face to face meeting since the start of the pandemic. This will be a tabletop networking event where you can share details of the services we provide and be able to network not only with each other but with members from Adult Social Care and NHS teams. The aim of the event is to provide the opportunity to make new connections and partnerships and a greater understanding of the good work being carried out within the VCSE sector in South Tyneside.

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

Type of event: Speaker volunteer, in person talk

Date & Time: 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

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

Further details: Noels Court is retirement housing and they would like someone 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.



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## 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. If you can support, please 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.

## LUNCH CLUB IN GATESHEAD

Type of event: Speaker volunteer

Date & Time: Flexible, any Thursday 12pm-2pm

Where: Strathmore Road Methodist Church, Rowlands Gill, NE39 1HX

Further details: The charity [MHA](#) are **hoping for anyone available and willing to come and share with their lunch club (approx. 30 people with average age of 80) about Type 2 diabetes and making healthier choices.**

## ONGOING WORK IN WIGAN AND LEIGH

We have some events booked in the Wigan and Leigh area:

- Amazon: 15<sup>th</sup> November, 6pm-7:30pm
- World Diabetes Day events: 14<sup>th</sup> and 17<sup>th</sup> November, details to be confirmed.

If you live near Wigan and Leigh and would like to support us with this work, please get [in touch](#) or we would appreciate you sharing our leaflet (attached) with any of your networks that could reach residents of Wigan and Leigh.



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## FIND SUPPORT

We wanted to take the opportunity to remind everyone of the support available across the North of England, including our wonderful local groups and the Friends in the North Facebook group. If you would like to know more about your nearest local group contact us on: [north@diabetes.org.uk](mailto:north@diabetes.org.uk) or call 01925 653 281

You can also find out more by visiting our [website](#).

Or you can contact our helpline at [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) or call 0345 123 2399 (Monday-Friday, 9am-6pm).



## FACEBOOK CHALLENGES

It's not too late to sign up for our Kick-up Challenge! This month, we have our brand new '100 Kick-ups a day' challenge. Join our supportive [100 Kick-ups Facebook group](#) and see if you can attempt 100 kick-ups every day in November! You can complete them in your own time and receive some fantastic rewards whilst taking part. Raise £10 on your Facebook page and receive a Diabetes UK football scarf and once you raise over £100 you'll be in line for a Diabetes football shirt!



<https://www.facebook.com/groups/100kickups>

## ADDITIONAL INFORMATION

### HOW CAN WE HELP IN THE COST OF LIVING CRISIS?

We want to ensure we're doing all we can to support our community during the cost of living crisis - but we need your help. Will you take our short, anonymous survey and tell us how you're being affected by rising costs - and what kind of help you most need from us? Share your thoughts here: <https://orlo.uk/H4V1L>

The survey will close on the 20th of November.

In the meantime, we have lots of information to help you navigate rising costs on our website, and our helpline team are always here to support you if it would help to talk just call 0345 123 2399 or email [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)



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## FLU JAB AND COVID-19 BOOSTER

Diabetes UK is urging everyone with diabetes to book their free flu jab and COVID-19 booster to protect themselves and others this winter.

People with diabetes have a higher risk of becoming seriously ill if they develop COVID-19. In addition, flu can be incredibly serious.

People living with diabetes are particularly vulnerable to serious complications if they get COVID-19 or flu. Getting COVID-19 or flu can make diabetes harder to manage, causing blood sugar levels to rise dangerously high. People with diabetes are likely to be contacted soon to book their vaccinations, or you can visit [www.nhs.uk/wintervaccinations](http://www.nhs.uk/wintervaccinations)



It is safe to have both jabs at the same time if this is offered. Find out more on our website:

[www.diabetes.org.uk/jabs](http://www.diabetes.org.uk/jabs)

Or get in touch with our free Helpline on 0345 123 2399 or [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) to speak with a member of our team.

## FOR YOUR INTEREST

We wanted to take the opportunity to share the links to recordings from some of the online events that have been held by some of our wonderful colleagues from across the UK.

- Your Feet and Diabetes: [https://www.youtube.com/watch?v=wFiaSy\\_ALUQ](https://www.youtube.com/watch?v=wFiaSy_ALUQ)
- How Can I Stay Healthy This Winter?  
<https://www.youtube.com/watch?v=JutdfGHuHrk>



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