

# VOLUNTEER BLAST MAY 2021

## GET INVOLVED!

### DIABETES AND MY FAMILY COMPETITION, CLOSING 31<sup>ST</sup> MAY

Don't forget our North of England family competition is now open to entries until **31st May**! This is open to anyone under 18 who is affected by diabetes – with four age categories and **family hamper's up for grabs for the winning four entries!**

Our guest judges for the competition will be Rochdale boxer, Muhammad Ali and Yorkshire cricketer, Jordan Thompson. Both Ali and Jordan have type 1 diabetes and are encouraging young people across the region, who are touched by diabetes, to tell us what the condition means to them.

So, whether it's through a picture, poem, song or sculpture - we want to hear from you! To submit an entry, please email to [n.west@diabetes.org.uk](mailto:n.west@diabetes.org.uk) or speak to our team for social media tags or postal address.

### NEW VOLUNTEER ROLE: CRITICAL FRIEND, NORTH OF ENGLAND

We are recruiting for a new volunteer role! Our '**Critical Friend's**' will form a diverse panel of volunteers in the north of England, who can feed back on Diabetes UK resources, materials and projects and offer lived experience to help shape our future work. Our panel will mostly volunteer from home in their own time but will meet occasionally via online platforms or face-to-face (when able to do so), so we are looking for volunteers who are able to work independently and as part of a team.

If you are interested in becoming a Critical Friend for the North of England, please see the attached role description and get in touch with Jenni for more information at [Jennifer.Shaw@diabetes.org.uk](mailto:Jennifer.Shaw@diabetes.org.uk) or on 07469 154827.

### NATIONAL WALKING MONTH, MAY 2021

To celebrate we will be creating a short video of scenic views from around the North of England. **To get involved** please send us a photo or short clip of your best view from your daily walks, before **18th May 2021**. We look forward to seeing some of your beautiful photos/clips of the North of England.



You could also celebrate National walking month by signing up to Diabetes UK One million step challenge which will take part 1st July-30th September. Find out more information by clicking the link below. [Home | One Million Step Challenge \(diabetes.org.uk\)](https://diabetes.org.uk/one-million-step-challenge)

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## VOLUNTEER EVENTS!

### LET'S DO LUNCH, 19<sup>TH</sup> MAY

We would love to invite you all to our next volunteer e-meet up on **Wednesday 19th May 2021** from **1pm-2pm** on **Zoom**.

This time we will be joined by **Andy Broomhead**, Head of Volunteering at Diabetes UK, as well as **Amie Phillips**, Volunteer Operations Programme Manager at Diabetes UK. Andy and Amie will be here to answer any questions you might have around returning to face-to face volunteering and any queries on our new volunteer management system, Assemble.

So please bring yourself, bring your lunch and join us for a catch up. We have attached a poster for you to share with other volunteers and group members in the region.

To register click on the link: <https://volmeet.eventbrite.co.uk>

### VOLUNTEERS WEEK 1<sup>ST</sup> – 7<sup>TH</sup> JUNE

We're running a series of short online sessions throughout Volunteers' Week from 1-7 June to celebrate our volunteers and to say a **huge thank you** for everything you do.

The sessions are:

- Q&A with Chris Askew (Chief Executive) and Andy Broomhead (Head of Volunteering): Tuesday 1 June from 6-7pm (we'll be recording this session)
- A talk from our Research Communications Officer, Eddie Johnston about our latest diabetes research: Wednesday 2 June from 11-12pm (we'll be recording this session)
- A virtual social scavenger hunt: Thursday 3 June from 7:45-9:15pm
- A volunteer coffee morning: Friday 4 June from 10am-11am
- A celebration of volunteering: Saturday 5 June from 10:30am-12:30pm
- Let's do lunch: Monday 7 June from 1-2pm

These sessions are exclusive to our volunteers from across the UK. They were designed based on feedback from a group of volunteers who took part in workshops earlier this year. You can choose which sessions you'd like to join, it's completely up to you!

You can register for the events here: <https://eu.eventscloud.com/volunteersweek2021>

If you'd prefer to register over the phone, please get in touch with our Supporter Care Team by calling 0345 123 2399, between Monday to Friday, 9am to 6pm. And if you've got any questions about the week, please email [volunteersweek@diabetes.org.uk](mailto:volunteersweek@diabetes.org.uk)

For a more detailed description of each event please see the attached document.

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## ONLINE EVENTS

### ONLINE PEER SUPPORT GROUPS, MAY

Our Diabetes UK Midlands/Eastern team have some Online Peer Support Groups hosted on Zoom which are open for others outside of the region to attend:

- Type 2 diabetes group – meets 5<sup>th</sup> May 2021 at 7.00pm via Zoom.
- South Asian – Chai for Chat group meets fortnightly on Monday evenings at 7.00pm, next meetings 10<sup>th</sup> & 24<sup>th</sup> May 2021.
- Gestational Diabetes Support group - meets fortnightly on Monday afternoons at 2.00pm, next meetings 10<sup>th</sup> & 24<sup>th</sup> May 2021.

If you are interested in attending any of the above groups, please contact [david.robinson@diabetes.org.uk](mailto:david.robinson@diabetes.org.uk) for further information.

### HOW FOOD CAN HELP PREVENT TYPE 2 DIABETES

On **Thursday 13<sup>th</sup> May at 5-6pm** our London regional team are welcoming Professor Kevin Murphy from Imperial College to talk about his research on the links between the food we eat and signals the brain sends to the pancreas. His study could help people with type 2 diabetes produce more insulin, avoid more invasive treatments like injections and reduce complications.

Please follow [this link](#) to register in advance for the 'How Food Can Help Prevent Type 2 Diabetes' and email [london@diabetes.org.uk](mailto:london@diabetes.org.uk) with any queries. This webinar is being recorded so if you can't attend but would like the view please still register and the recording will be sent to you after the event.

### TEENAGE AND TYPE 1 Q&A SESSION

Join us **Monday 17<sup>th</sup> May, 7:00pm – 7:45pm**, for our 'Teenage and type 1' online Q&A session to hear from our panel of 15–21-year-olds living with type 1. They'll share their personal experiences and answer your questions about the (emotional and practical) highs and lows.

They'll have their camera and mics on, but you won't – so you can sit back, take it all in, and submit your questions through the Q&A button.

Please note: this session is aimed at **13–17-year-olds** in the UK living with type 1.

Register for your free place here: <https://eu.eventscloud.com/teenage>

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## OUR LIVES OUR VOICES PROGRAMME- WEDNESDAY 16<sup>TH</sup> JUNE



'Our Lives Our Voices' will start its next Wellbeing Programme on Wednesday 16th June 2021. Created by young people living with type 1 diabetes, this 4 week programme brings everyone together to learn something new and become more confident in managing their condition. It's also a great opportunity to meet and make new friends and feel supported when you need it most.

For more information or to register contact Carl via [ourlivesourvoices@diabetes.org.uk](mailto:ourlivesourvoices@diabetes.org.uk).

## FREE 'GET MOVING' CLASSES

Diabetes UK are running free, online 10-week physical activity classes designed for people living with diabetes who are doing less than 30 minutes of movement a week, starting in May.

From chair boxercise to Tai chi and movement to music, each weekly class focuses on a different gentle activity, so you can try new ways to get active and find what you prefer. There are chair-based classes and ladies only classes.

Plus, there are Q&A sessions at the end of each class with clinical experts and guest speakers and you'll be able to chat and share experiences with other class participants.

We have attached our '[3 ways to get moving](#)' poster for you to share with your contacts.

Find out more about the classes on offer and register your interest now: [Register your interest here](#)

## UPCOMING TRAINING!

### ZOOM TRAINING, 25<sup>TH</sup> MAY 7:00 – 8:30PM

Lucy has designed a training session to support anyone getting to grips with Zoom. The next Zoom training will be held on **25<sup>th</sup> May 7-8:30pm**.

If you would like to join, please let her know via email or phone: [lucy.wieland@diabetes.org.uk](mailto:lucy.wieland@diabetes.org.uk) or 07469154831.

### SPEAKER TRAINING

Our colleagues in the Midlands are hosting online speaker training monthly. If you are interested in attending one of their sessions let us know and we will be happy to put you in touch with the team. The dates are: 27<sup>th</sup> May 7:00 – 9:00pm or 24<sup>th</sup> June 7:00 – 9:00pm.

We are currently in the process of organising another, if you are interested please can you vote on the poll to say when would be an ideal time to attend:

[https://doodle.com/poll/4bphws9qd85smaug?utm\\_source=poll&utm\\_medium=link](https://doodle.com/poll/4bphws9qd85smaug?utm_source=poll&utm_medium=link)

Get in touch with Emma for more details: [emma.parke@diabetes.org.uk](mailto:emma.parke@diabetes.org.uk) or 074691548282.

### MOODLE

Don't forget our e-learning platform: <https://diabetesukvolunteers.clcmoodle.org/>

### ASSEMBLE

We have some demonstration videos on using the new volunteering platform, Assemble, on our [website](#). However, please get in touch with any of the North of England volunteer team if you would like further support on using Assemble. There will also be the opportunity to ask any questions on Assemble at our [Let's Do Lunch](#) event.

## ADDITIONAL INFORMATION

### TYPE 2 DIABETES PREVENTION WEEK

This year's Type 2 Prevention Week will be the **10<sup>th</sup> May-16<sup>th</sup> May** and Diabetes UK will once more be joining Public Health England and NHS England to campaign throughout this week. With restrictions on meeting still in place, this year NHS England have created a toolkit that has lots all the information, banners and posters that you can use to support the campaign digitally.

See the Diabetes UK website for the [digital toolkit](#) and more information on our [prevention work](#).

### MENTAL HEALTH AWARENESS WEEK, 18<sup>TH</sup> – 23<sup>RD</sup> MAY

Hosted by the Mental Health Foundation, [Mental Health Awareness Week](#) aims to encourage people to get talking about mental health, as well as providing help and advice. The theme of the week is nature, as it is a well-known effective way of improving mental wellbeing, something that our volunteer Danny touched on when talking with us for [National Gardening Week](#) and so we thought it would be nice to [share his story](#).

*"For me, it makes me feel very calm, relaxed and peaceful... It is being part of a bigger picture and setting an example."* Danny

Thank you to The Friends of Princes Park and Danny for supporting us. You can find out more from Princes Park on their [website](#) and hear more from Danny and his fellow volunteers in this [video](#).

### MATERNAL MENTAL HEALTH AWARENESS WEEK, 3<sup>RD</sup> – 9<sup>TH</sup> MAY

This week is Maternal Mental Health Week, which is a campaign to advocate for Mum's experiencing mental illness, whether they are pregnant or have had a baby, and provide them the information they need to enable recovery. We are handing over to our lovely volunteer [Elysa](#), who, for her PHD, is working on developing recommendations for women who have experienced gestational diabetes on how to prevent type 2 diabetes, to talk about the impact this can have on the mental health of expectant and post-partum mums.

*"Given the million things new mums feel responsible for, face judgement for must think about, consider, and prioritise, on top of being sleep deprived, it can take a toll on mental health. Add to this the extra stress mums with previous gestational diabetes face, and the increased risk for type 2 diabetes among other health implications, it can be overwhelming."*

For Elysa's article in full, please visit our [Facebook Group](#).

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## EID AL-FITR

Eid Mubarak to all those celebrating Eid-al-Fitr soon! For those of you who are currently taking part in Ramadan, we hope that you have had a peaceful and happy time. For those who may not already know, [Eid al-Fitr](#) on the [12<sup>th</sup>-13<sup>th</sup> of May](#) marks the end of fasting from dawn to sunset, as well as spiritual reflection and prayer.

Eid is a major occasion and celebrations and under usual circumstances, the day starts with prayers, and a big meal is usually the main event. Eid involve lots of food which can be a challenge for people with diabetes. However, that doesn't mean that traditional festive foods can't be enjoyed, like with any celebration, it's all about in moderation. Here are our top tips for managing your diabetes throughout Eid al-Fitr

- Throughout the day, it's best to eat foods that are absorbed relatively slowly, such as basmati rice, chickpeas and dhal or biryani. These types of foods, and fruits and vegetables, can help keep blood glucose levels more stable during the celebrations.
- If you usually check your blood sugar levels, don't forget to check them more often during the festivities to make sure they don't get too high.
- You can make some small changes to make traditional recipes healthier, for example replace sugar with sweetener and use semi-skimmed or skimmed milk instead of full fat milk.
- Choose healthier desserts such as fruit salads and low-fat fruit yoghurt.

For more inspiration check out our [Learning Zone](#) for simple food swaps to make your meals healthier. Head [here](#) to watch our Webinar all about managing diabetes throughout Ramadan.

You can also head to the [Ramadan and Diabetes](#) page on our website for even more advice, and videos as well as factsheets in a variety of languages.

## SWIM 22

Swim 22 begins on the [22<sup>nd</sup> of July](#) and registration is now open! Whether you want to start regular exercise, lose weight or simply reignite your love of swimming, Swim22 is a fantastic way of getting fit whilst raising vital funds for Diabetes UK. With three distances to choose from, you can take the challenge at your own pace, in your own local pool over three months - individually or as a team! We'll be there to support you every stroke, length, and mile of the way.

For more information, visit: [Swim22 Diabetes UK](#) or email us on [Swim22@diabetes.org.uk](mailto:Swim22@diabetes.org.uk)

## PRIORITISING ACTION ON DIABETES IN GREATER MANCHESTER

The University of Manchester is looking for [people aged 18 - 40 with type 2 diabetes](#) to form an advisory group for a project looking at the impact of social and cultural influences on living with diabetes in Greater Manchester. The group will mainly be advising on engagement and delivery of the project, plus sharing results. If you are interested and would like to know more about being involved, please contact the lead researcher Dr Sarah Croke at [sarah.croke@manchester.ac.uk](mailto:sarah.croke@manchester.ac.uk).

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## 100 YEARS OF INSULIN

17 May 2021 will mark 100 years since Banting, Best and Macleod first got together to begin the research which would lead to the discovery of insulin.

What started as a theory from Frederick Banting was now on it's way to a becoming a life changing discovery as Banting, Best and Macleod began their research. Just month's later they'd made the breakthrough they were looking for and just a year after they started, the mass rollout of insulin began. That's quite a phenomenal achievement.



As we begin our countdown to the 100-year anniversary on World Diabetes Day, we'd like to hear what research means to you. How has diabetes research impacted your life? Is there anything you'd like to know about diabetes research and what are your hopes for what future research could mean for the lives of people with diabetes?

Take a look at some of the amazing breakthroughs we've seen over 85 years we've been supporting diabetes research... <https://www.diabetes.org.uk/research/research-impact>

If you're interested in sharing your story as part of our work to mark **100 Years of Insulin**, contact our Regional Communications Officer, Carmel at [carmel.ganner@diabetes.org.uk](mailto:carmel.ganner@diabetes.org.uk)

## MY WAY DIABETES

People living with diabetes who need clinical care or support should always contact their GP. However, they can also gain additional support through MyWay Digital Health, an online portal for people living in the following places:

- Lancashire and South Cumbria: [MyWay Diabetes](#)
- Greater Manchester: [Diabetes MyWay](#)
- Cheshire and Merseyside: [MyWay Diabetes](#)

If you are also interested in accessing information and doing a course so you can choose how to look after yourself (and can access your diabetes health records with support from your practice), you can sign up for free.

If you need any assistance or have any questions, then please get in touch with the MyWay Diabetes team directly at [support@mw dh.co.uk](mailto:support@mw dh.co.uk)

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## YOUR VOLUNTEER TEAM

**Jennifer Shaw:** Senior Volunteer Development Lead for the North-  
[jennifer.shaw@diabetes.org.uk](mailto:jennifer.shaw@diabetes.org.uk)

**Evie Kinghorn:** Volunteer Development Officer- [evie.kinghorn@diabetes.org.uk](mailto:evie.kinghorn@diabetes.org.uk)

**Emma Parke:** Volunteer Coordinator- [emma.parke@diabetes.org.uk](mailto:emma.parke@diabetes.org.uk)

**Lucy Wieland:** Groups Liaison Officer for the North-[lucy.wieland@diabetes.org.uk](mailto:lucy.wieland@diabetes.org.uk)

## CONSENT

We recognise that consent is subject to change so if at any point you would like to stop receiving the volunteer blast please just reply saying so and we will remove your name from the list. You can also change your permissions by dropping us an email: [NorthYorks@diabetes.org.uk](mailto:NorthYorks@diabetes.org.uk) or completing the online form: <https://forms.diabetes.org.uk/im-in-charge>

Remember you can **opt out** at any time and it is **entirely your choice**.

## RESOURCES FOR YOU

### COVID 19

- Online event: [Coronavirus and Vaccines Q&A](#).
- Diabetes UK Website: [https://www.diabetes.org.uk/about\\_us/news/coronavirus](https://www.diabetes.org.uk/about_us/news/coronavirus)
- Your Diabetes Care During Coronavirus:  
[https://cdn.shopify.com/s/files/1/1922/6045/files/1987\\_Pandemic\\_Essentials\\_Leaflet\\_FINAL\\_forShop.pdf?v=1610532181](https://cdn.shopify.com/s/files/1/1922/6045/files/1987_Pandemic_Essentials_Leaflet_FINAL_forShop.pdf?v=1610532181)
- Staying at Home & Managing Diabetes:  
<https://cdn.shopify.com/s/files/1/1922/6045/files/managing-diabetes-while-isolated.pdf?v=1586416029>

### GENERAL

- Footcare:  
[https://cdn.shopify.com/s/files/1/1922/6045/files/Diabetes\\_and\\_looking\\_after\\_your\\_feet\\_for\\_web\\_6ec78309-b1c1-471e-be15-99184b252dcb.pdf?v=1610532172](https://cdn.shopify.com/s/files/1/1922/6045/files/Diabetes_and_looking_after_your_feet_for_web_6ec78309-b1c1-471e-be15-99184b252dcb.pdf?v=1610532172)
- Moving more:  
[https://cdn.shopify.com/s/files/1/1922/6045/files/Your\\_guide\\_to\\_moving\\_more\\_when\\_you\\_have\\_diabetes\\_PDF\\_2.9MB.pdf?v=1611655465](https://cdn.shopify.com/s/files/1/1922/6045/files/Your_guide_to_moving_more_when_you_have_diabetes_PDF_2.9MB.pdf?v=1611655465)

### FOR ANY QUESTIONS OR SUPPORT AROUND DIABETES:

- Our website continues to be regularly updated with the latest advice on Covid-19: [https://www.diabetes.org.uk/about\\_us/news/coronavirus](https://www.diabetes.org.uk/about_us/news/coronavirus)
- You can also access peer support through our [Facebook](#) page or the [Befriending Circle](#).
- You can visit our [Learning Zone](#) and get clinically trusted advice that's tailored to you.
- Visit our free [Diabetes Support Forum](#) where you can exchange knowledge and experiences with other people with diabetes, family and carers.
- You can speak to someone on our helpline if you have any questions about returning to work, or any other diabetes-related concerns you may have around or outside of COVID-19.
- **Call:** 0345 123 2399
- **Email:** [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)