

NORTH OF ENGLAND COMMUNITY BLAST

WORLD

DIABETES DAY

14 NOV 2021

THIS IS DIABETES, OUR CAMPAIGN

Everyone's story of life with diabetes is different. But you're never going through it alone. We hope you'll see some of your own experiences in our new campaign, which is all about showing the world what diabetes is really like. You might have seen us on ITV, online or in the press! Find out more by getting in touch with our local team or online via:

<https://www.diabetes.org.uk/this-is-diabetes>

DIABETES AND INSULIN: THE ESSENTIALS

Whether you're new to using insulin, or you've used insulin for a while, our new Insulin Essentials resource is a handy guide to the care and support you should be receiving. Please get in touch for a free print copy and pass on to anyone you know who might find them helpful:

www.diabetes.org.uk/insulin-essentials-digital

DIABETES UK IN THE NORTH OF ENGLAND...

World Diabetes Day, 14 November: Join us in celebrating 100 years since the discovery insulin. We will be celebrating through stories which take insulin from **#LabToLife**.

Take on our **#NailingDiabetes** challenge. Paint your nails blue to help raise awareness of diabetes - and make more research breakthroughs possible.



Virtual event, 14 December: The team are excited to round off the jam-packed year with a fun and friendly virtual event for our 'Friends of the North'. We'd love to see you there!



Please **get in touch with our regional team** (details overleaf) if interested in any of the above!

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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Regional team

Our North of England team are here to help and we love to hear from you. If you want to hear more and connect with your local team, please get in touch with us on:

Telephone: 01925 653 281

Email: n.west@diabetes.org.uk

Facebook: please search [Diabetes UK Chat: Your Friends in the North.](#)

Get involved

Would you like to help us create a world where diabetes can do no harm? Then we have a role for you! Whether it's volunteering, fundraising, campaigning or sharing your story, we'd love to hear from you.

Peer support

We have peer support groups across the UK who offer people affected by diabetes a chance to share their experience with others. Or, if you would like some 1:1 support, we have volunteers you can talk to!

Learning zone

Visit our online Learning Zone for free, tailored advice and tips on managing your diabetes day-to-day: www.diabetes.org.uk/learn-zone

Invite us

Do you want to hear more about diabetes in your workplace, faith group or community group? Get in touch for information or arrange a talk.

NATIONAL HELPLINE

Get in touch with our trained advisors for support, advice or just a chat. Call our helpline, Monday to Friday, 9am to 6pm or email us:



0345 123 2399

helpline@diabetes.org.uk

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