

Diabetes UK – May 2022 update

Please find our latest update from the Diabetes UK North of England team below. As always please do pass on and circulate to anyone you think may benefit from this information.

Diabetes Prevention Week

Type 2 Diabetes Prevention Week is taking place from Monday 23 May to Sunday 29 May this year. If you'd like to take part you will find resources and promotional material to download here: [Diabetes Prevention Week Toolkit \[ZIP\] | Campaign Resource Centre \(phe.gov.uk\)](#)

Diabetes is Serious Event

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>

New Guide for Type 1 Diabetes

Our new-brand updated guide to type 1 diabetes can now be [ordered or downloaded from our shop](#). Like the other core guides that we've updated recently, Your guide to type 1 diabetes is smaller than it used to be (A5) and we've got updated photography with quotes from people with real experience of living with type 1 diabetes

Diabetes Week 2022 is coming!

The dates for this year are Monday 13 – Sunday 19 June. And once again, we'll be celebrating our incredible diabetes community. Diabetes is a constant balancing act of listening to your body, managing numbers, dealing with opinions. Your blood sugar won't always be in range. Figuring out food labels and menus might have you tearing your hair out. And you might have treated that 3am hypo with a few too many jelly babies... But you're doing it, every single day. Living with diabetes, juggling the ups and downs. And that's worth celebrating.

That's why, this Diabetes Week, we'll be celebrating the millions of people across the UK taking diabetes in their stride – and everyone supporting them along the way, whether that's by working on the healthcare frontline, helping to make our research possible, giving their time to volunteer, raising money or awareness, or in so many other amazing ways.

How can you get involved?

- **Join our Big Diabetes Week Dog Walk**
Registration is now open for first ever Big Diabetes Week Dog Walk! Everyone can take part, whether they've got four legs or two (but dogs are especially welcome). You might choose a family-friendly weekend stroll, organise a walk around a local park, or go for a more ambitious trek with friends. Wherever and whenever you walk, it's completely up to you. And whether you walk to raise awareness, raise money, or just for fun – it's your Diabetes Week, and it's your walk! Sign up here: www.diabetes.org.uk/diabetes-week/big-dog-walk We'd love for you to help us promote the walk - tell your networks, share it on social media and [download the posters from the Shop](#). Do you have a dog? Would they look paw-sitively fantastic in a Diabetes UK dog bandana or t-shirt? We want to see! Deck them out in Diabetes UK merchandise, take some photos and send them to diabetesweek@diabetes.org.uk
- **Help us show the Government that #DiabetesIsSerious.**
At the beginning of June, we'll be launching a #DiabetesIsSerious hand raiser action, asking our community to help us fight for better diabetes care. #1in14 of us live with diabetes – let's show the incredible difference we can make when we come together and make our voices heard. More info will be coming soon – watch this space!
- **Raise awareness** by sharing our 'This is Diabetes' film, or putting up a poster in your local area. [Posters are available from our shop](#)

Upcoming free Diabetes UK online events

- **What to do when diabetes gets you down**
Tuesday 17 May, 6pm – 7pm
Looking at the link between diabetes, low mood and depressive tendencies this free, online event that's open to all, including those living with diabetes, those at risk, family, friends, carers and healthcare professionals. Register at: <https://orlo.uk/TlpRi>
- **What to do when diabetes gets too scary**
Tuesday 24 May, 6pm – 7pm

Our colleagues in the South East are hosting an online event 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. Register for free at: <https://orlo.uk/SzxYd>