

DIABETES WEEK

10–16 June 2024

YOUR GUIDE

DIABETES UK
KNOW DIABETES. FIGHT DIABETES

Diabetes Week is a week to make some noise, raise awareness and shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

A stylized illustration of a hand holding a sign. The hand is light brown with a bright orange sleeve. The sign is a bright blue rectangle with white text.

YOUR DIABETES CHECK-UPS MATTER

This year, we want to talk about the health checks you need when you have diabetes.

We know life with diabetes can feel like number, check and test overload. You might feel fine, or feel like you don't have the time. Or maybe you're not sure what checks you should be getting. But these regular diabetes health checks are vital to keep you healthy, so you can continue living life to the full.

In this guide, we wanted to tell you a little more about what we're planning for the week, share some ideas for how you can get involved, and give you some resources to help.

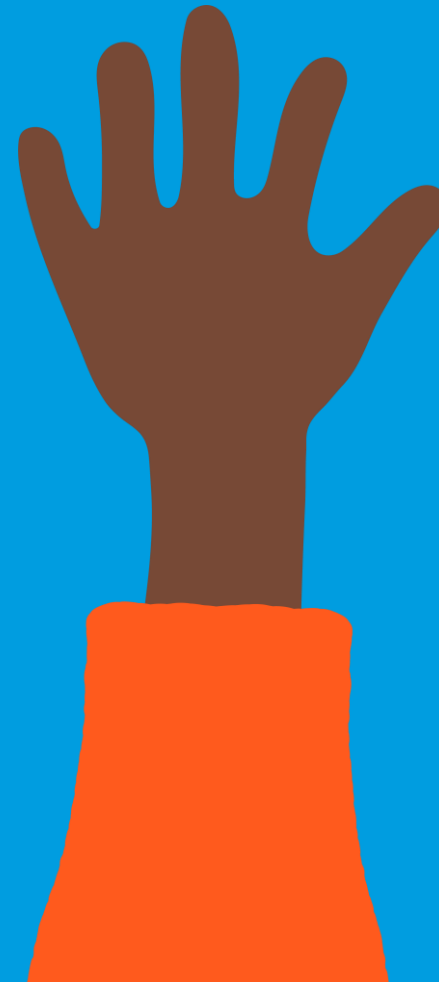
WHAT DIABETES HEALTH CHECKS DO YOU NEED?

Read more about these diabetes check-ups, and the care to expect when you have diabetes, on our [website](#).

When you have diabetes, there are regular health checks you need – and it's more than just a blood test. They're tests to check your average blood sugar levels and how well your heart and kidneys are working, as well as check-ups on your eyes and feet.

The tests help spot signs of any changes early on, so you can get all the help and support you need. The results will tell you and your healthcare team more about your diabetes and how it's affecting your body, so you can make the best decision on how to manage it.

HOW CAN I GET INVOLVED?



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HELP US REACH AS MANY PEOPLE AS POSSIBLE

Not enough people are receiving all the regular diabetes health checks they need. Will you help us raise awareness of what they are and why they're so important?

Put up a poster in your GP surgery, diabetes clinic, pharmacy or local community, share on social media - or simply take the opportunity to chat to someone this Diabetes Week. Whether that's about the checks you need – or how frustrating it is trying to fit them in!

[Download your digital resources](#) or order printed posters and leaflets from our [online shop](#)



SHARE ON SOCIAL



It's #DiabetesWeek! It's a time to make some noise, raise awareness and shout about the things that matter to people with diabetes, and shine a light on what it's like to live with day in, day out.

This #DiabetesWeek, we want to talk to about the regular health checks that you need when you have diabetes.

Find out more about how you can get involved at <https://bit.ly/3US2m5E>

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Find out more at <https://bit.ly/4dJSMdw>

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They're tests to check your average blood sugar levels and how well your heart and kidneys are working, as well as check-ups on your eyes and feet. The results will tell you and your healthcare team more about your diabetes and how it's affecting your body, and help you make decisions on how to manage your condition.

Find out more at <https://bit.ly/4dJSMdw>

LISTEN IN TO OUR PODCAST



Celebrating one year!

It's officially one year since we launched 'Let's Talk Diabetes', our podcast where we explore the world of diabetes through conversations with local people living with diabetes, members of the Diabetes UK Northern Ireland team, and healthcare professionals.

To date, we have covered a range of topics including learning about who will form your diabetes care team, knowing your numbers, supporting your mental wellbeing and resilience, and life with type 1 diabetes as a young person. Most recently, we've kicked off our Women's Health series where we're exploring the management of diabetes through a woman's entire lifetime

Subscribe on your preferred streaming platform so you don't miss an episode. Catch up on the latest episode via [Spotify](#), [Apple](#) or [Acast](#).

SHARE OUR EVENTS

Information stands

- **Guildhall, Monday 10 June from 10am to 12noon.** Guildhall Square, Derry/Londonderry, BT48 6DQ
- **Mid Ulster Volunteer Centre, Friday 14 June from 11am to 12noon.** InVOLve House, 16-18 Queen Street, Magherafelt, BT45 6AB
- **Bloomfield Shopping Centre, Friday 14 June from 10am to 4pm.** Bloomfield Shopping Centre, South Circular Road, Bangor, County Down, BT19 7HB
- **Rushmere Shopping Centre, Sunday 16 June from 1pm to 6pm.** Rushmere Shopping Centre, Central Way, Craigavon, BT64 1AA



SHARE OUR EVENTS

Online

Women's Health Event – Pelvic Health Session with Vicki Causer, Women's Health & Movement Coach. Online via Zoom, Wednesday 12 June from 7pm to 8pm. To find out more information, please reach out to our team at communityteamni@diabetes.org.uk.

Together Type 1 NI

Join our Together Type 1 team for some mini-golf! Here you'll have the chance to meet other young people living with type 1 diabetes, practice your golfing skills and enjoy a dinner together.

- Tuesday 11 June from 7pm to 9pm
- The Lost City Adventure Golf Belfast Cityside Retail & Leisure Park, BT15 1JH

Read more and register [here](#) – this event is open to young people aged 11-25 living with type 1 diabetes. Please note, numbers are limited. Anyone under 18 must be accompanied by an adult.



JOIN THE CAMPAIGN

It's vital that everyone gets these checks. But we know that's not always the case. No one should have to fight for the basic care they need to live well with diabetes.

Ahead of the general election, as part of our Diabetes is Serious campaign, Diabetes UK is calling on all parties to make sure everyone living with diabetes gets the care they need.

Get involved today by [joining our campaign](#).



FOLLOW US ON SOCIAL

Follow us on social where we have lots of exciting things planned throughout the week!

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)

Our youth programme Together Type 1 also has its own social channels geared towards young people aged between 11-25.

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)



SHARE YOUR STORY

Share your story and encourage others to share theirs too. This could be on social media to raise awareness, or it could be over a cuppa with a friend, however you feel comfortable.

FUNDRAISE THIS DIABETES WEEK



Sponsored challenge or bake sale? Quiz night or karaoke? Sign up for our fundraising pack and fundraise ‘your way’ during Diabetes Week this June.

Your pack will contain loads of information, ideas, tips and inspiration to help you with your fundraising. And don’t forget we’re here to help you however you choose to support us!

[Get your fundraising pack](#)

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STEP FOR A HEALTHIER YOU

Take on our One Million Step Challenge this summer and step for a healthier you. From 1 July you'll take around 10,000 steps a day for three months and raise life-changing funds for people affected by diabetes.

But you're more than your daily step count, or the total on your JustGiving page. Every step and every pound makes a difference – you're more than a number! step.diabetes.org.uk

ONE MILLION STEPS.
THREE MONTHS.
A LIFE-CHANGING
CHALLENGE.



And just a reminder – if you, or someone you love, are looking for advice, having a tough day or just want to talk to someone going through the same, we're here for you.

CALL OUR HELPLINE

Our highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes. Call us on **0345 123 2399** (Monday to Friday, 9am to 6pm) or email [**helpline@diabetes.org.uk**](mailto:helpline@diabetes.org.uk) to chat to one of our team.

JOIN OUR SUPPORT FORUM

We hold monthly online peer support sessions for adults living with type 1 diabetes. If you would like more information, please email CommunityTeamNI@diabetes.org.uk. Peer support for young people aged between 11-25 is also available – email TogetherType1NI@diabetes.org.uk for more information.

FIND SUPPORT IN YOUR AREA

We have a range of local support groups available in Northern Ireland, where you can meet and get to know other people living with and affected by diabetes in your area. [**Find your nearest group.**](#)

SIGN UP TO LEARNING ZONE

[**Our free Learning Zone**](#) covers everything from tasty food swaps and exercise tips, to advice around managing your diabetes day-to-day and looking after your mental wellbeing – all tailored to you.

THANK YOU

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