

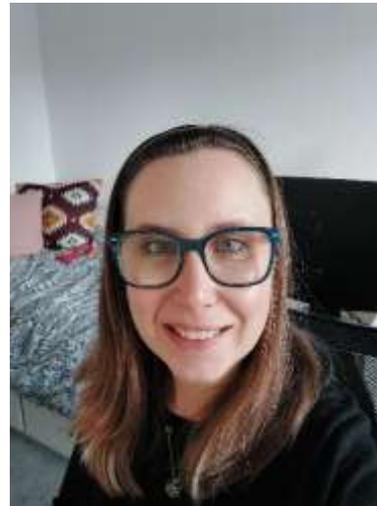
# SOUTH EAST REGIONAL NEWSLETTER

## Welcome, Welcome

Hello and happy October! This month we are celebrating Black History Month [#Tackling-Inequality](#). Pumpkins are everywhere ready for Halloween, and the clocks go back on October 31<sup>st</sup> giving us an extra hour of sleep.

This month we are also giving a huge welcome to our new team member - Charlotte Burford.

*“My name is Charlotte and I’ve recently started as the Volunteer and Outreach Manager here in the South East. I’ve come from working with volunteers in the arts and heritage sector and have spent many years working in Museums such as the V & A and at the National Trust. I’m really excited to be working with you all and I can’t wait to get to know you all more over the coming months”*



I’m sure you will be hearing from Charlotte in the coming weeks and months as she settles into Diabetes UK and her new role. If you need to get in touch with Charlotte, she can be emailed at [charlotte.burford@diabetes.org.uk](mailto:charlotte.burford@diabetes.org.uk)

## Engagement Sessions

Through September, myself, Jill, and Charlotte have hosted a number of virtual Engagement sessions for speaker volunteers, community champions and group officers.

These sessions were held to get an understanding on your thoughts on returning to face to face volunteering, what volunteering has been like over the past 18 months, and what support we may be able to give to help you in your roles.

Each of these sessions bought up some good points and we wanted you to know that returning to face to face volunteering should be done in your own time and when you feel comfortable. We understand that this may take some time for some and there is absolutely no judgement.

We also learned about the many positives things that have been going on and wanted to say a huge thank you to everyone's continued support.

In case you missed any of the sessions, we plan on running similar sessions again in the New Year as the feedback has been very positive.

## Volunteer Conference

A final reminder about our National online Volunteer Conference – Volunteering With You!

Taking place on Saturday October 9<sup>th</sup>, 10am-2.30pm, you will have the chance to meet other volunteers from across the UK. Hear how your volunteering and support helps us reach more people touched by diabetes and create a world where diabetes can do no harm. You will have the opportunity to hear from

our Executive team, join your local area to hear about the great work they are carrying out for people living with diabetes and we will be joined by an inspirational guest speaker. If you would like more information on the event, please contact: [volunteerconference@diabetes.org.uk](mailto:volunteerconference@diabetes.org.uk)



To **sign up** for the day, please register at: <https://www.eventbrite.co.uk/e/volunteering-with-you-network-with-fellow-diabetes-uk-volunteers-tickets-162702699153>

## Group Activity – Surrey Downs

The Surrey Downs group participated in their first major community event since Covid at Bourne Hall, Ewell at the end of September. Organised by the Integrated Care Partnership (ICP) which is the largest General Practice in the Epsom and Ewell locality with a list of circa 33,500 registered patients.

With COVID safe guidelines in place, the day long pilot event was attended by more than 250 people and took the form of “open surgeries” from a wide range of support services comprising experts in their field ranging from solicitors, financial advisors (non-commercial) as well as Police, Paramedics, Nursing, Care and Learning Disability Homes, and the charity sector. There were about 30 stands which provided a wealth of information about local

networks. The group had a significant interest and footfall on their stand with genuine interest in what can be done for people with diabetes and our current campaigns.

*"We were pleasantly surprised by the number of Diabetes UK leaflets handed out. We also used the event to promote both our current diabetes walks and new weekly Peer Support Group to be held at Stoneleigh Library starting on Monday the 11<sup>th</sup> October for 8 weeks (2-4 pm). It was great to be out in our community again and feel that we were making a significant contribution!"*

The group has suggested making contact with local Social Prescribing Link Workers as it is a good way to broaden community links.

## Online Events

We have another eventful month here in the South East.

Tuesday October 5<sup>th</sup>, 6-7.30pm

Online Cooking Demo: Healthy African Recipes (with Diverse Crawley)

(Marilyn Le Feuvre, Diverse Crawley & Sarah Alicea, Diabetes Specialist Dietitian)

Register for free at: <https://tinyurl.com/r89jbmvj>

Tuesday October 19<sup>th</sup>, 1-2.30pm

Pre-conception and Pregnancy for People with Diabetes

(Dr Aye Seint Naing MBBS. FRCP, Consultant in Diabetes and Endocrinology & Dr Rasha Mukhtar, Consultant in Diabetes & Endocrinology)

Register for free at: <https://tinyurl.com/4rkbvrnd>

\*Tuesday October 26<sup>th</sup>, 6-7.30pm

Online Cooking Demo: Healthy Caribbean Menu (with Diverse Crawley)

Register for free at: <https://tinyurl.com/rs6txh2h>

*\*This event is tentative due to our cooking hosting having to pull out. If you or anyone you know would be interested in doing a cook along, please get in touch with: [caroline.walker@diabetes.org.uk](mailto:caroline.walker@diabetes.org.uk)*

# This Is Diabetes

Our new advertising campaign, This is Diabetes, is an awareness raising campaign, launching on 6 October 2021. It's all about showing the world what diabetes is really like, through the stories of the people who live with it day in, day out.

This is Diabetes is made up of TV and radio adverts, as well as digital adverts that will send people to our website with a simple call to action of: 'for advice, support and community, search Diabetes UK'. It'll air on ITV across most of the UK – unfortunately not in London and the South East due to budget implications. But our radio adverts will also be shared across the UK, and more so in London and South East.

We know that diabetes is different for everyone. It's relentless, and it's something that people often underestimate or don't understand. We have a key part to play in raising the awareness of diabetes and of Diabetes UK, to bring people closer to us and understand that our cause is one worth caring about. One of our strategic priorities is that by 2025, we want to be working alongside a large, vibrant and engaged community: millions of people affected by diabetes across the UK who are inspired by and motivated to support us to truly impact the lives of people living with and affected by diabetes.

Keep on eye out for further information on our Campaign coming next week.

Support and follow our Regional Social Media pages by clicking the icons below.  
Don't forget to share!

