



As lockdown lifts, lots of us are feeling excited about seeing more of our loved ones. But for some, the easing of restrictions is more difficult and can lead to feelings of anxiety. Don't forget, our helpline team are always here too - call us on 0345 123 2399 from 9am to 6pm Monday to Friday, or email us at [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) and we'll get back to you as soon as we can. You can also [find the latest coronavirus guidance for people with diabetes on our website](#).

Did you know that working night shifts is linked to higher risk of type 2 diabetes? Or that it's associated with higher blood sugar levels in those who already have the condition? Researchers at King's College London are recruiting hospital shift workers living with type 2 diabetes to be part of a study that helps them develop more tailored support to improve the health of shift workers with type 2. [Find out more and apply](#).

Take care,

Pauline  
Senior Membership Manager

## LATEST NEWS



### Why you should step your way into spring

If you live with diabetes, including more physical activity into your daily routine has lots of benefits - and walking is a great way to do that. Take a look at our updated information on walking when you have diabetes for top tips on how to get started, stay motivated, and look after your feet and blood sugar levels when you're on the move.

[Step it out](#)



### Tell us what you think of our revamped recipes

On our website, you can find over 500 recipes that have all been checked and approved by our specialist team of dietitians. Recently, we've changed how you see them on the site, improving the search function and making them easier to print. What do you think? We'd love your feedback - just reply to this email with your thoughts.

[Enjoy food](#)



### Win exclusive SOCKSHOP vouchers

If you spotted this competition in Balance magazine but haven't entered yet, now's your chance. We've teamed up with SOCKSHOP to give away two vouchers for their Heat Holders range, each worth an amazing £150. To be in with a chance of winning, just enter before Monday, 3 May.

[Enter to win](#)



### Immunotherapies and type 1 diabetes

In the future, immunotherapies could stop type 1 diabetes when it develops, or even prevent it entirely. Earlier this year, Professor Colin Dayan joined us for a live Q&A session to discuss recent breakthroughs and explain what they mean for people living with type 1 diabetes.

[Watch the video](#)

## GET IN TOUCH

You can find up-to-date [coronavirus information on our website](#), plus helpful tips on [staying well during coronavirus](#) and a [free downloadable guide about managing diabetes at home](#) during the pandemic.

Need to talk? Our helpline is open from Monday to Friday, 9am to 6pm. Give us a call on **0345 123 2399**. If you'd like to share experiences and chat to other people affected by diabetes, join our [online forum](#).

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