



**HERE TO HELP**

**At Diabetes UK, we're leading the fight for better care, treatment and support for people with diabetes in the UK. We're changing the future of diabetes and we won't rest until it can do no harm.**



# YOUR SUPPORT HELPS US TO

1

**Provide care, support and advice** to millions of people, helping them to manage their diabetes well.

2

**Campaign for change** so people get the best treatment and standards of care.

Find out how we support you at

[diabetes.org.uk/how-we-help](https://diabetes.org.uk/how-we-help)

3

**Fund groundbreaking research** - in the last 80 years, we've funded some of the greatest transformations in diabetes care, and helped save countless lives. Every day, we're getting closer to a cure.

4

**Help prevent type 2 diabetes** by educating people about their risk, encouraging early diagnosis and promoting simple lifestyle changes.

# YOUR MEMBER-ONLY BENEFITS INCLUDE

- **Balance magazine** delivered to your door four times a year. It's packed full of news and technology features, healthy living advice, recipes, exercise tips and your stories, all designed to help you live better with diabetes day in, day out.
- **Expert information** tailored for your needs.
- **Members' monthly email**, full of the latest diabetes insight, tips and advice.





- **Research alerts**, to help ensure you are the first to hear about breakthroughs in research and new treatments.
- **Regular discounts** in our shop and with selected partners.

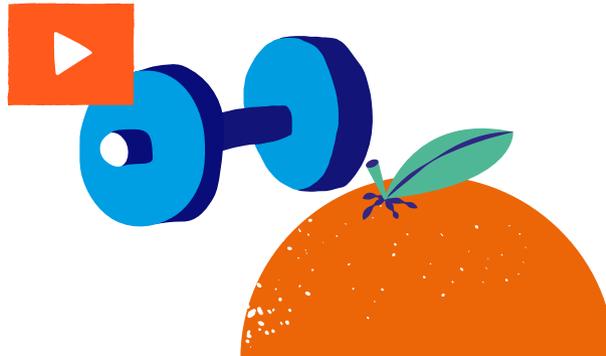
**Your membership helps fund research to improve the lives of people living with diabetes, both today and in the future.**

# LEARNING ZONE

Learning Zone is a great tool to learn more about diabetes. Through videos, quizzes and podcasts you'll get free, tailored advice to help you manage your diabetes day to day.

My favourite thing is that Learning Zone asks questions about your own life first, so you get a more personal experience.

**Lorna**



## Supporting you

You'll get clear, simple information from our diabetes experts on food, exercise and loads more. You'll also find practical tips from other people who have been there too, to help you manage your diabetes more confidently.

**Sign up now** to start exploring Learning Zone - you'll find:

- Tailored information you can trust – clinically-approved and based on the latest medical research.
- Simple and honest advice – hear from people living with diabetes who've been through this before.
- 24/7 support – access it for free, whenever you need advice and from wherever you are.



Join over 90,000 people and discover learning zone at [learningzone.diabetes.org.uk](https://learningzone.diabetes.org.uk)

# DIABETES AND ME

Your relationship with diabetes is personal, so you need information that's carefully selected for you.

That's why we've created Diabetes and Me.

## Smart suggestions

Our easy-to-use online tool creates a personalised version of our website containing the advice and information you're looking for.

You can browse and save articles you want to read later, create collections of your favourite recipes or catch up on research and news articles.



And we'll even make personalised recommendations if we think there's something else you might like to read.

**Discover more at**  
[diabetes.org.uk/diabetes-me](https://diabetes.org.uk/diabetes-me)

# LOCAL GROUPS

Join your local support group and meet other people affected by diabetes. There are different types of groups available all over the UK, so it's easy to find one that's right for you.

## Find your local group

When it comes to great support, you can't beat getting to know other people in the same boat. Our friendly groups are ideal for people with diabetes, their families, carers and friends too.

Run by volunteers, our groups typically meet online or face-to-face around once a month.



Sometimes it's just to chat, at other meetings there might be a guest speaker discussing a specific topic such as diet or exercise.

Our groups also fundraise, campaign, and raise awareness so there's lots to get involved with.

**Find out more at**  
**[diabetes.org.uk/membership-local-groups](https://diabetes.org.uk/membership-local-groups)**

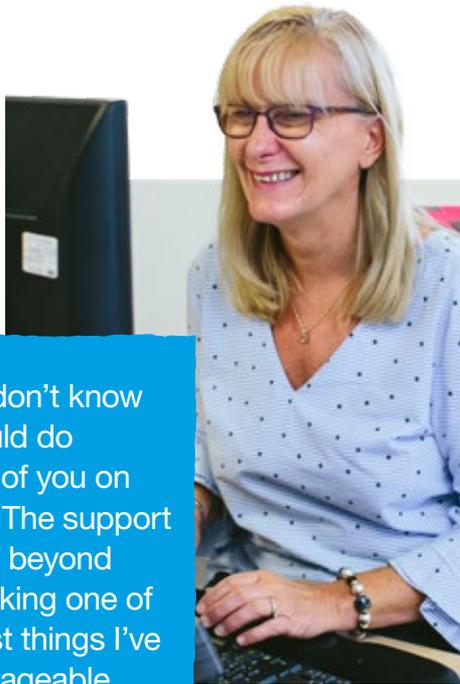
# SUPPORT FORUM

Want to chat to people living with, or affected by diabetes? Then head to our online forum.

## A problem shared

Our forum is an online community that's free and simple to use. It's for everyone affected by diabetes, regardless of type. It's somewhere you can feel comfortable talking about diabetes and connect with others who know what you're going through. When you sign-up you'll join over 23,000 others who've posted over one million messages so far.

**Sign up today at**  
[diabetes.org.uk/membership-forum](https://diabetes.org.uk/membership-forum)



Honestly, don't know what I would do without all of you on the forum. The support and love is beyond words. Making one of the scariest things I've faced manageable.

# EATING WELL

The foods you eat make a difference to how you manage your diabetes, how well you feel and how much energy you have.

Our website is full of great advice on how to eat well with diabetes. From recipes to top tips and advice on understanding food labels, everything is checked by our team of specialist dietitians so you'll always know what's in your food.

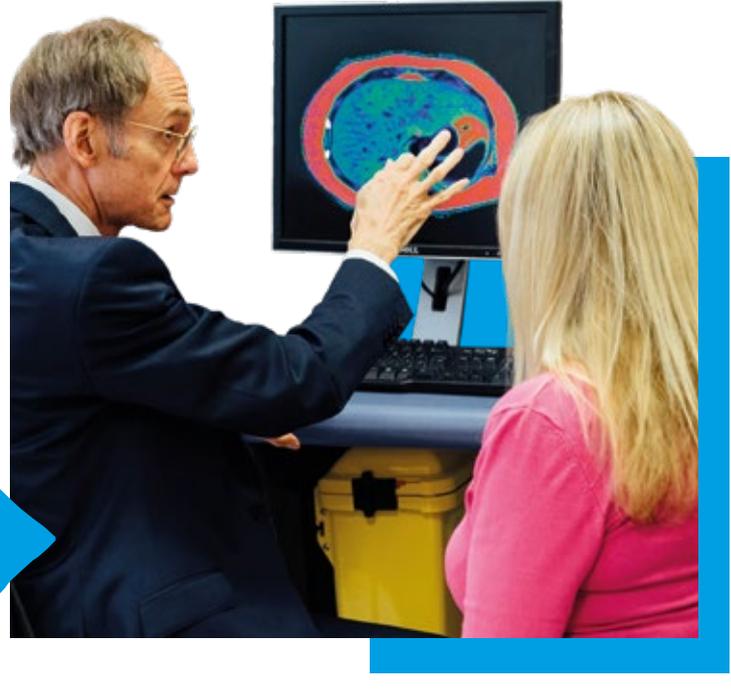
Find out more at [diabetes.org.uk/membership-food](https://diabetes.org.uk/membership-food)



Welcome to great food

# GROUNDBREAKING RESEARCH

Thanks to the support of our members, we've been funding diabetes research for over 80 years, transforming the lives of millions of people with diabetes.



## You're pushing diabetes research forwards

Thanks to people like you, we've funded some of the greatest revolutions in diabetes care. Our researchers were behind the first insulin pen, and they discovered how to put type 2 diabetes into remission. And we're not done yet.

Right now we're funding scores of research projects up and down the UK. They're helping us understand the causes of diabetes and bringing about life-changing breakthroughs in care, treatment and prevention. Ultimately, they're improving the quality of life for people with diabetes and bringing us ever closer to a cure.

As a member, you'll be first to hear about breakthroughs in research and what this could mean for you and the way you manage your diabetes day to day.



The equipment people have now is fantastic and that's only because of the massive investment in research. And I love that research, I love it. It could change thousands of lives. It could change millions of lives.



Lis, member of a Diabetes Research Steering Group.

**Get the latest at**  
**[diabetes.org.uk/membership-research](https://diabetes.org.uk/membership-research)**

# JOIN OUR FIGHT FOR A BETTER FUTURE

Want to help improve the lives of people with diabetes? Join us and thousands of others today to create positive change for people living with diabetes.

## Campaign for change

Life with diabetes can feel relentless. But it shouldn't mean you have to put your life on hold. Everyone affected by diabetes should have the right to access the treatment, technology and care they need to live a fulfilling life.



Whether it is signing a petition or meeting your MP, representing others with diabetes or handing out leaflets, your contribution will make a huge difference.

**Join us at**  
**[diabetes.org.uk/membership-campaigning](https://diabetes.org.uk/membership-campaigning)**

# VOLUNTEER

Want to make a difference, meet new people and gain new skills? Give a few hours of your time and help us create a better future for people with diabetes.

## Volunteer with us

Hundreds of volunteers take our work into communities right across the UK, and we'd love your help. Volunteering can be an incredibly rewarding experience, and there are lots of different ways to get involved. Whether you've got minutes, hours, days or weeks, the time you give matters, and ultimately makes our work possible.

Sign up today at  
[diabetes.org.uk/membership-volunteering](https://diabetes.org.uk/membership-volunteering)



# **DiABETES UK**

**KNOW DIABETES. FIGHT DIABETES.**

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