

# SOUTH EAST REGIONAL NEWSLETTER

## Welcome

Hello! Can you believe it's November already? I hope everyone enjoyed their extra hour in bed over the weekend. It does now mean the night draws in sooner, and cold weather is also starting to set in.

Moving on from the scary Halloween festivities of October, November brings the celebration of Diwali, Guy Fawkes Night, Remembrance Day and Thanksgiving (for any Americans). I was lucky enough to see some of the festivities a few years ago on my trip to New York and see the famous Macy's Thanksgiving Day Parade. The giant Paddington Bear floating through the New York streets, amongst many other things, was certainly something to remember.



*Thanks, Emma*

## Returning to Face-to-Face Events

A massive thank you to all volunteers and groups who have gotten back out there doing face-to-face events and for completing any necessary training or paperwork. We understand this hasn't been the most exciting task, but it is there to keep everybody safe and well.

We know not everybody is ready to return to face-to-face events yet and that is okay. If you need to discuss anything about your volunteering or returning to face-to-face then please get in touch, or drop in on one of our virtual v-meets and we'd be happy to support you.

If you are looking at returning to face-to-face events, please be patient while we begin to receive requests for events or talks from organisations and communities. These have started to pick up a little bit, but we expect a dip over the winter period.

If you're group is looking at returning to face-to-face events and activities, please make sure you have completed the new Covid-19 SAFE Assessment for your venue and that the three officers in your group have completed the mandatory Keeping Safe, Legal and Healthy training. This can be completed either online or in one of our virtual training sessions. Family groups must do both.

If you would like to attend a training session, please let us know so we can book you on to one of the dates below:

For Local and Community Groups

- Tuesday 9 November: 2pm – 3pm
- Tuesday 1 February: 10am – 11pm

For Family Groups

- Tuesday 18 January: 6.30pm – 8.30pm

Please get in touch if you need a copy of the SAFE assessment or support accessing the online training.

## World Diabetes Day

With World Diabetes Day just around the corner on November 14<sup>th</sup> we're telling the extraordinary story of diabetes research, from #LabToLife.

We're celebrating 100 years since the incredible discovery of insulin, and the century of life-changing diabetes discoveries this breakthrough inspired - from blood glucose meters and eye screening to putting type 2 into remission.

We'll be meeting the scientists and researchers behind the breakthroughs, along with some of the people with diabetes whose lives they've changed.

Find out more about our plans: [https://www.diabetes.org.uk/get\\_involved/world-diabetes-day](https://www.diabetes.org.uk/get_involved/world-diabetes-day)



## Nailing Diabetes

We are also asking you to paint your nails blue to help raise awareness of diabetes - and make more research breakthroughs possible. #NailingDaibetes.

For everyone living with diabetes. And for you. For the days you feel like you're nailing your diabetes, and the days you don't. And for everyone who's been there to support you on those tough days.

Find out more about how you can take part here:

[https://www.diabetes.org.uk/get\\_involved/fundraising-events/nailing-diabetes](https://www.diabetes.org.uk/get_involved/fundraising-events/nailing-diabetes)

## Quiz

We wanted to invite you to join us on Thursday 11<sup>th</sup> November for a Diabetes UK staff and volunteer quiz to celebrate World Diabetes Day!

On 10<sup>th</sup> November it'll be 100 years since Banting and Best reached their eureka moment and discovered insulin. Join us on Zoom on **Thursday 11<sup>th</sup> November from 4-5pm** to celebrate World Diabetes Day and this miraculous milestone in diabetes research. Test your knowledge on diabetes discoveries through the ages, the extraordinary tale of insulin and our own #lbtolife research legacy.

Paint your nails blue, wear something blue, or dig out your Diabetes UK T-shirt and join our host, Director of Engagement and Fundraising, Kath Abrahams, for what's set to be a fun and informative hour.

You can register by following [this link](#) to the event in Assemble and clicking on "Attend selected" at the bottom right:

Choose your session

11/11/2021

15:55 - 17:00



Attend selected

## **This Is Diabetes**

Our biggest ever awareness raising campaign, This is Diabetes, launched on October 6<sup>th</sup> on both radio and TV. Unfortunately, the TV add isn't being shown across London and the South East due to budget implications, but we hope that the stories of our hero storytellers Gina, Jon,

Liz, Kaajal, Snita and Libby (and her parents) reach the millions of people living with the condition and relate and react to their experiences - feeling seen and understood - and come to us for support and advice.

Without their courage and honesty, we simply couldn't have shown the reality of daily life with diabetes. The campaign only runs for six weeks so hopefully you've all managed to see or hear the ad. And in case you've haven't seen it:

<https://www.youtube.com/watch?v=rgHJcAh6BBI>



## Volunteer Mention

A shout out to volunteer Brian who completed the swim22 challenge. Brian who set out to swim 44 miles between 22 July-22 October finished the challenge having swam a fantastic 51 miles! Unsure if he would complete the challenge after an ear infection took him out of action for 10 days, Brian soon got back to it and went above and beyond. Well done Brian!

## Event Reminder

We have a MODY (maturity onset diabetes of the young) online event coming up this month. If you, or anyone you know has been diagnosed with MODY or would just like to learn more, join us and Dr Ali Chakera, Diabetes and Endocrinology Consultant at University Hospitals Sussex on Tuesday 9<sup>th</sup> November, 6-7.30pm for a presentation and Q&A.

To register your attendance please sign up at:

<https://www.eventbrite.co.uk/e/maturity-onset-diabetes-of-the-young-mody-tickets-168442569259>

## V-Meet

Our next volunteer v-meet will be held on Wednesday 10<sup>th</sup> November, 1-1.30pm. This drop-in session will be hosted by Emma and Charlotte and is a chance for you to meet Charlotte, say hello and ask for support or to talk about anything and everything. Feel free to bring your lunch!

To join, simply click the below link  
<https://us06web.zoom.us/j/92808556683>

Meeting ID: 928 0855 6683  
Passcode: 062856

This is for Diabetes UK volunteers only.

## Staff Update

Many of you might remember Mai, who used to work within the South East team before moving over to our London Region. Mai left Diabetes UK after 4 years at the end of October to start a new challenge in the humanitarian and global health sector. We wish her all the best in her new exciting role.

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

