

NEWSLETTER

South East Coast and London Region
April 2024

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March Round up

March proved to be another busy month for our staff and volunteers alike. We've seen volunteers out at 12 different events across our region from the tip of Kent to the north of London! Volunteers have reached an estimated 377 people this month alone, giving up over 95 hours of their time to raise awareness. A huge thank you to all our volunteers!

In March we were also once again invited to take part in Leyton Orient's charity match days. We really enjoyed meeting supporters, telling them what they needed to know about type 2 diabetes and how to find out their risk from the condition as well as highlighting support available in Waltham Forest during the half time announcements. A great day that saw the team reach over 7000 people on the night!



Photo - left: Helen Riley, Theo the Wyvern and Louise Cripps on the pitch at Leyton Orient. Photo -right : The team at Wells Lawrence House planning volunteering tasks.

In March we also had our quarterly face to face regional team meeting. During the meeting we got together to plan our activities for the next few months and look at ways to engage more with volunteers – including offering 'micro-volunteering' opportunities. These will be quick and local actions which will give us more impact across the region.

One quick thing we are asking people to do is to like / follow / share our social media posts. The addresses for the various social media outlets are at the end of this newsletter. If you have any accounts yourself, please check that we are on your radar.

Important Information regarding Random Blood Glucose Testing at Events.

We've recently seen an increase in Random Blood Glucose Testing taking place at events which our volunteers are attending.

We would like to remind all volunteers that Diabetes UK does not support Random Blood Glucose Testing which includes finger prick testing using a handheld blood glucose monitor. This is because this form of testing is known to give a number of both false positive and false negative results and can therefore falsely reassure people of their risk of type 2 diabetes or conversely cause unwarranted concern.

Diabetes UK recommends the use of the online [Know your risk tool](#) as evidence shows this is a more effective method of helping individuals to understand their risk of diabetes which can then be followed up with a HbA1c test with their GP.

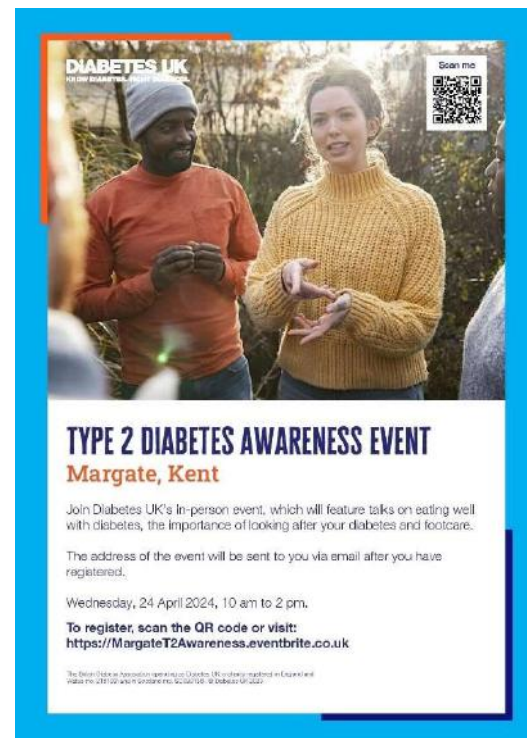
When organising your attendance at events, please ask organisers to place your stall away from any Random Blood Glucose Testing to avoid any confusion.

Volunteers should never give any medical advice or perform any medical procedures such as Blood Glucose Testing.

If you have any questions or queries, please contact us on secoastandlondon@diabetes.org.uk

Upcoming Events and Trainings

Margate Awareness Event



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

TYPE 2 DIABETES AWARENESS EVENT
Margate, Kent

Join Diabetes UK's in-person event, which will feature talks on eating well with diabetes, the importance of looking after your diabetes and footcare.

The address of the event will be sent to you via email after you have registered.

Wednesday, 24 April 2024, 10 am to 2 pm.

To register, scan the QR code or visit:
<https://MargateT2Awareness.eventbrite.co.uk>

The British Diabetic Association (previously the Diabetic Society) is a registered charity in England and Wales No. 230190 which is incorporated in Scotland No. SC230190.

Together Type 1 Event



SKATE PARK SOCIAL EVENT

FREE

Diabetes UK Together Type 1 X Source Park
Source Park Hastings
10 April 2024
2pm

Are you 11-15 and living with type 1 diabetes?
Join us for a skating/BMX session, meet other young people and hear more about Together Type 1

Register your interest today by scanning the QR code

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Steve Morgan
FOUNDER

Volunteer Drop In Sessions

April Drop In Session:

We will be having a drop-in session on April 23, 12:00 – 13:00pm on zoom. This session is aimed at our community champions, but anyone is welcome. Please check assemble for the drop in link or email secoastandlondon@diabetes.org.uk for more information.

Check out our previous online events!

Our last online event was a huge hit! If you haven't seen it, please check it out [here](#). A list of our past online events with recordings can be found [here](#). Please watch and distribute to any contacts as appropriate.

Upcoming Volunteer Training

Please contact Emma Cobon-Drummie (contact details at end of the newsletter) if you would like to be included in any of the upcoming training:

- **Speaker Training:**
Thursday 18th April, 6pm-8pm
- **Community Champion Training:**
Wednesday 10th April and
Wednesday 17th April 6pm-8pm.

Volunteer Opportunities

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Please get in touch with emma.cobon-drummie@diabetes.org.uk to find out more information and/or to confirm your availability to attend.

Speaker:



April 24th (Wednesday) 12-2pm at Aberfeldy Community Space, 18 Aberfeldy Square, E14 0XA.
For a women's group at Trapped in Zone One



Monday April 29th 7-9pm, for St. John Ambulance Cycle Response Unit - 160 Borough High Street London, SE1 1LB



May 4th (Saturday) 10.30am at The Lounge, Westwood Business Park, CT9 4JJ. For Headway Kent and their brain injury survivors group



May 10th (Friday) 10.30 am at Kent and Canterbury Hospital, Ethelbert Road, Kent, CT1 3NG.
For Headway Kent and their brain injury survivors group



June 13th (Thursday) 12.30-2pm at Eastcote Community Centre, Oak Hall, Oak Grove, Eastcote, HA4 8UD. For a Brain Tumor/Injury carer and client group.

Stall:



Saturday April 13th, 1-4pm at Stratford Library, 3 The Grove, Stratford, London, E15 1EL.
For Blossom Places' togetherness cafe.



Thursday 9th May, 9:00-13:30pm, Darwin Conference Suite, University of Kent, Canterbury.
For a type 2 patient Education event.



May 11th (Saturday) 1-5pm at St Michael's Church, Pond Lane, Blackheath, SE3 9JL. Local Health and Wellbeing fair.



May 21st (Tuesday) 10am-3pm at Cannon Street Station, Conference Room, Platform 1, London, EC4N 6AP. For Southeastern Railways health fair



May 22nd (Wednesday) 10am-3pm at London Bridge Station, Traincrew Room, St Thomas Street, London SE1 9SP. For Southeastern Railways health fair



June 4th (Tuesday) 10am-3pm at Ramsgate Engineering Depot, Newington Road, Ramsgate, CT12 6EE. For Southeastern Railways health fair



June 5th (Wednesday) 10am-3pm at Charing Cross Conference Room, Charing Cross Station, The Strand WC2N 5HF. For Southeastern Railways health fair



June 14th (Friday) 10am-3pm at Gillingham Traincrew Depot, Platform 3, Railway Street, Gillingham, Kent, ME7 1XE. For Southeastern Railways health fair

Could we ask all of you to do a small task? If you're able, print out our services poster (in colour) and approach a business or organisation to display it?

Other News

Libraries Contact?

Our Communications Manager Helen is looking to start our libraries project where we want to have Diabetes UK resources up in libraries across the region. If you or anyone you know is linked with a local library in your area do let Helen Riley know at helen.riley@diabetes.org.uk

School Speaker Presentations

- Our updated School Presentations are on Assemble in the Document Hub – 5.Volunteering Resources – Speaker Resources. Direct links here: Primary Presentation: [Document Hub | Assemble \(diabetes.org.uk\)](#)
- Secondary Presentation: [Document Hub | Assemble \(diabetes.org.uk\)](#)

Volunteer Shout Outs!

Workplace Ambassadors



Our Diabetes Workplace Ambassadors at Richmond and Wandsworth Council put together a wonderful awareness stall for staff on the 13th March. Well done to all involved!

Social Media

Facebook facebook.com/SECandLondon/

Twitter [@SECandLondon](https://twitter.com/SECandLondon)

Instagram instagram.com/diabetesuk.secoastandlondon/

Website diabetes.org.uk/in_your_area/south_east_coast_and_london

Linktree linktr.ee/diabetesuksecoastandlondon

How to Contact Us

Contact the **South East Coast and London** team at secoastandlondon@diabetes.org.uk

Contact **Clarrissa Morrill** from the volunteering team at Clarrissa.Morrill@diabetes.org.uk or ring 07590 734110.

Contact **Charlotte Burford** from the volunteering team at Charlotte.Burford@diabetes.org.uk or ring 07884865312.

Contact **Emma Cobon-Drummie** from the volunteering team at Emma.Cobon-drummie@diabetes.org.uk.

On behalf of the South East Coast and London team,
Clarrissa Morrill