

THANET DIABETES COMMUNITY SELF CARE GROUP

DIABETES UK INTRODUCTION AND UPDATE

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

DIABETES UK

What we do

As the UK's leading diabetes charity, it's our job to tackle the diabetes crisis. We're here to prevent Type 2 diabetes, campaign for and support everyone affected by diabetes, and fund research that will one day lead us to a cure.

- Political Campaigns – currently we have the Diabetes is Serious Campaign
- Supporting and advising people living with Diabetes - helpline, online forums, learning zone, our local groups
- Research
- Working with communities who are at high risk of Type 2
- Keeping healthcare professionals up to date to improve care.
- Work with NHS to prevent or delay type 2



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HELPLINE

What is the Diabetes UK Helpline

- Specialist information and advice on all aspects of living with diabetes. Call for answers, support or just to talk to someone who knows about diabetes.
- Call: **0345 123 2399**, Monday to Friday, 9am to 6pm
- Email: helpline@diabetes.org.uk
- Physical Activity Helpline Advisor

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LEARNING ZONE

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[My MOT](#) [My Goals](#) [Courses](#) [Tools](#) [Vlogs](#) [Podcasts](#)

Series 1: Ask an expert


Episode 1
Feet



Checking your feet everyday can ultimately help you avoid amputations. Our diabetes specialist nurse Dan explains.

1 podcast 1 resource 16 mins

Episode 2
Diets



There's no such thing as a "diabetes diet", says clinical advisor Emma, who explains how to eat healthily whether you have type 1 or 2.

1 podcast 1 resource 15 mins

Episode 3
Checking blood sugar levels



Constantly pricking your finger can be tiring and frustrating but it helps keep you safe whether you're exercising or driving, reveals Nurse Dan.

1 podcast 1 resource 30 mins

Episode 4
Adapting recipes

Episode 5
Sex and diabetes

Episode 6
Fruit and veg

Taking Control


Activities

- Before you start 2 min
- Welcome to Taking Control 1 min
- What's your care like? 3 min
- Your 15 Healthcare Essentials 1 min
- Blood checks 3 min**
- Body Checks 2 min

Learning Zone Charlotte

Blood checks

FEEDBACK



Ross

1:52 / 2:45

View transcript Next

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FORUM

How is the cost of living crisis affecting you and your diabetes? Take our survey: [Cost of Living Crisis Survey](#)

Community Members: Please be respectful of other peoples' opinions about diabetes. Everyone manages their health differently. Please be mindful of this.

Forums >

Diabetes UK

[New posts](#)

Welcome

Information on how to use the forum and technical support

[Welcome and Getting Started](#) Threads: 29 Messages: 52 Diabetes and Benefits
Aug 11, 2022 · Josh DUK

Diabetes Support Forums

Ask members of the forum about diabetes

[General Messageboard](#) Threads: 35.6K Messages: 553.7K Doctors Receptionists.....is it ju...
7 minutes ago · travellor

[Newbie say hello here!](#) Threads: Messages: Newbie but oldie

Latest posts

[Doctors Receptionists.....is it just me ?](#)
Latest: travellor · 7 minutes ago
General Messageboard

[Group 7-day waking average?](#)
Latest: Barrowman · 14 minutes ago
General Messageboard

[Matching Song Game](#)

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SHOP

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TALK TO US ABOUT DIABETES
0345 123 2399

[Donate](#)

[News and Views](#) [Forum](#) [Membership](#) [Professionals](#) [Shop](#) [Learning Zone](#) [Diabetes and Me](#)

[Preventing Type 2](#) [Diabetes: the basics](#) [Living with diabetes](#) [Research](#) [How we help](#) [Get involved](#)

COST OF LIVING

Read our tips and information to help you and your loved ones living with diabetes through the cost of living crisis. We're with you all the way.

[Find out more](#)



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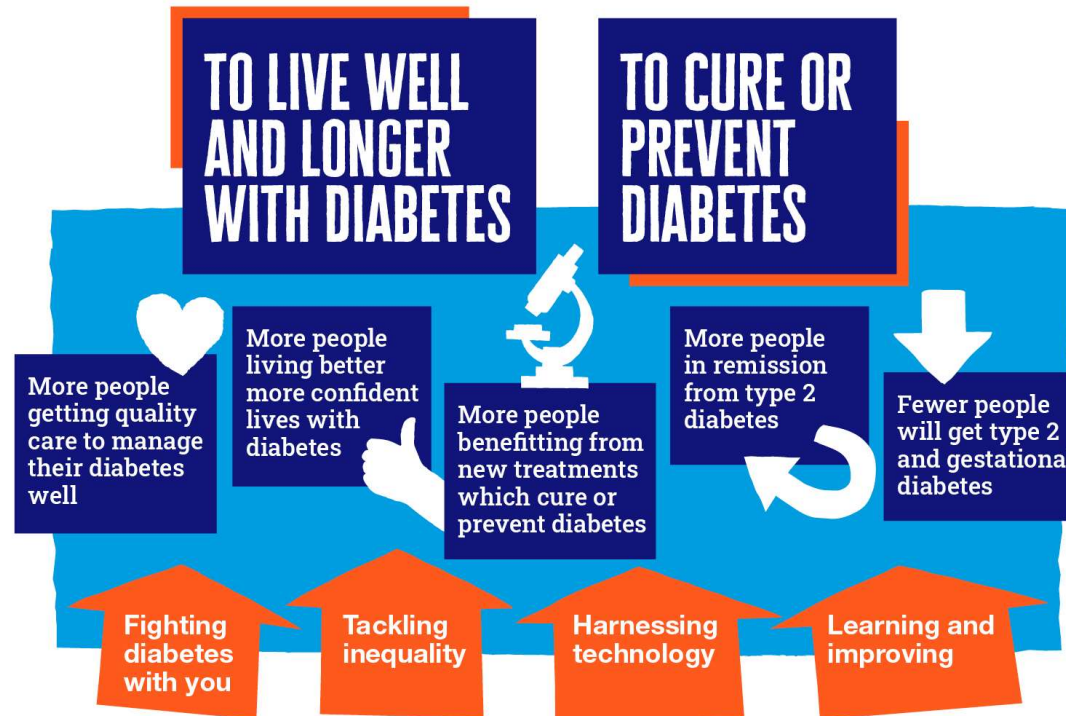
TYPE 2 DIABETES

KNOW YOUR RISK

People can find out their risk of developing type 2 diabetes in the next 10 years by completing the on-line tool:

[Diabetes UK – Know Your Risk of Type 2 diabetes](#)

A generation to end the harm



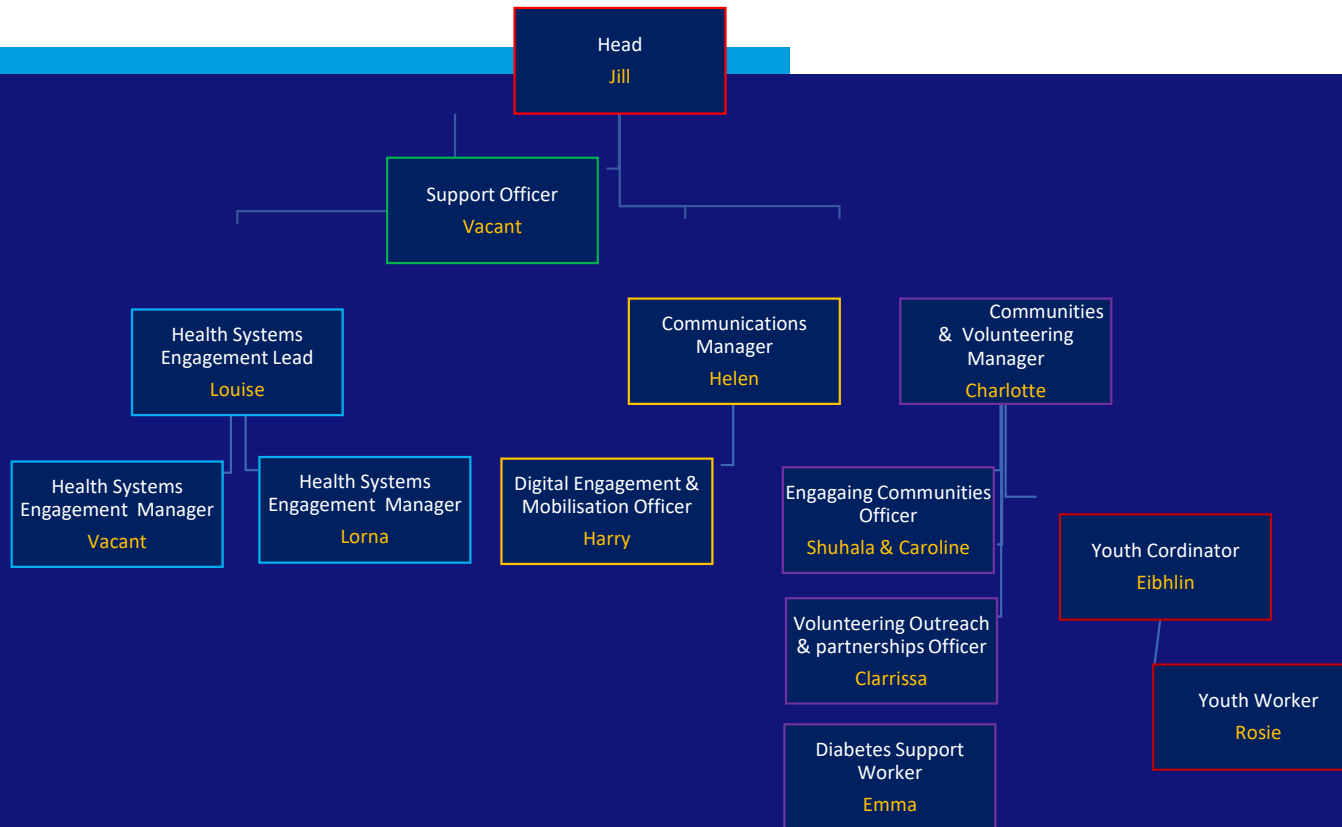
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More to explore
www.diabetes.org.uk

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MEET THE TEAM



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SOUTH-EAST COAST AND LONDON TEAM

secoastandlondon@diabetes.org.uk

<https://www.facebook.com/SECandLondon>

<https://twitter.com/SECandLondon>

WHY THANET?

THANET, KENT

One of 10 most disadvantaged areas in England.
Poor NDA results.
High amputation rates.
Very few volunteers.

Covid recovery.
Care processes & treatment targets.
Amputation rates.
Prevention of T2.
Access for most disadvantaged.
Digitally enabled.

HOW YOU CAN GET INVOLVED

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PEER SUPPORT FACILITATORS



Volunteers Needed!

- We are looking for Volunteers to deliver our Facilitated Peer Support Programme
- Volunteers will organise the meetings and facilitate conversation and signpost people to local services. Ideally we'd like to find 2 volunteers who can work together.
- Full training and resources provided
- If you are interested we would love to hear from you!

What is the Peer Support Programme?

- 6 week facilitated programme with a different theme each week.
- Peer support aims to bring people together to use their own experiences to help each other.
- Provide a space where they feel accepted and understood
- treat everyone's experiences as being equally important, rather than anyone being seen as the expert.

OTHER OPPORTUNITIES

Events Volunteers

- New training with up to date information and resources, starting in early 2023.
- We hope to build local teams who have a knowledge of their community and will raise awareness by attending local events on behalf of Diabetes UK. They will be able to confidently signpost people to local services and support as well as DUK services.

Community Champions

- We'd like to refresh training for existing community champions as well as recruit new volunteers.
- Community champions raise awareness of diabetes and Diabetes UK by building links and running events in cultural communities, particularly those that are hard to reach

For more information please contact Clarrissa.Morrill@diabetes.org.uk

QUESTIONS?

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