

WALK FOR DIABETES



Small Steps, Big Change.

It's **YOUR WALK** – how will it help?

You've put all your plans in place, you've recruited walkers and your Walk for Diabetes is now a reality! Take a look at the list below – this is the difference that Your Walk will make to the lives of people living with all types of diabetes. Share this with those who are joining you on your walk to help them understand just how valuable the money they raise can be.

£50 helps to fund research into ways of preventing diabetes related complications such as heart attacks, strokes, blindness and amputations.

Diabetes was the leading cause of blindness in people of a working age until recently thanks to preventative measures we have helped introduce.

£100 could keep our Careline open for an hour. Careline offers a lifeline to tens of thousands of people every year.

“Diabetes UK is like a security blanket. They provide me with a link to people with a massive amount of knowledge.”
Susan, Diabetes UK supporter

£250 could pay for five kits to analyse changes in immune cells during tests of a prototype Type 1 vaccine.

“A major breakthrough could come from anywhere, so Diabetes UK has to have the funds and flexibility to support new approaches from unexpected directions.”
Dr Tim Tree, King's College London

£500 could train 20 Know Your Risk volunteers who work on our roadshows across the UK.

“Going to the Roadshow, I didn't know my health was at serious risk. Diabetes UK gave me the wake-up call I needed to change my lifestyle.”
Marc, who is no longer at high risk of Type 2 diabetes, after attending our Roadshow

£1,500 could fund a continuous glucose monitor to aid the development of an artificial pancreas prototype.

In 2014 Diabetes UK funded 119 research projects.

£3,000 could pay for eight children to attend a week-long event which will help them build confidence and skills in living with Type 1 diabetes.

“I cannot stress enough the positive impact the event had on my daughter. She loved every minute, made great new friends and said it was the best week of her life.”
Chris, parent of a child with Type 1 diabetes

DIABETES UK
CARE. CONNECT. CAMPAIGN.

FRSB give with confidence