At this time of unprecedented change within diabetes in Northern Ireland with the ongoing work of the Diabetes Network, I am very pleased to advise of change within Diabetes UK itself.

Following a robust selection process in April of this year I changed from National Director of Northern Ireland to Assistant Director of Operations with responsibility for Nations and Regions. This position means that I will now take on a UK wide role overseeing the work of colleagues in England, Scotland and Wales in addition to Northern Ireland. As a result I am delighted to welcome a new National Director Jillian Patchett to Northern Ireland. I will continue to be based in Belfast and to work with Jillian as well as the other National Directors and Regional Managers across the UK to improve outcomes for people living with diabetes. This role will allow me to continue to support the implementation of the Diabetes Strategic Framework and bring the learnings of colleagues from across the other Nations in trying to find solutions to problems that are faced by people living with diabetes and their healthcare providers across the UK.

Jillian comes with a wealth of experience and I have no doubt that she will continue to work hard to ensure all that has been promised is delivered over the coming years.

I would like to thank all our supporters for all that you do for us, and for the support you have shown me. I look forward to continuing our work together so we can all work towards a world where diabetes can do no harm.

Dr David Chaney
Assistant Director of Operations
I am delighted to join Diabetes UK and I am looking forward to meeting you and working with you in the weeks and months ahead.

In my first few weeks at Diabetes UK Northern Ireland I have been struck by the person-centred approach the team takes, always putting people living with diabetes at the heart of what they do. I have also seen this approach demonstrated by our fantastic volunteers who have boundless energy and commitment to making a difference to people living with the condition in Northern Ireland.

We are entering an exciting time for diabetes care in Northern Ireland through the work of the Diabetes Network and I know that our collaborative approach will ensure that the voice of the diabetes family is represented and we can strive to achieve the best outcomes for the best care across Northern Ireland.

More and more of us are being impacted by diabetes and I know that this charity is passionate about helping people and improving services. I know my experience in this sector will complement the hard work and tireless effort already shown by the team and our many committed volunteers from across Northern Ireland. I hope that you will continue to support us and I would like to take this opportunity to thank you for all that you do for our charity and our diabetes family in Northern Ireland.

Jillian Patchett
Diabetes UK Northern Ireland
National Director

Diabetes Week

Diabetes is the fastest growing health threat today. Around 11.9 million adults in the UK are at increased risk of developing Type 2 diabetes but don’t even know it. Its impact and complications can be devastating, causing blindness, amputations, even early death.

Despite these huge numbers, many people don’t think diabetes will happen to them. Fewer than two in five people think that they or their close family are likely to experience diabetes. They aren’t concerned about diabetes, and they don’t understand what it is. Diabetes UK is aiming to change that, to make people stand up and take notice.

The more you know about diabetes, the more you can fight diabetes.

During Diabetes Week, which is taking place from Sunday 11 June to Saturday 17 June, Diabetes UK is raising awareness of the soaring numbers of people diagnosed with the condition and making sure that people with diabetes get the right care and support to lead long and healthy lives.

Save the Dates

Walk for Diabetes Stormont Walk
11th June
Belfast Mela
27th August
Type 1 Quest
16th July - 20th July
Type 1 Adventure
22nd July - 29th July
Family Weekend
7th & 8th October
World Diabetes Day
14th November

Check out our new advert which features Amy
Sign up for the food you love but healthier at www.diabetes.org.uk/Food
The Diabetes Network

After many years of influencing by Diabetes UK and those we represent, the past 18 months has witnessed a significant move forward towards improved outcomes for people living with diabetes in Northern Ireland.

The launch of the long awaited Diabetes Strategic Framework by the then Minister for Health Michelle O’Neill presents a firm foundation on which we have the opportunity to build to ensure that every person living with diabetes has equal access to highest standards of care irrespective of where they live or which diabetes team they see.

Prior to its launch the framework was put out to public consultation resulting in a total of 79 responses from various different groups and people, many of whom live with diabetes on a daily basis. The majority of responses were overwhelmingly positive and served to support the priorities identified and the mechanism for delivery of the ambitious goals set. Unlike previous framework documents this new framework has a clear plan, has been costed, has a clear mechanism for delivery through a Diabetes Network and is built on the theme of partnership ensuring that people living with diabetes are at every table where decisions need to be taken.

Since the launch of the Diabetes Strategic Framework we have also seen the launch of the Diabetes Network which is charged with leading improvement of care for all people living with all types of diabetes and those at risk of developing diabetes in Northern Ireland.

Further details may also be accessed via our website at www.diabetes.org.uk/NetworkNI.

Priorities identified for action within the first year of the Network include, access to structured diabetes education, access to insulin pump therapy, implementation of a regionalised footcare pathway for people living with diabetes and structured collection of information which will help identify areas of best practice and areas that require further development.

Although excited and encouraged by these new initiatives, now is not the time to become complacent nor to sit back with the view that because we have a document and a network, all will fall into place. Indeed this is the time when the real hard work begins in implementing the many changes that need to happen to ensure what has been planned is delivered and translates into improved outcomes for people who live with diabetes on a daily basis.

To do this we need the help of many different people including but not limited to those who live with diabetes, healthcare professionals, commissioners, policy makers and many others. We would urge all people who live with diabetes to consider putting their name forward to participate in one of the many groups within the Network and help us to achieve the mammoth task we have set for the years to come. Change will not come overnight, and it will require a lot of hard work and if it is delivered in a planned and efficient way the proposed changes will lead to lots of improved outcomes for people living with diabetes.

Insulin Pumps
One of the issues that has been highlighted on many occasions is the manner in which insulin pump therapy is delivered across Northern Ireland. Variations in care, access to pumps, waiting lists and replacement pumps are just some of the issues that have caused many people living with diabetes much distress in recent years. In order to address this issue it is one of the first pieces of work commissioned by the Network. This work will review current arrangements across Northern Ireland and propose a regionalised approach to insulin pump therapy that should result in a much improved and equitable service once implemented.

The group has been tasked with questions such as:

» How does insulin pump procurement and allocation currently work?
» What is the system for deciding how many pumps are required for both paediatric and adult populations taking into account transition and replacement pumps?
» How are people with diabetes chosen in respect of their suitability for insulin pump therapy?
» How is this communicated to PLWD?
» How are insulin pumps allocated within Trusts?
» How is the education required for people starting insulin pumps currently funded/allocated?
» How can these processes be regionalised to create a sustainable, managed approach to insulin pump therapy resulting in improved outcomes for PLWD?

The results of this work should be available in approximately 6 months for the Network to consider, so watch this space for further news.
Volunteering Update
Make Change Happen, Volunteer!

Over the next year the Northern Ireland Volunteer Team will be working on reaching out to even more people affected by diabetes!

Diabetes UK’s vision is “A world where diabetes can do no harm” and to achieve our vision we must grow our volunteering here in Northern Ireland. We believe volunteers are at the heart of Diabetes UK and without the support of our volunteers, their skills, determination and dedication we will not be able to achieve our vision. With the growing number of people living in Northern Ireland affected by diabetes, the challenges Diabetes UK Northern Ireland face are immense. As a charity we aim to help improve the lives of people living with diabetes. Our ability to do so will be by making of the most of the skills, energy and commitment of our volunteers and recruiting new volunteers.

Our plans for volunteering are based around five key areas:

» Growing volunteering in order that we may reach more people affected by diabetes

» Improving support for volunteers so they feel valued and part of Diabetes UK

» Increasing our reach to people living with diabetes in order to help fight the diabetes crisis

» Effectively utilising the skills of our volunteers to help make the greatest difference for people living with diabetes

» Improving the volunteer journey so as to create an effective and consistent journey

You can help fight diabetes

The crisis in diabetes is in part about the staggering numbers of people living with the condition – 4.5 million people in the UK, and counting.

There are over 100,000 people living with diabetes in Northern Ireland.

Diabetes UK is making a difference. It’s the leading charitable funder of diabetes research in the UK, investing around £7 million every year to bring about life-changing breakthroughs in care, treatment and prevention, ultimately bringing us closer to a cure.

You can make a difference by helping Diabetes UK fight for change. Fight the variation in how diabetes care and support is delivered. Help us campaign for equal access to new technologies in diabetes management. Join the fight against the daily stigma and discrimination that comes from a lack of understanding of the condition.

To find out how you can help us make change happen in Northern Ireland please contact us at nivolunteering@diabetes.org.uk

Find out how you can get involved at www.diabetes.org.uk
Travelling the world is a wonderful experience and opportunity you cannot afford to miss out on.

Start by acquiring a travel letter from your GP. Ask them to state you need to keep your insulin supplies with you at all times, this will allow you to bring an extra liquids bag for your medication on a flight, meaning you won’t need to sacrifice makeup or aftershave! A medical letter is essential for security concerns around various events and locations around the world, including bus and train travel throughout countries, as well as border crossings.

I would recommend translating your doctor’s letter into the language of the country you are visiting as this will help to speed up airport security and clear any language barriers. Also, bring electronic copies that you can re-print if you lose your paper copy!

If you are on an insulin pump, remember that certain insulin pumps cannot go through body scanners, so check with your pump provider and ensure this is included in your letter. Never feel intimidated by security staff, make them aware that you will accept a full body search and a swipe of your insulin pump is an alternative search.

You can experience beautiful scenery, intriguing cultures, new people, exotic foods and create new life-long memories. Travelling with type 1 diabetes doesn’t stop you from experiencing all these wonderful things, but it does require more preparation than the average person. My name is Cazzy Magennis, and I am a small town girl with big dreams from Northern Ireland. I was diagnosed with type 1 diabetes when I was 16 years old, I am now 24 and I have travelled all over the world, from Bangladesh to Argentina, to Paris and Thailand, since I was 18 years old. I have only ever travelled as a diabetic, and even though I would still not consider myself a master at this, I do try my best and things do get easier with every trip. To help make your preparation a little easier, here are my top 10 tips for travelling with diabetes.

1. **Prepare for the airport experience**

   Start by acquiring a travel letter from your GP. Ask them to state you need to keep your insulin supplies with you at all times, this will allow you to bring an extra liquids bag for your medication on a flight, meaning you won’t need to sacrifice makeup or aftershave! A medical letter is essential for security concerns around various events and locations around the world, including bus and train travel throughout countries, as well as border crossings. I would recommend translating your doctor’s letter into the language of the country you are visiting as this will help to speed up airport security and clear any language barriers. Also, bring electronic copies that you can re-print if you lose your paper copy!

   If you are on an insulin pump, remember that certain insulin pumps cannot go through body scanners, so check with your pump provider and ensure this is included in your letter. Never feel intimidated by security staff, make them aware that you will accept a full body search and a swipe of your insulin pump is an alternative search.

2. **Time to get your checks in order**

   Before you embark on any trip, it’s important your diabetes is on the right road. There is a difference between experiencing the normal fluctuations of blood sugars and struggling with constant highs or lows. If you are struggling with long-term highs and lows then it’s best to put a hold on your trip until your control is a little better. This is because when you enter a new destination, there are a variety of new factors your diabetes will need to contend with such as new climates. Have a chat with your DSN about changes you can make.

   Get ready to hit up those appointments. Get your eyes, feet and general health checked, to make sure everything is in working order. It’s important to look after your feet, whether you have neuropathy or not.

3. **Supplies-in-demand**

   As a rule, when away I always take three times the amount of supplies I would usually need. This is so you are prepared for absolutely any event or emergency, including theft, natural disasters, breakage or general forgetfulness. Here are some tips for your supplies when you’re away!

   - If you are travelling with someone else, it’s always a good idea to split your supplies between both of you, that way you know you have some backups.
   - If you are travelling solo, split your supplies between two bags, and only ever take one bag out with you.
   - Some space saving tips are to remove all packing from your test strips, and put as many pots as you can into socks - I would manage around 10 pots in one long sock!
   - If you are on an insulin pump, speak to the pump provider, or your DSN about getting a “holiday pump” which can act as a spare in case your current one breaks down.
   - Pack extra pens, in case a pump breaks down.
   - Carry a prescription of all your medication, this is useful if you find yourself in a foreign pharmacy- it won’t work over there, but it gives you credibility when trying to purchase insulin.
   - Do not leave for any country without a Frio Bag. Frio bags regulate the temperature of your insulin so that it doesn’t die when you are in hot or cold countries. They are perfect for days out, or when you don’t have access to a fridge. They are simply activated in water. I would never survive travelling without them, and have no idea how diabetics can travel without them!
   - Remember to take ketone sticks with you.
If you've enjoyed these tips and would like to find more resources and advice on all aspects of travelling from coping with altitude, to surfing with diabetes, as well as real life experiences, then check out my type 1 diabetic travel blog: Dream Big, Travel Far. It's a real-life resource that was created to inspire, motivate and reassure all fellow diabetics that travelling and achieving your dreams are still possible after diagnosis. Never give up on your travel dreams, I am living proof, along with all the fellow diabetic backpackers I have met along the way, that you can still travel anywhere in the world, with type 1 diabetes.

4 Invest in a good medical ID
Wearing medical ID isn't something that appeals to me, however when you are abroad in a destination where people don’t know you and aren’t aware of your diabetes, it’s essential that you have some form of identification. Thankfully there are a variety of medical ID's that are perfect for making others aware. I always recommend carrying a medical ID card in your wallet or purse at all times, and these can usually be ordered online for free if you scan the internet. If you are travelling to a destination where English is limited, then my top tip would be to create a picture for your phone lock screen that says you are diabetic in the language required. These can be easily made on paint, or meme creators and use Google translate to get the correct spelling in your chosen language.

5 Bring alcohol-free wet wipes
These seem like such a simple product, but they’re so useful when abroad. On countless occasions, I have tested my blood sugars without fully clean hands and have tested “high”, gave insulin, and it turned out I wasn’t high at all and drove myself into a hypo. That’s not a fun scenario to be in when away. They are also good for keeping your diabetic equipment clean.

6 Prepare injections (more needles, I’m sorry)
Make sure you are covered with the correct injections before you leave to a new destination. You can check with your GP or Practice Nurse which injections are needed for each country.

7 Check the diabetes care of your destination
Different countries have different diabetes care. If you are travelling to the European Union, then make sure you are registered for the EHIC card which is useful when trying to access diabetic supplies. Check where the nearest pharmacy, hospital or diabetes charity is located to you, so you can access supplies and information in an emergency. You can also check if your insulin provider stocks insulin in particular countries.

8 Bring a sharps disposal container
You can get mini sharps disposal containers for short trips, but if you are heading out for a long period of time ask your doctor if they have a spare sharps box or BD Safe Clix boxes are available on prescription. If you are heading away on a city break and are trying to save space for shopping and souvenirs (I know the feeling!), then bring a spare tablet box, or test strip box and dispose of your needles in them until you return home and can transfer them into a sharps box.

9 Embrace your diabetes
I know how frustrating the misconceptions of diabetes can be, and people often ask questions when they see you testing in public, that’s your opportunity to spread awareness and offer the correct information. Don’t be afraid to let people know you have diabetes, don’t be afraid to test in public, don’t be afraid to say no to certain things because you are struggling. Diabetes makes you unique so let it shine. I spent years “hiding” my diabetes, and it didn’t help my mind-set, but once I began to realise it’s only a small part of a whole person, I was happy to share my experiences, and let the world know.

10 Look for travel hacks to make your life easier
There are always items on the market, or little nick nacks that people suggest that help makes travelling with type 1 diabetes easier. My top travel hack is to get yourself an external waistband, it’s perfect if you’re in a hot destination and you don’t want your insulin pump getting covered in sweat.

If you’ve enjoyed these tips and would like to find more resources and advice on all aspects of travelling from coping with altitude, to surfing with diabetes, as well as real life experiences, then check out my type 1 diabetic travel blog: Dream Big, Travel Far. It’s a real-life resource that was created to inspire, motivate and reassure all fellow diabetics that travelling and achieving your dreams are still possible after diagnosis. Never give up on your travel dreams, I am living proof, along with all the fellow diabetic backpackers I have met along the way, that you can still travel anywhere in the world, with type 1 diabetes.
See, Treat and Refer
Hypoglycaemia Pathway

In the year 2015/16 the Northern Ireland Ambulance Service (NIAS) responded to over 202,000 emergency calls. 3522 of these calls were initially identified as related to diabetes. 1214 (34%) of these patients were appropriately treated at the scene by NIAS Paramedics and after assessment determined that there was no need to transport the patient to the Emergency Department.

NIAS has worked with Health and Social Care Trusts to introduce an Appropriate Care Pathway for patients who have experienced a hypoglycaemic episode. This pathway is designed to improve the quality of treatment and care delivered to patients ensuring that where possible patients are treated at scene and then referred to the local diabetic specialist team or GP for follow-up without the need for the patient to be transported to the Emergency Department. This pathway is now available across Northern Ireland. This means that after a hypoglycaemic episode if a patient has recovered the Paramedic will make a referral and the local diabetic team or GP should make contact with the patient within 48hrs to undertake a follow up in order to prevent any reoccurrence.

Consent
Until now, patients could refuse to give consent for a referral to be made, but national guidelines have been amended and they recommend that due to issues relating to wider public interest, patients should always be referred. Local discussions with Diabetes UK in NI were very helpful and feedback from people was that this is a reasonable step. As a result of the national guidelines NIAS will now aim to make referrals for all patients who have recovered from a hypoglycaemic episode and do not need to be transported to the Emergency Department.

Going forward
The Regional Diabetes Framework has been established by the Health and Social Care Board and the work relating to the pathway will be taken forward by as a specific workstream of the Network ensuring all Health Trusts continue to work together to provide improved health services for people living with diabetes.

For further information contact tyc@nias.hscni.net

A massive thank you to Square Wheels Cycling Club for their continued support of Diabetes UK Northern Ireland as they completed their annual Atlantic to Titanic cycling challenge. The Club also do fundraising spin-a-thons and help us raise awareness about diabetes.
Jack and Storm

Jack was diagnosed with Type 1 diabetes at the age of 5 in 2007.

Jack’s mum, Eileen, worried about his blood sugar levels and like a lot of parents, used to get up several times during the night to check in case they were too low. When Jack was 10 he asked Eileen if he could have a puppy. Storm was chosen and they were devoted to each other from the beginning. When Storm was 9 months old he came into Eileen’s room and woke her up. Eileen shooed him away but decided to check Jack’s blood glucose level anyway and found it was low—Jack was having a hypoglycaemic episode. A couple of nights later the same thing happened and Eileen realised that Storm was alerting Eileen to the fact that Jack was in a hypo. Strangely, Storm only alerted Eileen at night but seemed to go ‘off duty’ during the day. Eileen and Jack met up with Neil Powell, an experienced dog trainer, who taught Storm (and Jack and Eileen) how to help Storm alert during the day as well. Nowadays Storm will nudge Jack if his blood glucose level is too low and at night Storm will lick Jack’s face or generally try to disturb him by nudging and pawing him until he wakes up.

More recently Neil and others, including Eileen and Jack have formed a new charity, Disability Assistance Dogs (known as DAD). It is different from other assistance dogs charities in that training is offered (for a very nominal fee) to families who already own a dog. Dogs need to have done the Kennel Club Bronze Award training in advance and be committed to attending specialised diabetes alert training and specialist socialisation training.

Fundraising

Thank you to all of our fundraisers who have arranged and supported so many events.

You have helped us raise awareness as well as important funds to help more and more people here in Northern Ireland.

The variety of events, large and small, have been truly amazing. Some of the largest include:

- **The Donkey Day** in Parkgate, with large numbers of participating donkeys, their owners and supporters from across the island of Ireland, held in September was a fabulous success. This is an annual event run by a gentleman named Harry Irvine – who won the fundraising category volunteer award this year. The event has raised 10’s of thousands of pounds over the years.

- **The Atlantic Ride**, by the Square Wheels cycling club, a sponsored ride from the Irish Atlantic coast 127 miles Northwards, arriving in the Titanic Quarter of Belfast. This is another annual event which has raised lots of money in aid of Diabetes UK NI.

Our **Tractor runs** were a great success again this year, organised by Helen Glasgow and Marc Gamble – they will be joined next year by a couple more runs, organised by new supporters.

For more details please contact
florence.findlaywhite@diabetes.org.uk
or telephone 028 9066 6646

If you would like to fundraise for Diabetes UK NI or would like to organise your own event, please get in touch with
joe.hider@diabetes.org.uk
Increasingly researchers are being asked to demonstrate patient and public involvement at the design stage in applications for funding. Researchers need to demonstrate that they have involved people living with diabetes (Type 1, Type 2 or parents or carers) in identifying the research topic, prioritising the research questions and/or in preparing the application.

Involving people living with diabetes should be seen as a partnership in the research process.

This is different from being a participant in diabetes research whereby a person with diabetes may have to fill in questionnaires, try out a different kind of treatment or give blood samples.

Following numerous requests to Diabetes UK Northern Ireland for supporting letters we decided to provide researchers across Northern Ireland with the opportunity to involve trained volunteers in all aspects of the research process as described above but also to be a member of a Steering Group on a research study, to advise on the written materials handed out to participants - making sure that they make sense to the lay person.

In 2015 the Diabetes UK Northern Ireland Research partnership was established with the support of Dr Gail Johnston, Programme Manager, PPI in Research at the Northern Ireland Public Health Agency and also the Cancer Research Consumer Forum who have had a similar arrangement for some years.

Diabetes UK NI volunteers who expressed an interest in supporting researchers at various stages of the research process were invited and these included people with Type 1 diabetes, Type 2 diabetes, parents and carers.

Members of the Partnership underwent a training day provided by the Public Health Agency. The training ‘Building Research Partnerships’ is delivered in collaboration with the Cancer Research Consumer Forum and participants include researchers who learn how to involve members of the public in the research process.

The Research Partnership meet approximately 6 times a year. The Partnership is chaired by Tom Rush and Martin Adams and is supported and administered by Diabetes UK Northern Ireland.

We had a launch event hosted by the Diabetes UK Northern Ireland Research Partnership in December 2015 which drew 60 researchers/academics keen to understand how to involve people with diabetes and those affected by diabetes in their research.

A variety of researchers have met with the Partnership and presented wide ranging topics including diabetic eye disease, male fertility, gestational diabetes, diabetes and severe mental health problems, and diabetes and diabetic foot technology. Members of the Partnership have contributed to the design of these studies and commented on aspects such as the burden that might be placed on participants or the levels of risk or distress participants might be exposed to by participating in the research.

An example of early participation in a study was the involvement by a psychologist investigating patient perspectives of emotional care. He involved the Partnership in designing a questionnaire. He expects to involve the Partnership in interpreting results, developing recommendations and sharing findings over the next few months.

Individual members in the Partnership have become members of study steering groups, advisory groups and have been involved in contributing to information sheets and other documents which are used to communicate with patients.

Training is ongoing and currently a template is being developed to help members appraise research proposals.

The Research Partnership based in Belfast receives most of the work from Queen’s University, Belfast, and Ulster University, Jordanstown. A sister Research Partnership has been established at Ulster University, Coleraine; the North West Partnership. We would love to hear from you if you would like to join either the Belfast group or the North West group. Please don’t feel daunted- you don’t need to have prior knowledge of research- just personal experience of living with Type 1 or Type 2 diabetes.

For more details please contact florence.findlaywhite@diabetes.org.uk or sara.carse@diabetes.org.uk or telephone 028 9066 6646
Community Spirit

Where is your local support group?

We have over 26 local diabetes support groups across Northern Ireland. Offering support to people affected by type 1 and type 2 diabetes. Our local groups are the heart of their diabetes community, they connect, educate, support and raise awareness of diabetes. Groups are run by local volunteers who are passionate about reaching more people affected by diabetes. Throughout 2017 the Northern Ireland Volunteer Team will be working with the support groups to look at new and exciting ways to grow in strength, encouraging self-sufficiency, increase in membership and future succession planning. 2017 will also bring a new community group in the Larne area and working with our younger audience to create an online community.

Below is a map of all our local groups.

If you would like more information on our groups or if you would be interested in our 2017 plans we would be delighted to hear from you by contacting us at nivolunteering@diabetes.org.uk

Top Tips

- Bring along a list of burning questions.
- Be honest and truthful.
- If you have a blood glucose meter, bring that along with up to date readings.
- Keep a food diary for 7 days, if eating is the issue.
- Bring along a copy of the 15 Healthcare essentials to discuss with your Diabetes Nurse.
- Feel free to bring along another person (4 ears are better, than 2).
- Ask for your results, for example, HbA1c, blood pressure, cholesterol, your kidney function.
- Bring along an up to date list of medications you are currently taking.
Whilst half of this money goes to support the work of Diabetes UK and The British Heart Foundation, the other half funds the National Charity Partnership’s Let’s Do This campaign - a motivational campaign aimed at helping young families eat better and get active. In 2016 the campaign reached over 17 million individuals UK wide.

In Northern Ireland, the partnership runs three Let’s Do This prevention programmes, two in Belfast and one in Derry/Londonderry and Castlederg: Beat the Street, Make, Move & Munch and the walk, run and cycle programmes.

» Beat the Street is a free walking and cycling game that inspired over 30,000 in Northern Ireland to get active with friends and families in 2016, clocking up over 150,000 miles during the seven week challenge. The game is set to return to Belfast and surrounding areas on 13 September, and get even more of the community moving.

» The walk, run and cycle programmes saw 300 individuals take part last year in Derry/Londonderry and Castlederg.

More recently, in May 2017, the partnership launched The Let’s Do This Eight Week Challenge to allows users to set and track their health-related goals over an eight week period. The goals focus on everyday changes - such as consuming healthier drinks and eating smaller portion sizes - and becoming more physically active. The Eight Week Challenge, which can be accessed from any computer, tablet or mobile phone, also contains a bank of healthy recipes endorsed by Diabetes UK and the BHF, achievable fitness tips and health-related inspiration to keep people motivated.

The National Charity Partnership Let’s Do This campaign aims to support hundreds more families to get active and make healthier eating choices across Northern Ireland.