In Scotland, there are more people living with diabetes than with cancer and dementia combined.

Our diabetes community is vast. With over 280,000 people living with the condition and 500,000 thought to be at high risk of developing Type 2 diabetes along with their families, healthcare professionals, employers, teachers and various community networks; it would be difficult to find a person in Scotland who does not have a connection to diabetes.

Yet, despite its prevalence, diabetes is still very misunderstood. It is a serious and complex condition which requires management every hour of the day to ensure people can live healthy lives free from complications.

Most people with diabetes only spend around three hours per year with their doctor, nurse or consultant. For the other 8,757 hours they must manage their condition on their own. This is, by no means, an easy undertaking. That’s why in 2015 we were keen to launch Diabetes UK’s Taking Control campaign in Scotland. We’re calling for improved access to, and provision of, structured education and increased awareness of the transformative learning such education provides. People who have completed a structured education course have spoken of the positive, life-changing impact it has had. We want to ensure that every person diagnosed with diabetes is given this vital opportunity to learn how to manage their condition well.

While those who are living with diabetes need support to manage their condition well, people who are at risk of Type 2 diabetes must also be supported to understand their risk and learn what steps they can take to reduce their chance of developing the condition. We reach out to people across Scotland with the Diabetes UK Know Your Risk Roadshow but we are also pushing at a national level for better identification of people at risk of developing Type 2 diabetes. We’re looking forward to having more fruitful discussions with the Scottish Government regarding the prevention of Type 2 diabetes.

Furthermore, in this Scottish election year we want to make sure diabetes is recognised as an indicator of the health and wellbeing of the nation. Diabetes affects so many aspects of our lives. The environment around us can play a role in how well we manage our diabetes and also in determining our risk of developing Type 2 diabetes. We all want a Scotland which is healthy, safe and prosperous with every person having access to the same opportunities. By focusing on diabetes as a bellwether condition, we can improve outcomes for people all over Scotland and from all walks of life.

We have also seen progress in transition care for young people with Type 1 diabetes with the roll out of a new national standard. Our young volunteers have been instrumental in driving that change through their work with Making Connections.

It is thanks to you, our supporters, that we are able to continue our work supporting people living with diabetes, campaigning for improved care for everyone affected by the condition and funding research towards a cure. We continue to see great diversity and creativity from our volunteers who are going above and beyond in their fundraising efforts, supporting their diabetes community and making a difference.

We are hugely grateful for all your support.

Thank you.

Jane-Claire Judson
National Director
OUR YEAR IN NUMBERS

What a year it has been for Diabetes Scotland! Here’s a snapshot of what’s been happening across the country.

190 volunteers now signed up to our network of Diabetes Voices, campaigning for improved care and support across Scotland.

Careline Scotland had 1,114 communications, through calls, emails and talks, with people looking for more information on diabetes and how to manage the condition.

In 2015, we committed to invest nearly £500,000 in three new research projects in Scotland.

Our fab volunteers in Scotland gave up 10,422 hours to support our work in 2015.

122 people affected by Type 1 diabetes attended a Care Event in Scotland where they could meet other people facing similar experiences, share knowledge and get expert advice on how to live well with the condition.

We raised £3.5 million in Scotland in 2015 ensuring we can continue our vital work supporting people living with diabetes, campaigning for improved care and funding research towards better treatments and a cure.

At Know Your Risk Roadshows in Scotland 1392 people found out their risk of developing Type 2 diabetes and received information on steps to take to avoid it.

377 people learned how to manage their Type 2 diabetes well by attending a free Living with Diabetes Day in Scotland.

We have over 750 registered volunteers and 34 Local Groups supporting our work and people with diabetes in communities across Scotland.

Knowledge is power. We distributed over 28,000 campaign materials, publications and information leaflets to people in Scotland on subjects including healthy eating, the 15 Healthcare Essentials and footcare.
The Beatles said it best when they sang ‘I get by with a little help from my friends’. As every person living with diabetes knows, managing the condition can be challenging.

Sometimes you need a bit of support whether that’s through attending an event to learn how to manage the condition, getting tips to make life easier or simply having someone to listen to how you’re feeling. Diabetes Scotland offers expert guidance and brings the diabetes community together to share experiences and get support to manage the condition through Local Groups, education and Care Events, special projects and campaigns, and Careline Scotland.

If you are living with diabetes, you do not have to cope on your own.

2015 ACHIEVEMENTS

Thanks to support from Tesco, we hosted five Living with Diabetes Days in Scotland reaching 377 people with Type 2 diabetes and educating them about how to live well with the condition. Feedback from the days was overwhelmingly positive with one attendee saying: “Lots of helpful information explained in terms I could understand. Very worthwhile and I would recommend this to anyone with diabetes. Well done everyone!”

Across Scotland 122 people attended a Care Event including our first ever event for young people aged 16-25 (read more on page 9). These events let people get together, share experiences, chat to experts and take part in informal workshops designed to give people the confidence to live well with Type 1 diabetes. One young attendee said: “I had a fabulous day and would definitely go to another one!”

We welcomed eight new Local Groups in 2015 and supported them to reach out to people affected by diabetes in their communities across Scotland.

Our Chinikum at Home project staff in Glasgow made 65 home visits to support South Asian families to better manage their diabetes with a tailored family-based learning programme delivered in the family’s preferred language. The team also presented at events reaching over 1000 people.

Careline Scotland continues to grow and last year we helped over 1000 people via phone, email and talks on a range of issues from taking insulin on holiday to speaking to employers about adjustments in the workplace.

Through our Ramadan campaign, we reached out to the Muslim community in Scotland to share essential information about diabetes and fasting to over 5000 people through partnerships with mosques.

The JUSTDUK1T website run by young people with Type 1 diabetes for young people with Type 1 diabetes received over 85,000 hits last year.

www.JUSTDUK1T.org.uk

FUTURE PLANS

• We plan to launch several new groups in Scotland and aim to have a Family Support Group available for every family in Scotland with a child diagnosed with Type 1 diabetes.

• We will introduce webchats as part of the Careline Scotland service allowing us to provide another channel for people to get in touch.

• We will host more Care Events in Scotland including another event delivered by young people for young people aged 16-25 with Type 1 diabetes.
MEET JOY

Diagnosed with Type 2 diabetes in 2013, Joy understood that it was important to make lifestyle changes including eating a healthier diet and getting more active. However, she felt overwhelmed and worried about how she would cope with the condition every day.

Joy signed up to attend a Living with Diabetes Day in Aberdeen and found the interactive event covered a variety of topics in informal workshops which really helped her understand how to manage the condition well. She was also encouraged by the chance to speak to other people who were facing similar experiences.

When her search for a local support group for people living with Type 2 diabetes proved fruitless, Joy took action and decided to launch her own Local Group in Aberdeen.

“My GP and diabetes healthcare team were very helpful but I wanted to speak to other people who were in the same situation and sought out a support group I could join. When I couldn’t find a diabetes support group for adults in Aberdeen, I thought I should launch my own and invite others to join me. I had already volunteered with Diabetes Scotland and met other fantastic volunteers from across Scotland who have inspired and supported me in my ambition. The group is now meeting regularly and it is a fantastic feeling knowing that we can all talk to and support one another.” – Joy

MEET THE BETUS CREW

In Edinburgh on World Diabetes Day 2015, the ‘Betus Crew’, a group of young volunteers living with Type 1 diabetes, hosted the first ever Type 1 in the City event for young people aged 16-25. The free event was designed in partnership with the ‘Betus Crew’ to allow young people to come together, gain new skills to support their management of Type 1 diabetes and have fun. As well as workshops on issues including alcohol, mental health, sex and relationships, the group took part in hip hop and drumming sessions. The event attracted 40 young people from across Scotland and England with feedback from the day overwhelmingly positive.

The ‘Betus Crew’ were finalists in the Health category at the Young Scot Awards 2016 in recognition of their amazing work to support young people with Type 1 diabetes.

Young people everywhere living with Type 1 diabetes face so many barriers on a day to day basis. Sometimes these are just too much for them which is why ‘Type 1 in the City’ was so great. The event allowed young people to get together to discuss these barriers and different ways to overcome them whilst also being able to have fun and enjoy themselves!” – Mathew, Betus Crew volunteer
MEET SUSAN

Susan, Senior Charge Nurse at the new Queen Elizabeth University Hospital in Glasgow, and her team were among the first to introduce Diabetes - Think Check Act, an initiative to improve inpatient care on hospital wards for people with diabetes and reduce hypoglycaemic episodes.

Diabetes Scotland recognised the need for improved inpatient care for people with diabetes and, with funding from Scottish Government, Healthcare Improvement Scotland’s Quality Improvement Hub developed Diabetes - Think Check Act. The programme includes education and training for ward staff. From March to November 2015 almost 1000 staff completed all five e-learning modules.

Following the pilot which took place in 12 wards across Scotland, there was a 20 per cent reduction in the incidence of hypoglycaemia.

Having a standardised approach to looking after patients with diabetes during hospital stays has provided many benefits for both ward staff and patients. Thanks to Diabetes – Think Check Act the nurses are far more confident and have more knowledge of how to treat diabetes ensuring the patients are getting the best care.” – Susan

When we published our State of the Nation 2015 report, The Age of Diabetes, we revealed the unacceptable disparity of diabetes care across Scotland. While excellent care exists in some areas, it is not available to everyone and we want to change that. No matter where you live, what type of diabetes you have, your age or your economic circumstance; everyone should have access to the same high-quality diabetes care.

Diabetes Scotland works with Health Boards, politicians, campaigning groups, third sector partners and individuals affected by diabetes across Scotland to push for improved diabetes care and services. As the recognised representative of the diabetes community in Scotland, we have a responsibility to ensure that our voice, and that of people living with diabetes, is heard. The strong relationships we build enable us to ensure that people can access the 15 Healthcare Essentials, are supported to live well and that the individual is at the heart of the healthcare decision making process.

FUTURE PLANS

Integration of health and social care is one of Scotland’s major programmes of reform. We will work to ensure that people with diabetes are at the heart of service planning and delivery to provide better consolidated and quality care throughout the integration process and beyond.

We will reach out to political representatives across Scotland to ensure that the needs of the diabetes community are heard, acknowledged and supported. We will hold the Scottish Government to account and call for the condition to be a national outcome – one of the means by which the health and wellbeing of the nation is measured.

2015 ACHIEVEMENTS

We recruited Scottish healthcare professionals to Diabetes UK’s Clinical Champions programme to drive forward improvement in care for people living with diabetes.

We represent people living with diabetes on all 14 Managed Clinical Networks, ensuring that the patient’s voice is heard when there are decisions to be made about diabetes care.

We launched the Diabetes UK Taking Control campaign calling for better provision of access to diabetes education for everyone who is diagnosed with the condition in Scotland. Our network of Diabetes Voices got involved and 89 MSPs were contacted about the campaign.

Our Making Connections project to improve transition care is driven by young volunteers. The programme was recognised with awards from both NHS Scotland and QIC Diabetes in 2015.

We organised five meetings of the Cross Party Group on Diabetes at Scottish Parliament, covering topics including education, inequalities and prevention. We secured representation on the group from all the main political parties.

When we published our State of the Nation 2015 report, The Age of Diabetes, we revealed the unacceptable disparity of diabetes care across Scotland. While excellent care exists in some areas, it is not available to everyone and we want to change that. No matter where you live, what type of diabetes you have, your age or your economic circumstance; everyone should have access to the same high-quality diabetes care.

Diabetes Scotland works with Health Boards, politicians, campaigning groups, third sector partners and individuals affected by diabetes across Scotland to push for improved diabetes care and services. As the recognised representative of the diabetes community in Scotland, we have a responsibility to ensure that our voice, and that of people living with diabetes, is heard. The strong relationships we build enable us to ensure that people can access the 15 Healthcare Essentials, are supported to live well and that the individual is at the heart of the healthcare decision making process.

FUTURE PLANS

Integration of health and social care is one of Scotland’s major programmes of reform. We will work to ensure that people with diabetes are at the heart of service planning and delivery to provide better consolidated and quality care throughout the integration process and beyond.

We will reach out to political representatives across Scotland to ensure that the needs of the diabetes community are heard, acknowledged and supported. We will hold the Scottish Government to account and call for the condition to be a national outcome – one of the means by which the health and wellbeing of the nation is measured.

2015 ACHIEVEMENTS

We recruited Scottish healthcare professionals to Diabetes UK’s Clinical Champions programme to drive forward improvement in care for people living with diabetes.

We represent people living with diabetes on all 14 Managed Clinical Networks, ensuring that the patient’s voice is heard when there are decisions to be made about diabetes care.

We launched the Diabetes UK Taking Control campaign calling for better provision of access to diabetes education for everyone who is diagnosed with the condition in Scotland. Our network of Diabetes Voices got involved and 89 MSPs were contacted about the campaign.

Our Making Connections project to improve transition care is driven by young volunteers. The programme was recognised with awards from both NHS Scotland and QIC Diabetes in 2015.

We organised five meetings of the Cross Party Group on Diabetes at Scottish Parliament, covering topics including education, inequalities and prevention. We secured representation on the group from all the main political parties.

When we published our State of the Nation 2015 report, The Age of Diabetes, we revealed the unacceptable disparity of diabetes care across Scotland. While excellent care exists in some areas, it is not available to everyone and we want to change that. No matter where you live, what type of diabetes you have, your age or your economic circumstance; everyone should have access to the same high-quality diabetes care.

Diabetes Scotland works with Health Boards, politicians, campaigning groups, third sector partners and individuals affected by diabetes across Scotland to push for improved diabetes care and services. As the recognised representative of the diabetes community in Scotland, we have a responsibility to ensure that our voice, and that of people living with diabetes, is heard. The strong relationships we build enable us to ensure that people can access the 15 Healthcare Essentials, are supported to live well and that the individual is at the heart of the healthcare decision making process.

FUTURE PLANS

Integration of health and social care is one of Scotland’s major programmes of reform. We will work to ensure that people with diabetes are at the heart of service planning and delivery to provide better consolidated and quality care throughout the integration process and beyond.

We will reach out to political representatives across Scotland to ensure that the needs of the diabetes community are heard, acknowledged and supported. We will hold the Scottish Government to account and call for the condition to be a national outcome – one of the means by which the health and wellbeing of the nation is measured.

MEET SUSAN

Susan, Senior Charge Nurse at the new Queen Elizabeth University Hospital in Glasgow, and her team were among the first to introduce Diabetes - Think Check Act, an initiative to improve inpatient care on hospital wards for people with diabetes and reduce hypoglycaemic episodes.

Diabetes Scotland recognised the need for improved inpatient care for people with diabetes and, with funding from Scottish Government, Healthcare Improvement Scotland’s Quality Improvement Hub developed Diabetes - Think Check Act. The programme includes education and training for ward staff. From March to November 2015 almost 1000 staff completed all five e-learning modules.

Following the pilot which took place in 12 wards across Scotland, there was a 20 per cent reduction in the incidence of hypoglycaemia.

Having a standardised approach to looking after patients with diabetes during hospital stays has provided many benefits for both ward staff and patients. Thanks to Diabetes – Think Check Act the nurses are far more confident and have more knowledge of how to treat diabetes ensuring the patients are getting the best care.” – Susan

When we published our State of the Nation 2015 report, The Age of Diabetes, we revealed the unacceptable disparity of diabetes care across Scotland. While excellent care exists in some areas, it is not available to everyone and we want to change that. No matter where you live, what type of diabetes you have, your age or your economic circumstance; everyone should have access to the same high-quality diabetes care.

Diabetes Scotland works with Health Boards, politicians, campaigning groups, third sector partners and individuals affected by diabetes across Scotland to push for improved diabetes care and services. As the recognised representative of the diabetes community in Scotland, we have a responsibility to ensure that our voice, and that of people living with diabetes, is heard. The strong relationships we build enable us to ensure that people can access the 15 Healthcare Essentials, are supported to live well and that the individual is at the heart of the healthcare decision making process.
PREVENTING TYPE 2 DIABETES

The number of people diagnosed with Type 2 diabetes is rising and, with an ageing population, will continue to rise unless we can ensure preventative measures are implemented on a wide scale. We have to address the barriers to healthy living which many people in Scotland are facing and introduce whole-society interventions which support people to live well. No one action will be enough to inspire the sea change required. We have to work together with Scottish Government, NHS Scotland, local authorities, employers, the food and drink industry, third sector partners and communities to empower people to make healthy diet choices, get more active and reduce their risk of developing Type 2 diabetes.

2015 ACHIEVEMENTS

We delivered Know Your Risk Roadshows in Scotland with 1392 people finding out their risk of developing Type 2 diabetes and what steps they can take to prevent or delay being diagnosed with the condition. Special thanks to the Caithness Diabetes Scotland Local Group which funded the Roadshow’s trip to Thurso and Wick – despite heavy rain we managed to reach over 180 people.

We worked with Queen’s Cross Housing Association in Glasgow to train 19 staff to deliver Know Your Risk assessments and healthy living information to residents.

Our QdC Award winning DiabEtes at Your Fingertips (DEFT) programme reached out to groups of older people in BAME communities and areas of multiple deprivation who are more at risk of developing Type 2 diabetes. In 2015, 79 people took part in the programme which uses e-learning tools and interactive games to educate people about Type 2 diabetes, how to prevent it and how to manage it if they have been diagnosed.

In partnership with the Edinburgh International Science Festival we delivered the Live For It! programme to 15 schools in Aberdeen, Aberdeenshire and East Lothian. 676 pupils took part in the sessions which include practical workshops that teach the children how to cook healthy meals and snacks. (Read more on page 13)

FUTURE PLANS

As part of our National Charity Partnership with Tesco and British Heart Foundation, the Beat the Street initiative will be introduced to North Lanarkshire to get both children and adults in the community more active.

We will campaign for a wide variety of interventions which will create an environment that supports healthy choices and encourages healthy behaviours for people in communities all over Scotland.

MEET RATHEN PRIMARY SCHOOL

An interactive, fun way to engage children with healthy living, Live For It! is designed to increase understanding about the link between a healthy lifestyle and prevention of Type 2 diabetes. One of the schools to take part was Rathen Primary School in Fraserburgh where 20 pupils participated in the four-session programme.

Tying in with Scotland’s Curriculum for Excellence in Health and Wellbeing, Live For It! is a joint venture between Diabetes Scotland and the Edinburgh International Science Festival. During the programme, children are taken on a journey through the digestive system, learn how to test blood glucose and gain an understanding of how our bodies convert food into energy.

“Pupils have learnt so much about diabetes since taking part and are definitely more aware of the consequences of eating sugary food versus healthy food. They understand how to be healthy and thoroughly enjoyed taking part in these excellent workshops.” – Alison, Head teacher

Making healthy food choices and the importance of eating a balanced diet is a valuable lesson learned through enjoyable cooking sessions. At the end of the programme students can show off their knowledge in a series of challenges including Oscar, a life-size model patient with exposed organs and a flashing red nose modelled on the ‘Operation’ board game.
Diabetes UK is the leading charitable funder focused on diabetes research in the UK and allows researchers to ask the big important questions about all forms of diabetes. We’re working to ensure the research we fund deepens our understanding of diabetes and delivers breakthroughs in care, treatment and prevention. A large proportion of that work is taking place here in Scotland. Scotland is a hub of world-class scientific research, and Diabetes UK invests in diabetes research at institutions including University of Aberdeen, University of Dundee, University of Edinburgh and University of Glasgow.

In 2015 we launched our five year Research Strategy setting out goals to improve care, prevent diabetes and its complications, and find a cure. These are ambitious goals, but we believe that, together, we can make them a reality.

### 2015 Achievements

We awarded 33 new grants across the UK last year, including three to researchers based in Scotland. These funds support scientists who are working towards transforming lives and creating a better future for people living with all types of diabetes. We’ve committed to invest £324,038 in Professor Helen Colhoun’s research at the University of Dundee; Professor Colhoun is using a database of genetic information to better understand Type 1 diabetes and help to find new ways to treat it.

We developed two new funding schemes, to provide support for scientists looking to embark on a career in diabetes research. The ‘starter’ grants are for medically qualified researchers (led by the Academy for Medical Sciences) and basic scientists.

### Future Plans

We will continue to fund world-class projects in Scotland, with over £5.2 million of diabetes research currently underway across the country.

We will continue to develop new diabetes Clinical Studies Groups. These groups will identify priority research areas and the key clinical studies needed to move forward our understanding of diabetes.

We will continue to work with people living with Type 2 diabetes and healthcare professionals across the UK, to identify ten areas of research that they believe are top priorities. We’ll champion those priorities, alongside priorities previously identified for Type 1 diabetes, to ensure that research is as relevant as possible to the people that need it most.

**Meet Shareen**

At the University of Edinburgh, Dr Shareen Forbes is leading a Diabetes UK-funded study to improve the effectiveness of islet transplants. Islet transplantation can be successful at restoring awareness of hypoglycaemia in people with Type 1 diabetes, but the current process is not perfect. More research is required to improve the procedure and make it more effective.

Scotland has one of the busiest units of all the seven within the UK Islet Transplantation Consortium, with over 47 islet transplants having taken place since the commencement of the Scottish programme in 2010. By helping to optimise islet transplants, Dr Forbes’ work could have a significant and immediate impact on the long-term effectiveness of this pioneering treatment and allow more people to benefit from it in the future.

Around 20 per cent of people with Type 1 diabetes have impaired awareness of hypoglycaemia but, thanks to funding from Diabetes UK, we are making solid progress in our mission to improve the effectiveness of islet transplants, so that one donor pancreas may be sufficient to impact on the diabetes control of one recipient. This makes more efficient use of donor pancreases, which are a scarce resource, so that islet transplants can become a treatment option for more people who are affected." – Dr Shareen Forbes
Diabetes Scotland is committed to positively transforming the lives of everyone affected by diabetes. We have big ambitions and we’re confident that we’ll achieve them because we are backed by an army of volunteers and supporters across Scotland who are with us every step of the way. In communities all over the country, our volunteers are representing the diabetes community.

Mother and daughter Dawn Goodlad and Aimee Barclay from Shetland raised £2,500 after Aimee’s son Archie was diagnosed with Type 1 diabetes. Dawn was sponsored to go “back to her roots” by getting her hair cut short and grey.

Kelsey Hamilton from Fife chose to fulfill the wishes of her cousin Shirley, who passed away due to complications from diabetes, and fundraise for Diabetes UK. Kelsey took on a bungee jump and raised £1,750.

Bea Berx launched a community group in Aberdeen called Grampian Type 1s to allow people living with the condition to get together for informal meets and chats.

Chris Gray set up his own running group in Lanarkshire, DB12Run, to encourage people with diabetes to exercise to help manage their condition.

The Highland Youngsters with Diabetes group has been going from strength to strength since new chairs Colette Allen and Mhairi Macdonald took office. The group has been organising an array of fun activities including trips to the pantomime and camping.

MEET GRANT

In Stranraer, Grant took on a 24-hour sheep shearing marathon at the family farm where he works and raised over £11,000 for Diabetes UK’s work supporting people living with the condition and funding research towards a cure. He gave a total of 938 sheep a much needed haircut in front of a packed crowd of over 500 people in what is believed to be the first time the challenge has ever been completed in the UK!

Grant spent months practicing and training for the event. He went cycling and swimming to build up his stamina and ran 5-6km each night. His family and friends assisted in organising a hog roast and barn dance to create a party atmosphere in the shearing shed whilst Grant was working.

“... My father was diagnosed with diabetes a few years ago and, after speaking to other people in my area, I discovered that many others are also living with the condition so I wanted to do something to support them. The event was fantastic, as well as raising a lot of money for Diabetes UK we all had a great time.” – Grant
Beth and Jacob Harris led a team of over 20 runners at the 5k Color Me Rad Run on Glasgow Green raising £2,231.93. Known as Team Sugarbabes, the team was organised by Beth and Jacob’s mum Debi through Twitter and Facebook starting off with just five people. This number quickly grew as word spread about Debi’s efforts. The team included people from many different parts of Scotland who are affected by Type 1 diabetes.

Margaret Riach and friends raised £255 by doing the Nippy Dip at Aberdeen Beach on Boxing Day.

Dr John Drever, a member of the Edinburgh Local Group, undertook a John O’Groats to Land’s End cycle in August in memory of his late mother, Dr. Ethna Drever. He decided to take on the cycle to mark his 60th birthday, and the bike he used was a 1969 Raleigh Road Bike. John cycled largely alone and without support, carrying all his clothes and equipment in a small saddlebag. He completed his trip in 18 days and raised £3,430 including Gift Aid.

The Edinburgh Local Group hosted its 15th annual Hummingbird Ball in the capital and raised over £30,000 for diabetes research at the glittering event. This brings the total raised since the first event in 2001 to over £330,000!

A team of intrepid adventurers travelled to China to trek the Great Wall. The China Dolls & Ross from Highland raised over £25,000 for Diabetes UK.

David Milne and Gary Moir from Banff took on the tough Three Peaks Challenge in support of Gary’s girlfriend Fiona who is living with Type 1 diabetes. The pair raised £2,288.

Over 100 awesome volunteers took part in the Big Collection in Tesco stores across Scotland.

MEET MAY

Involved in a wide array of activities from campaigning and lobbying Scottish Government to fundraising and running information stalls, the Diabetes Scotland West Lothian Local Group, led by chairperson May, is one of our most prolific.

One of their greatest successes is securing funding and delivering bespoke fitness classes and Easyline seated exercise sessions, in partnership with personal trainers Personal Best, for people living with diabetes. The group understood that many people with diabetes felt intimidated by the prospect of going to a gym and wanted to provide a safe, non-judgemental environment to exercise with expert support.

We hear so often about the importance of being active, particularly if you’re living with diabetes, but it takes confidence to walk into a gym for the first time. We wanted to offer practical help to support people with diabetes to live healthily. The fitness classes, which are free to attend, have really given people a boost. We’ve got people coming along every week, some of whom hadn’t exercised in years, enjoying getting more active and feeling the physical and mental health benefits.” – May
We fundraise and operate as part of Diabetes UK but here’s a snapshot of the money raised and invested in Scotland in 2015.

Corporate and Trusts (including Tesco) Grants

Research Expenditure on raising funds Not alone with diabetes

Better care everywhere Reducing the risk of T2 & growing the impact

Corporate and Trusts (including Tesco) Supporters Legacy Community and Events

Research Expenditure on raising funds Not alone with diabetes

Better care everywhere Reducing the risk of T2 & growing the impact

*Figure includes income from charity partnerships

Research funding is allocated by Diabetes UK on a UK-wide basis. Diabetes UK invested £6.9 million in research in 2015. Scottish institutions have received a disproportionate share due to the high quality of the research proposals received and the potential positive impact the findings may have on the global diabetes community.

We could not continue our work supporting people living with diabetes, campaigning for better care and funding research towards a cure without the help of our fantastic volunteers, fundraisers, colleagues and partners.

Unfortunately it is not possible to list all the incredible people and organisations across Scotland who have supported us in 2015. Please know that we appreciate each and every one of you and are truly grateful for everything you do.

Diabetes Scotland Local Groups
We extend warm thanks to all of our Local Groups who are working tirelessly in their communities to raise awareness about diabetes, support people living with the condition and fundraise to allow the charity to continue its vital work.

Members
The generosity of our members helps fund the full spectrum of Diabetes UK activities from campaigning for essential care and services for people affected by diabetes to research into better treatments and a cure. Your support helps us drive forward positive change now and plan for the future. We would like to thank everyone who signed up as a member in 2015 and those who renewed their membership.

Legacies
In 2015 many people remembered us in their wills by including a donation to Diabetes UK. We are deeply grateful for this kind gift. Legacies provide almost a third of the charity’s income and are crucial to improving the lives of people affected by diabetes and shaping a future where the condition can cause no more harm.

Corporate Supporters
Thanks to all the businesses and organisations across Scotland which have supported us in various ways including fundraising, gifts in kind and staff volunteering.

NHS Scotland Colleagues
We work closely with a number of fantastic healthcare professionals who are dedicated to improving diabetes care for all. We’d like to thank them for their commitment, enthusiasm and unwavering support of the diabetes community.

Scottish Parliament Cross Party Group on Diabetes
We’d like to thank all the members of the Cross Party Group for their support in raising issues in the Scottish Parliament, particularly co-conveners David Stewart MSP and Nanette Milne MSP who retired in June 2016.

To You
To everyone who has supported us by volunteering, fundraising, supporting events and activities, campaigning for better care, spreading the word in communities and much, much more – thank you!
GET INVOLVED

Join Us
By becoming a supporting member you can provide invaluable support for all the work we do now and in the future. And if you are a healthcare professional, a professional membership can make your job easier if you support patients with diabetes or are involved in diabetes research. Memberships come with many benefits, including our magazines and up to the minute information about support, care and research.

Campaign
Our campaigns have caught the eye of the public and influenced change everywhere, from communities to government. If you want to help people with diabetes by changing the system, you can find out about all of our campaigns on our website.

Leave a Gift
We are both humbled and honoured that people choose to think of our work when writing their wills and every gift we receive brings us closer to a future without diabetes.

Fundraise
The crazy, fun, and inventive ideas our supporters have come up with over the years have raised invaluable funds for Diabetes UK. However you want to play your part, the money you raise will make a huge impact.

Corporate Partners
Joining forces with Diabetes UK means you’ll be working with us to address the nation’s biggest health threat. We welcome corporate partnerships and are always willing to discuss new opportunities.

Volunteer
If you are passionate about taking a stand against diabetes, there are all sorts of ways to get involved. Hundreds of people across Scotland and the UK are flying the flag for us by raising awareness in local communities, offering support and raising funds. Join them.

Donate
Diabetes touches the lives of over 4 million people in the UK – if you aren’t directly affected by the condition, you probably know someone who is. Your donation will help us continue our work to prevent and, one day, cure the condition.

GET SUPPORT

Call Careline Scotland
A free and confidential service based in Scotland offering information on living with diabetes and giving people the opportunity to talk about any issues they’re concerned about. Call 0141 212 8710*

Go online
If you want to learn more about diabetes, our website is packed full of information and helpful tips. And, if you want to talk to others with diabetes, the Diabetes Support forum and online communities like Facebook and Twitter are a great place to share stories and experiences.

Join a Local Group
Our local support and community groups offer the chance to get together with other people affected by diabetes in your area, stay informed and be involved in the charity’s work, and organise and attend events.

Volunteer
If you are passionate about taking a stand against diabetes, there are all sorts of ways to get involved. Hundreds of people across Scotland and the UK are flying the flag for us by raising awareness in local communities, offering support and raising funds. Join them.

Donate
Diabetes touches the lives of over 4 million people in the UK – if you aren’t directly affected by the condition, you probably know someone who is. Your donation will help us continue our work to prevent and, one day, cure the condition.

Call 0141 212 8710*

Email scotland@diabetes.org.uk

Go to www.diabetes.org.uk/scotland

*Calls to Careline Scotland may be recorded for quality and training purposes