



CAMPAIGNING TAKING CONTROL

Aims of the campaign

Everyone with Type 1 or Type 2 diabetes is given the chance to learn about their condition, helping people living with diabetes live well and avoid complications

**TAKING
CONTROL**

Why are we campaigning on Taking Control?

Managing diabetes day-to-day can be difficult. This is why it's important people have the knowledge and skills to manage their diabetes between their medical appointments.

Education can have a really positive impact for people with both Type 1 and Type 2 diabetes, no matter whether they are newly diagnosed or have lived with the condition for years.

What can my local group do?

There are a number of ways you can get involved:

- **At a local group meeting conduct a survey** on diabetes education courses, available on the **Local Group Portal**. The survey can be conducted as part of a meeting focused on the Taking Control campaign.
- **Write to local healthcare professionals** requesting that they conduct a diabetes education taster session at an upcoming group meeting. Template letters is available on the **Local Group Portal**.
- **Distribute campaign materials**, including posters and leaflets, around doctors' practices, community centres and other local places.
- **Send a letter to the local press** promoting the campaign in your local area. A template letter is available on the **Local Group Portal**.
- **Host a local group meeting about the Taking Control campaign**. You could ask a local MP to join the meeting, using the template letter on the **Local Group Portal**.

These documents will be updated regularly so please check the Local Group Portal to make sure you have the most recent version.

GET ALL THE MATERIALS YOU NEED

The campaign materials you need can be downloaded or ordered for free at:
www.diabetes.org.uk/Taking-Control

Remember materials and resources to support campaign actions will also be available on the **Local Group Portal**.



Taking Control Leaflet

What is it? A leaflet raising awareness of the value of education. People living with diabetes can hand this leaflet to a healthcare professional and ask them to recommend a local diabetes education course.



Advocacy Pack

What is it? A pack to support anyone who wishes to take a diabetes education course but is facing difficulty securing a place.



Taking Control Poster

What is it? A poster raising awareness of the value of diabetes education with suggestions on where to find more information.



Diabetes Education Resource for Healthcare Professionals

What is it? A guide for healthcare professionals emphasising the value of diabetes education. It also offers advice on how to successfully refer people living with diabetes to diabetes education courses.



Taking Control Video

What is it: A short video featuring people living with diabetes explaining how a diabetes education course improved their lives.

- **9 out of 10 people** with diabetes who attended an education course, felt more confident about managing their diabetes afterwards.
- **69 per cent of people** with diabetes say they don't fully understand the condition.

“ A course gives you the toolkit to manage your diabetes. It gives you confidence. Having diabetes is low down on the list of things that I am because it doesn't have an impact on what I can or can't do anymore. ”

Stewart – who took a DAFNE course several years after being diagnosed with Type 1 diabetes

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www.diabetes.org.uk

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