

# CARE EVENTS

# 2015

EVENTS FOR CHILDREN, YOUNG PEOPLE  
AND FAMILIES WITH DIABETES



**DIABETES UK**  
CARE. CONNECT. CAMPAIGN.



## What is a Care Event?

Diabetes UK Care Events are an exciting and unique experience for children, young people, adults and families with diabetes. They are fun, informative and empowering events to provide support and opportunities such as:

- meeting and learning from other people with diabetes
- sharing experiences in a relaxed, informal environment
- gaining skills, confidence and knowledge to live with and self-manage diabetes
- spend valuable time with a healthcare team to discuss all aspects of diabetes
- trying new and exciting activities, and making lasting friendships.

For more details about any of the information in this booklet call the Care Events team on **0345 123 2399**, email **eventsteam@diabetes.org.uk** or to go **www.diabetes.org.uk/careevents**

Diabetes UK is the leading charity in the UK that cares for, connects with and campaigns on behalf of all people affected by and at risk of diabetes. We fund pioneering research into cause and prevention, improving care and treatment and ultimately work towards finding a cure.

To find out more information about our work and how you can get involved, please go to **www.diabetes.org.uk**  
**f /diabetesuk**  
**t @DiabetesUK**



## How we support you

For 2015 our Care Event programme is bigger than ever before, with 33 events all over the UK. There are events for children aged 7–10 years, young people aged 11–17 years, adults aged 18–30 and families of all ages. Although each event is different they all have one thing in common, our fantastic and dedicated volunteers.

Our Care Events Volunteers receive full training for their roles and undergo a criminal records check. All events have generous child to volunteer ratios and include a team of healthcare professionals, to ensure we provide a high standard of care for all children and families attending.

Parents can be secure in the knowledge that their child is being looked after by qualified and committed volunteers who are either healthcare professionals, have diabetes themselves or have a special interest in diabetes.



### Funding options

You may be able to obtain funding to attend one of our events through your local hospital or Diabetes UK voluntary group. If you are unable to secure funding, a Diabetes UK bursary may be available. For details of funding options please see the event application forms or contact the Events team.



Loved it! I don't think I've been on an event yet where I haven't learnt at least one new thing about diabetes.

*Diabetes Specialist Nurse and Care Events volunteer*





## Children's events aged 7–10 years

These fun-filled events are for children and young people with diabetes. All the events are held at residential outdoor activity centres. The programme for each event is specially tailored to the group attending.

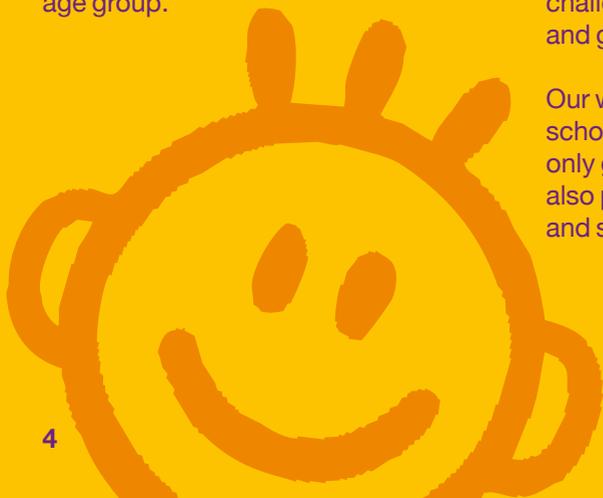
Enjoy exciting activities such as kayaking, rock climbing, mountain biking and just relaxing with new friends. You'll have a great time and leave with new skills and improved confidence to manage your diabetes. We offer one day, one night, weekend and week-long events for your age group.

One day events are a great way to spend some time away from your parents, meet new people and see what Care Events are all about.

A one night event is great if you have never had a night away from home before, maybe you or your parents are a bit nervous about your first night away. Come along to meet some new people, gain some independence and have fun!

Weekend events take place from Saturday to Monday in school holidays and are brilliant for anyone looking to challenge themselves, try fun activities and get to know others with diabetes.

Our week-long events take place in the school summer holidays and are not only great fun for children to attend, but also provide respite for parents, carers and siblings.



## Young people's events aged 11–17 years

These fun-filled events are for children and young people with diabetes. All the events are held at residential outdoor activity centres. The programme for each event is specially tailored to the group attending.

Take part in challenging activities such as raft building, gyll scrambling, mountain tracks and meeting new friends. You will get to take part in some amazing activities, gain some independence and learn more about how to manage your diabetes as you move towards adulthood.

Events are split into two age groups, 11–15 years old and 16–17 years old. You can take part in weekends and week-long events all over the UK.



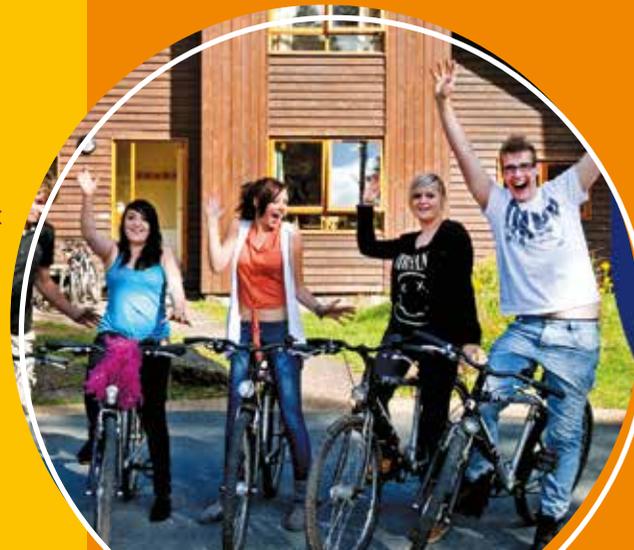
On a weekend event you can relax with friends, take part in some new activities and get away from your everyday life for a bit. Weekend events run from Saturday to Monday in the school holidays.

Week-long events take place in the school summer holidays and are a great way to become more confident managing your diabetes on your own, learn new things and make lifelong friends.



My son spoke about his holiday non-stop for the first couple of weeks. He even spoke about becoming a volunteer once he is older. That says it all!"

*Parent of a Care Event attendee*



## Map

Apply for a care event now.



“

These events can literally save lives – they allow a child to gain a greater understanding of their Diabetes and how to manage it, a skill they will benefit from for the rest of their lives– every child should be able to go on a children’s event!

*Paediatric Diabetologist and  
care event volunteer*

## Adult events ages 18–30

Whether you are going to University, planning a gap year, starting a full-time job or thinking about getting pregnant, when you have diabetes there is a lot to consider. These one day and weekend events are an excellent opportunity to meet other adults with diabetes.

Events will be divided into age appropriate groups and attendees will get to set the agenda. Healthcare professionals will be on hand to discuss any concerns you may have, run through anything you feel unsure about or just answer some of your questions.

Events are spread out over the UK and are a really great way of learning from one another and taking charge of the information you want to know.

“

It far exceeded my expectations! It was varied, informative and the tips picked up on the weekend have really helped me with glucose control since.

*18–30 event attendee*



“

My daughter asked to do her own injection on a Family Event and I was gob smacked. She did it fine and was so happy, we had to phone our friends and family to tell them and the next morning she happily demonstrated her new skills.

*Mother, Family event attendee*

## Family events

Family Events are a fantastic way to meet other children and families living with the condition, form friendships and gain support.

These events are for families of children with diabetes, and are designed for the entire family to attend, from 0–100!

During the event, parents will attend relaxed, supportive and informative sessions, covering issues such as: what care to expect, the difference between your annual review and follow up appointments, sick-day rules, ketones, healthy eating and understanding food labels – and will have the opportunity for 1:1 time with Health Care Professionals and other parents.

The children, accompanied by healthcare professionals and children's helpers, will enjoy fun activities, a trip out and informal learning sessions. All Family Events are held in comfortable hotels and offer a crèche service.

If you have a child or children with diabetes, are newly diagnosed and would like to meet other children and families living with the condition these events are for you.



# 2015 Events



## Age 7–10s

- 28 February, Wide Horizons, Eltham, London, **£10**
- 18 April, Kingswood Overstrand, Cromer, Norfolk, **£10**
- 6–7 June, PGL Caythorpe Court, Grantham, Lincolnshire, **£30**
- 20 June, Auchengillan Outdoor Centre, Glasgow, Scotland, **£10**
- 27–28 June, Kingswood Dukeswood House, Newcastle, Tyne & Wear, **£30**
- 19–23 July, Life Activity Centre, Annalong, Co Down, **£120 \*\***
- 26 July–1 August, PGL Dalguise, Tayside, Scotland, **£375**
- 9–15 August, Calshot, Southampton, Hampshire, **£375**
- 26 September, Otterspool, Liverpool, Merseyside, **£10**
- 24–26 October, PGL Caythorpe Court, Grantham, Lincolnshire, **£110**
- 21–22 November, Kingswood Colomendy, Wrexham, Wales, **£30**

## Age 11–15s

- 18–25 July, Tollymore National Outdoor Centre, Co Down, **£200 \*\***
- 25 July–1 August, Castle Head, Grange-over-sands, Cumbria, **£375**
- 1–8 August, Blairvadach, Helensburgh, Scotland, **£375**
- 1–8 August, PGL Osmington Bay, Weymouth, Dorset, **£375**
- 22–29 August, Frontier Centre, Irthlingborough, Northants, **£375**
- 12–13 September, Tollymore National Outdoor Centre, Co Down, **£30**
- 24–26 October, PGL Windmill Hill, Hailsham, East Sussex, **£110**

## Age 16–17s

- 14–21 August, Centre Parcs, Whinell Forest, Cumbria, **£375**
- 22–29 August, PGL Liddington, Swindon, Wiltshire, **£375**



A fantastic holiday where I made great friends I will keep for a long time. We were all the same, dealing with the same issues, which made me feel normal.  
*Child (Osmington Bay)*

## Age 18–30s

- 21 February, Mercure Hotel, Milton Keynes, Buckinghamshire, **£10**
- 5 September, Jurys Inn, Newcastle, Tyne & Wear, **£10**
- 3 October, Holiday Inn, Belfast, Co Antrim, **£10**
- 10–11 October, Thistle Hotel, Bristol, Avon, **£30**
- 14 November, Holiday Inn, Edinburgh, Scotland, **£10**

## Family Events

- 21 March, Midland Hotel, Bradford, Yorkshire, **£10 per adult and £5 per child\***
- 27–29 March, International Hotel, Ashford, Kent, **£140 per adult and £90 per child\***
- 24–26 April, Telford Hotel & Golf Resort, Telford Shropshire, **£140 per adult and £90 per child\***
- 13 June, Mercure Hotel, Inverness, Scotland, **£10 per adult and £5 per child\***
- 5 September, Stirling Court Hotel, Stirling, Scotland, **£10 per adult and £5 per child\***
- 18–20 September, Redworth Hall Hotel, Darlington, Durham, **£140 per adult and £90 per child\***
- 3 October, Mercure Hotel, Ayr, Scotland, **£10 per adult and £5 per child\***
- 10–11 October, Corr's Corner Hotel, Glengormley, Co Antrim **\*\*\***
- 7 November, Thistle Hotel, Bristol, Avon, **£10 per adult and £5 per child\***

\* Adult participants aged 14 years and over, Child participants aged 13 years and under.  
\*\* For further information call 028 9066 6646 or email [n.ireland@diabetes.org.uk](mailto:n.ireland@diabetes.org.uk)  
\*\*\* £75 per adult and £35 for children and child with diabetes goes free

All prices include accommodation and trips out (where applicable), activities, food and snacks. For further information call **0345 123 2399** or email [eventsteam@diabetes.org.uk](mailto:eventsteam@diabetes.org.uk)



# Help make a difference

## Care events volunteering

Help make a difference to the lives of children and young people with diabetes and their families.

If you are a healthcare professional, have diabetes or have an interest in diabetes, please consider applying to be a member of our volunteer team.

These events offer a unique (all expenses paid) opportunity to gain practical experience of what life is like living with diabetes, while helping people learn and grow in confidence in a fun and relaxed environment.

We provide clear guidelines, training and support for all volunteers, who are selected on the basis of an application, references and criminal records check.

For more information about volunteering opportunities, call the Care Events team on **0345 123 2399\*** or email **eventsteam@diabetes.org.uk**

## Healthcare Professional Volunteers

Our Care Events need doctors, nurses and dietitians to volunteer. If you work with diabetes or have an interest in doing so, volunteering on our events can offer invaluable experience to aid your professional development. We can also support your request for study leave to do this.

“

I had a great time. It was great meeting the team, building on my knowledge of diabetes and spending time with the children and seeing their achievements.  
*Care Event volunteer*

\* Calls may be recorded for quality and training purposes



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[www.diabetes.org.uk/careevents](http://www.diabetes.org.uk/careevents)

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