

SUMMER 2016



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WELCOME



Welcome to the Summer edition of London Regional News. As always it has been a busy few months since we sent you the last Newsletter. Ruth and Julia have been busy training new volunteers over the last few months with 65 trained since January – so a big welcome to those of you who are reading the [London Region News](#) for the first time and also ‘thank you’ to those of you who have taken on additional volunteering roles. We have supported nearly 60 awareness events since the beginning of the year – and couldn’t do that without you. We are also starting more groups and are working with Health Care Professionals as well as volunteers to get these up and running. We have new Community groups including one for people with learning disabilities in Enfield. Unfortunately Sarah Davis has left Diabetes UK however she will continue to support the Enfield Learning Disabilities Diabetes Community Group.

We have been overwhelmed by the success of the [100 Things guide](#). So many people have asked for a copy and this is now available in pdf format and you will find details below. As always we are looking for people to help us deliver all we need to do in the region. We have two large events happening in the autumn. [The Big Collection](#) is taking place in September this year and we are looking for team leaders. This will be closely followed by the [London Bridges Challenge](#) on the 9 October. Both of these events are great fun so if you can volunteer to help us please do let us know.

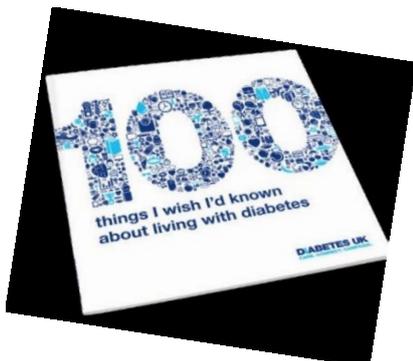
We want the London Region News to be as useful to you as possible so please do let us know what you think about it and what else you would like included.

INFLUENCING THE NHS

Most of the work done over the last few months has been around [Putting Feet First](#) and the [Taking Control](#) campaigns. We have two areas in London which have above average minor amputation rates – Bromley and Greenwich. We have been talking to Health Care Professionals about the services in both boroughs. In July there is going to be a borough-wide campaign in Bromley to raise awareness about looking after your feet. This will involve pharmacists as well as GP surgeries. We are also asking about training courses for Health Care Professionals so that everyone gets the annual foot check that they should be having.

As with the rest of the UK we have a problem in London about structured education uptake in all the courses offered – DAFNE for those living with [Type 1 diabetes](#) and DESMOND and X-pert for those living with [Type 2 diabetes](#). Whilst people are being referred in to these courses very few people actually attend. We have been asking CCGs about what courses they are commissioning and pushing to get the accredited courses mentioned above commissioned. London is going to be a pilot site for Taking Control Champions – volunteers to work with their CCG to encourage the uptake of structured education in their local area. We are going to start in Westminster, Hammersmith and Fulham and Hounslow and if you are interested and live in these boroughs we would love to hear from you so please call the London Region office on 020 7424 1116 or [email us](#) for more information. We have a new Influencing Manager in London. Rachael Glover joined the London team at the end of May. Rachael has been working at Diabetes UK for the last couple of years and we are delighted that she has joined the team.

Roz Rosenblatt – London Region Head



100 THINGS BOOK

You may have heard about this incredibly popular book that was launched in February. The book is filled with tips written by people living with diabetes for people living with diabetes, their families and friends. You can order a pdf version of the book [online](#).

HEADLINES NEWS

GOOD CARE IN SCHOOL AWARDS



Congratulations to Riversdale Primary School in Wandsworth and Joseph Clarke School in Waltham Forest for being the first two London recipients of the Diabetes UK “Good Care in Schools Award” in recognition of the steps they take to look after pupils with diabetes.

For more information on the Good Diabetes Care in School Award visit our [web page](#).



FUNDRAISERS HIT THE HEADLINE

As well as raising much-needed funds for research our wonderful supporters are often featured in newspapers across London, helping us reach even more people. Whether you run, walk, tee-off, dress up, bake or even jump out of a plane, local newspapers want to hear from you! For example, Paul Feldman made the news when he became our top individual fundraiser for the London Bridges walk last year, while Denise Slade hosted a golf day which also brought in much-needed funds and raised our profile at the same time. Lee Pomery - another golfer - also helped us with special events at his club.

Intrepid Shaun Stewardson raised more than £2,500 doing an on-the-spot marathon at Waterloo Station – and got his photo in the South London Press at the same time! Looking ahead, friends Pete Sell and Wayne Hannaway are busy organising a Family Fun Day at Cromer Park in Romford (Saturday, July 9, everyone welcome!) in memory of Pete’s brother Matthew – a press release on their sterling efforts is winging its way to the local paper and hopefully, will let people know about the event and encourage more visitors. Fundraisers are also signed up to take part in the Ride 100 cycling event in August, various marathons and fun-runs taking place over the next few months and, of course, the ever-popular London Bridges in October – in each case we can offer people the chance to have a press release written about their efforts in the hope of it catching the eye of a local journalist.

If you are planning on fundraising for us – and want to know how to make the local headlines [email us](#). And thank-you for all your efforts – both fundraising and headline-making!

VOLUNTEERING UPDATE

NETWORKING EVENING TELL YOUR STORY

The London team would like to invite volunteers to attend this year's [Networking Evening](#) on Thursday 28 July from 5:30pm to 8:45pm. The theme for the evening is Tell Your Story. Our volunteers have so many unique stories and a great deal of knowledge about diabetes that they want to share, and we want to give you the confidence and skills to tell your story and talk about diabetes.

We will be running sessions on storytelling, dealing with difficult people, and using photography to tell your story. You can register for the evening [online](#) or ring 020 7424 1116.

**THANK
YOU!**

The London Region Team has been involved in the organisation of **57 Health Awareness events** so far this year. A very big thank you to everyone who has been involved – we really couldn't reach out to as many people living with or affected by diabetes without your amazing support and commitment. Keep your eyes peeled for further exciting events coming up over the year.

THE BIG COLLECTION

Last year [Big Collection](#) volunteers raised over £400,000 to support the prevention work of the National Charity Partnership between Diabetes UK, Tesco and The British Heart Foundation. We are looking for enthusiastic, approachable volunteers who can work as a team to motivate others and run a collection at their local Tesco store.



**GET IN
TOUCH**

This is a fantastic opportunity to help make a major difference to millions of people living with diabetes and cardiovascular disease.

If you would like to apply for this role or have any questions, please [email us](#) or ring 020 7424 1116.

VOLUNTEERING CONTINUED

This will be my last volunteering update before moving over to our Learning and Development team but thank you all so much for making my 18 months in the role such an enjoyable time! I have really loved getting to know so many of you so well and I feel honoured to have been a part of your Diabetes UK journey. I'm not moving very far however, so I hope to see many of you again when you pop into the office.

Ruth Szotten – Volunteer Development Manager

On to the actual update! We have welcomed 65 new volunteers to the London Region in the last 6 months through our Events, Speakers Scheme, Ramadan and Know Your Risk training sessions. Thank you for joining us, we really appreciate you giving your time and energy. Diabetes UK are moving office in September – we will soon be residents of Whitechapel! A new area to explore and new neighbours to greet. We look forward to welcoming you all to the new premises when we've settled in. Because of the move, we have not yet set training dates for the latter part of the year. Once we're in, Julia will promote our training opportunities. Keep your eyes on those all-important monthly volunteer updates!

AMP SHOES

Our London volunteers were key to the success of our recent pop-up shoe shop stunt! The [AMP shoes](#) shop-with-a-difference was up and running in Shoreditch 22-24 April with the idea of raising awareness of diabetes-related amputations. Did you know that there are, on average, 135 lower limb amputations a week in England? The shop had no Diabetes UK branding or mentions of diabetes anywhere.

Members of the public were welcomed into the shop but instead of being sold shoes, our volunteers explained about the high, yet preventable, rate of amputations and offered the public the opportunity to find out their risk of developing Type 2 diabetes. You can watch a video about the shop [here](#).



Del and Rohit at AMP shoes shop

DIABETES WEEK 12-18 JUNE 2016

[Diabetes Week](#) is almost upon us – **12-18 June** sees us kicking off with the Patron's Lunch and I know many of our groups and individual volunteers are getting involved in events, stands, talks, Roadshows and more. Do send your photos in to the London region, please!

THANK YOU SYBIL SPINK!

On **7 July**, our [Inspire Award](#) winners will be going head-to-head with Inspire winners from around the country. All of our volunteers do amazing work but we will be celebrating those who go above and beyond. Best of luck to all the London winners, do us proud! In keeping with thanking our volunteers, one woman in particular needs thanking. Sybil Spink from our Ilford and District local group recently stood down as secretary. Sybil has been involved in the group for more than 30 years and has been a great inspiration within the group. Her friendly, outgoing manner has encouraged many to come to the group, participate in the activities and, in many cases, has persuaded them to take on responsibility for different roles within the group. Thank you, Sybil, for all that you have done. Thankfully, she's not going too far and will still be involved but will be taking a much deserved break.

A few of our [Local Groups](#) have requested Diabetes UK speakers in the last few months and we thought we should mention to all of our groups that the London Region have a variety of presentations that we are happy to give at your meetings. Topics include:

- An update on the 15 Healthcare Essentials
- Myth busting and stats update workshop (as run at this year's Volunteer Conference)
- Fundraising
- Storytelling
- London updates – what's going on in the region?
- A general research update

We can also speak to any of our Diabetes UK teams to ask them to send a speaker. Popular teams include: Research (either a Diabetes UK staff member or trying to arrange a Diabetes UK-funded researcher to present), Campaigns, Diabetes Voices, and Care Events. If you would like to book someone in to speak or if there's another area that you are interested in finding out more about, please [email us](#). Do keep sending through your names of speakers that you would recommend to other groups. This list has proven itself useful on more than one occasion so do keep them coming, please.

ENFIELD LEARNING DISABILITY DIABETES COMMUNITY GROUP

We have some great news to share with you. The number of community groups is expanding in London and our newest group is the Enfield Learning Disability Diabetes Community Group. This group is specifically aimed at helping people with learning disabilities get the information and support they need to manage their own diabetes. The group meets once a month to discuss issues they may be facing, meet new friends and get support. The local authority sends a learning disability specialist who is also a diabetes specialist nurse to help out at the sessions. The aim of this group is for members to learn more about their diabetes and what they can do to support themselves in their journey. Spending time with this group last month was really interesting and everyone went away having learnt something new. One person who had been under the belief they have Type 1 and Type 2 diabetes, now understood the difference and what type they had.



Having the right care is essential for the wellbeing of all people with diabetes. As well as looking after yourself, there are 15 vital checks and services that everyone with diabetes, whatever type, should get for free from their healthcare team. Our 15 Healthcare Essentials checklist has recently been updated.

Take a look [online](#)

FUNDRAISING

NEWS

MAKING A BIG BANG WITH YOUR DONATION

Well, summer has finally arrived (although that doesn't mean the rain has stopped!) and in the spirit of forward planning in [fundraising](#) we are already looking towards the autumn! With large festivals like Diwali and Fireworks night coming up, autumn is the time to make a big bang with your fundraising.

Could YOU arrange a fireworks display or Diwali party with your friends and family in aid of Diabetes UK? Your fundraising could make a difference in your local area – helping us to continue in improving your local diabetes care. If you would be interested in more information, or if you think you might know someone, or a group who might like more information on Diabetes UK and supporting us please do [get in touch](#).

LONDON MARATHON RUNNERS DO IT AGAIN

Our amazing marathon runners have done it again this year! We had 157 brave runners taking part in this year's marathon – the largest charitable run in the UK. The good news is that everyone finished and that they all enjoyed their run. There are still donations flooding in, but the current total for this year's amazing runners is over £300,000! Many of you came along on the day to help us cheer Team DUK along and they have all said how motivating it was to see you – so thank you for your support as well!



GET SET, READY AND GO FOR LONDON BRIDGES!

Our biggest and flagship event is back again this year! Last year's walk was a fantastic success, with over 1,250 of you brave walkers taking on the 10 miles from Stamford Bridge to Tower Bridge. You helped us to raise over £100,000, and this year we are hoping for even more walkers and to break last year's record fundraising!

Join us to walk across 13 iconic bridges in London over the River Thames this October. The 10-mile route will take you from the home of Chelsea Football stadium at Stamford Bridge through the heart of London and over Tower Bridge to the end celebration.

It's a family occasion, and everyone is welcome. We need you to join us in your hundreds and walk united as a team. Together we can walk towards a future without diabetes. Find out more information and register for your place on the day by visiting our [web page](#).



0345 123 2399

Fundraising.london@diabetes.org.uk

KEY DATES

ROADSHOWS

15 and 16 June: Bromley
20 and 21 July: Redbridge
18 and 19 August: Merton
27 and 28 September: Enfield
25 and 26 October: Brent

DIABETES WEEK AND WORLD DIABETES DAY

12 June - 18 June: Diabetes Week
14 November: World Diabetes Day

DIABETES UK HELPLINE

Specialist information and advice on all aspects of living with diabetes. Get in touch for answers, support or just to talk to someone who knows diabetes.

Call: 0345 123 2399 Monday to Friday, 9am–7pm.

Email: helpline@diabetes.org.uk



LONDON REGION TEAM

WHO'S WHO

ROZ ROSENBLATT

London Regional Head

RACHAEL GLOVER

Influencing Manager

NADIA BENARDOUT

Regional Support Officer (Job Share)

HELEN RILEY

Regional Media Officer

RUTH SZOTTEN

Volunteer Development Manager

JULIA BERNHARDT

Volunteer Development Support Officer

CLAIRE LUBBOCK

Regional Fundraiser

NEW STAFF



Hello I am Rachael the new Influencing Manager for London. I started my role at the end of May and I am really enjoying getting stuck in.

I joined Diabetes UK in April 2014 and have spent the last 2 years in the Central Volunteering Team. I am delighted to be staying at Diabetes UK.

I hope to use my campaigning experience from a previous life and my knowledge of the fantastic volunteering we have at Diabetes UK in this exciting new role. I hope to meet and learn from many of you in the coming months.

CONTACT US

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