



January 2017

Hello,

Happy New Year and welcome to your first Local Group Update for 2017. We have lots happening this year including Inspire Awards, Diabetes Week, new Peer Support Facilitator training and our Safe in Schools campaign. You can also access updates and information via our Local Groups Portal on our website. We need you to pass this message on to your committee, and people that visit your group where relevant, to make sure your group is kept informed.

### **Annual Returns process for 2017**

As mentioned in your last update, the deadline for you to complete your annual return forms and activity report is **20 January 2017**. You can access this year's forms on the 'Money Matters and Annual Returns' section of the local group portal on our website:

<https://www.diabetes.org.uk/Local-Groups-Portal/Money-matters-and-annual-reporting/>

If you have any questions about the reporting please contact your local volunteering team.

### **Changes to the Volunteer Development Team**

Realising the ambition of our refreshed strategy and tackling the diabetes crisis we know won't be easy. We want to improve our relationship with you to ensure you are being supported, offer new and exciting ways for you to get involved and ultimately for you to love volunteering for us. Therefore, we are consulting with the local staff team to work differently. This will not involve making any cuts but will require a different structure, staff roles and functions. You can find more information about the change on our website: [https://www.diabetes.org.uk/Get\\_involved/Volunteer/Proposing-a-Change-for-the-better/](https://www.diabetes.org.uk/Get_involved/Volunteer/Proposing-a-Change-for-the-better/)

If you have any questions or would like to discuss this please contact the Central Volunteering Team on [volunteering@diabetes.org.uk](mailto:volunteering@diabetes.org.uk) or call 0207 424 100

### **Help planning Diabetes Week – 11<sup>th</sup> to 17<sup>th</sup> June 2017**

Diabetes Week is an important event in the Diabetes UK calendar and local groups have a key role to play in their area. The theme for Diabetes Week 2017 will be 'Know Diabetes. Fight Diabetes' and we are keen to hear your views on the activities you would like to do as part of this to help us ensure the resources we provide are relevant to you. You may have already shared your views with one of our local volunteering team members, but if not we would appreciate you taking 5 minutes to complete our online survey: <https://www.surveymonkey.co.uk/r/MD9TD9R> The survey closes on **Monday 6<sup>th</sup> February 2017**. Keep an eye out for updates about Diabetes Week on the local group portal.



## Inspire Awards 2017

Inspire is back and is looking to be our best one yet! Our Inspire Awards celebrate the invaluable contribution of our volunteers and groups that go above and beyond for people living with diabetes. This year we have eight categories:

For groups/individual volunteers:

1. Campaigning and Influencing
2. Fundraising
3. Reaching out and Connecting
4. Supporting Diabetes UK

For individual volunteers:

5. Supporting Others
6. Young Person's Contribution
7. John Ireland (Scotland only)
8. Long Service Award

If you know someone/a group who fits into any of these categories, nominate them now! You can nominate, find more details on each of the categories and our FAQs online: [https://www.diabetes.org.uk/get\\_involved/inspire-awards/](https://www.diabetes.org.uk/get_involved/inspire-awards/). Voting closes **25 January 2017** for London and Wales, and **17 February 2017** for Eastern, Midlands, North West, Northern & Yorkshire, Northern Ireland, Scotland, South East and South West.

## New Peer Support Facilitator training and resources for local groups

Peer Support is about bringing people with diabetes together to share experiences of living with the condition and to get practical tips from others about how to live well. Most local groups offer informal Peer Support in their groups.

Would you like to offer more structured Peer Support in your local groups? We are offering the opportunity for group members to train as Peer Support Facilitators and receive excellent ready-made resources to use in peer support meetings. To find out more about Peer Support please visit our website: [https://www.diabetes.org.uk/How\\_we\\_help/Local\\_support\\_groups/Peer-Support/](https://www.diabetes.org.uk/How_we_help/Local_support_groups/Peer-Support/)

If you are interested in the training and resources, please have a chat with the volunteering team in your local office.

## Free Wills Month is on the way!

Over the age of 55 and thinking about your Will? We've partnered up with Free Wills month, which allows people to write or update their Will for free during the month of March. By leaving a gift in your Will you're helping us build a world where diabetes can do no harm. It means we can keep finding new treatments and inch closer to a cure. It means when people need someone who understands diabetes our Helpline is there for them. It means we can prevent more people getting diabetes. It means a lot.

Find out more by simply going to our Free Wills Month page:

[https://www.diabetes.org.uk/Get\\_involved/Ways-to-donate/Leaving-a-legacy/Free-Wills-Month/](https://www.diabetes.org.uk/Get_involved/Ways-to-donate/Leaving-a-legacy/Free-Wills-Month/)



## Help keep children with Type 1 diabetes in your local area Safe in Schools

Since our successful campaign to change the law in 2014, all schools in England must have a medical conditions policy telling staff how to care for children with long-term conditions like Type 1 diabetes. Schools also need to make policies easy to access for parents and school staff. But parents have told us that many schools still don't have these policies in place, and aren't even aware they need do. That's why Louise started her petition after her daughter suffered a severe hypoglycaemic attack in school, and her school had no plan in place to care for her. The petition's already got nearly 7000 signatures, many from parents directly affected by these issues.

Sign Louise's petition and learn more about her experience: <https://goo.gl/qfb6No>

If every group members checks just two schools this will be a big help for children living with Type 1 diabetes in your area.

You can make a difference in just a couple of minutes. If you'd prefer not to use the internet you can also call a school directly.

- 1) Find your local schools website. In England you can find a list of local schools using this Government website: <https://www.gov.uk/find-school-in-england>
- 2) Check if the school has a medical conditions policy on its website (as it should)
- 3) Tell us whether you saw a medical conditions policy on your local school's website by emailing [diabetesvoices@diabetes.org.uk](mailto:diabetesvoices@diabetes.org.uk)

### Let's keep in touch

Do you want someone else to act as main contact? Get in touch with your local volunteering team so we can change the main contact for your group and take you off this mailing list. And if your committee members change, remember to let your local volunteering team know too.

Best wishes,

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