

This is your

**DIABETES WEEK**

13-19 June 2022

Your guide

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES

A hand with a brown skin tone and an orange sleeve is holding a bright blue rectangular sign. The sign contains the text 'This is your #diabetesweek' in white and dark blue fonts.

This is your  
#diabetesweek  
k

**This Diabetes Week (13 – 19 June), we're celebrating each and every one of you.**

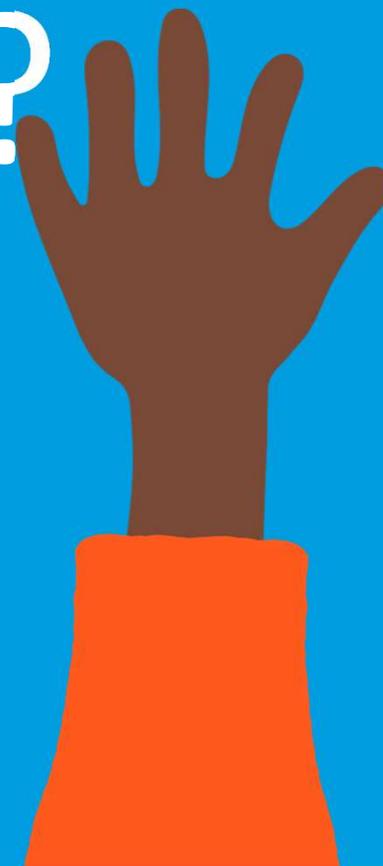
Your blood sugar won't always be in range. Figuring out food labels and menus might have you tearing your hair out. And you might have treated that 3am hypo with a few too many jelly babies. (And biscuits. Oh, and that sandwich...) But you're doing it, every single day. Living with diabetes, juggling the ups and downs. And that's worth celebrating.

So let's celebrate you, the millions of people going through the same, and everyone who's there to support you along the way.

In this guide, we wanted to tell you a little more about what we're planning for the week, share some ideas for how you can get involved, and give you some resources to help.

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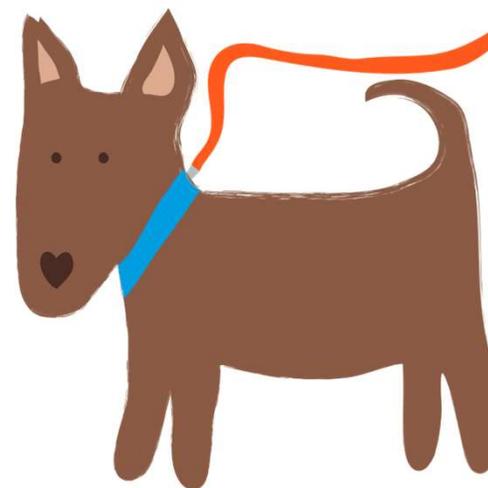
# How can I get involved?



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# Sign up for the Big Diabetes Week Dog Walk!

Join us for our first ever Big Diabetes Week Dog Walk! (We promise it'll be 'paw-some'!) However and wherever you walk is completely up to you - you can walk to raise awareness, raise money, or just for fun. And don't worry if you don't have a dog - your walking buddies can have four legs or two!



**Sign up today**

# Make a difference

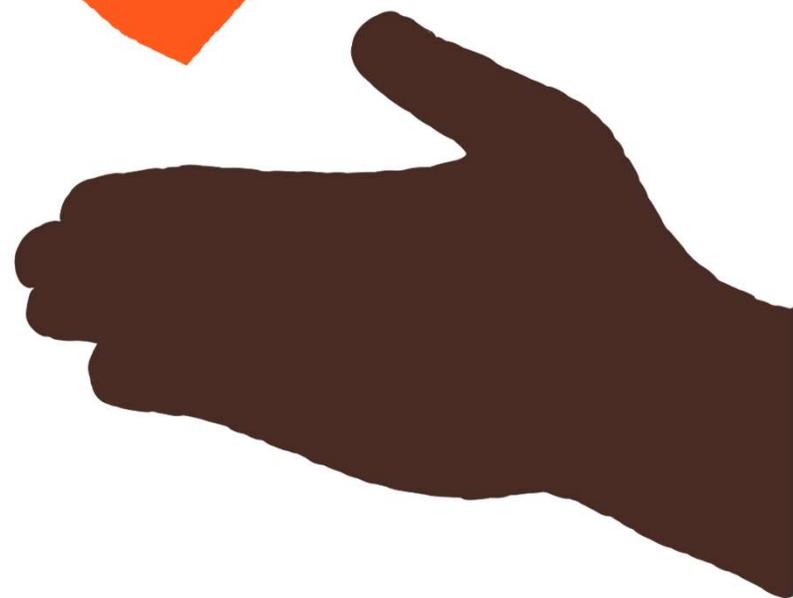


#1in14 of us live with diabetes. This Diabetes Week, let's show the incredible difference we can make when we come together and make our voices heard.

**Join our campaign** and help us fight for better diabetes care.

# Help other people

Help other people living with diabetes know they're not alone by spreading the word - put up a poster in your local area or share our 'This is Diabetes' film on social media.



# Follow us on social

Follow us on [Facebook](#), [Twitter](#) or [Instagram](#) (we've got lots of exciting things planned for the week, including takeovers by people living with diabetes), and add our Diabetes Week frame to your Facebook profile photo.



# Share *your story*

Share your story – and encourage others to share theirs too. This could be on social media to raise awareness, or it could be over a cuppa with a friend – however you feel comfortable.

And just a reminder - if you (or someone you love) are looking for advice, having a tough day or just want to talk to someone going through the same, we're here for you.

## CALL OUR HELPLINE

Our highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes. Call us on **0345 123 2399** (Monday to Friday, 9am to 6pm) or email [\*\*helpline@diabetes.org.uk\*\*](mailto:helpline@diabetes.org.uk) to chat to one of our team.

## Join our support forum

Talking to other people going through the same thing can help, too. [\*\*Our support forum\*\*](#) is a welcoming online community where you can chat to and share experiences with others living with and affected by diabetes. It's free to use, and there 24/7.

## Find support in your area

We have lots of local support groups across the UK, where you can meet and get to know other people living with and affected by diabetes in your area. [\*\*Find your nearest group\*\*](#).

## Sign up to learning zone

[\*\*Our free Learning Zone\*\*](#) covers everything from tasty food swaps and exercise tips, to advice around managing your diabetes day-to-day and looking after your mental wellbeing – all tailored to you.

# Thank you

Please get in touch if you have any questions:

[MidlandsandEastTeam@diabetes.org.uk](mailto:MidlandsandEastTeam@diabetes.org.uk)

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