

DIABETES WEEK


10–16 June 2024

Your guide

DiABETES UK
KNOW DIABETES. FIGHT DIABETES

Diabetes Week is a week to make some noise, raise awareness and shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

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A stylized illustration of a hand holding a blue sign. The hand is brown with an orange sleeve, and the sign is a bright blue rectangle with white text. The background is a dark blue gradient.

Your diabetes check-ups matter

This year, we want to talk about the health checks you need when you have diabetes.

We know life with diabetes can feel like number, check and test overload. You might feel fine, or feel like you don't have the time. Or maybe you're not sure what checks you should be getting. But these regular diabetes health checks are vital to keep you healthy, so you can continue living life to the full.

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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What diabetes health CHECKs do you need?

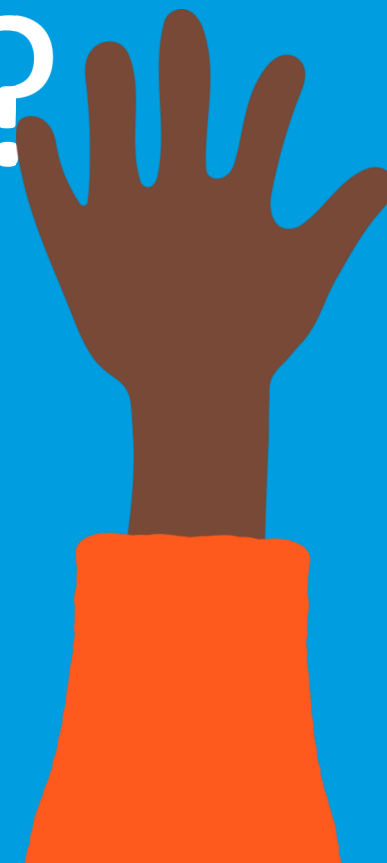
Read more about these diabetes check-ups, and the care to expect when you have diabetes, on our [website](#).

When you have diabetes, there are regular health checks you need – and it's more than just a blood test. They're tests to check your average blood sugar levels and how well your heart and kidneys are working, as well as check-ups on your eyes and feet.

The tests help spot signs of any changes early on, so you can get all the help and support you need. The results will tell you and your healthcare team more about your diabetes and how it's affecting your body, so you can make the best decision on how to manage it.

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How can I get involved?



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Help us reach as many people as possible

Not enough people are receiving all the regular diabetes health checks they need. Will you help us raise awareness of what they are and why they're so important?

Put up a poster in your GP surgery, diabetes clinic, pharmacy or local community, share on social media - or simply take the opportunity to chat to someone this Diabetes Week. Whether that's about the checks you need – or how frustrating it is trying to fit them in!

[Download your digital resources](#) or order printed posters and leaflets from our [online shop](#)



Share on social



It's #DiabetesWeek! It's a time to make some noise, raise awareness and shout about the things that matter to people with diabetes, and shine a light on what it's like to live with day in, day out.

This #DiabetesWeek, we want to talk to about the regular health checks that you need when you have diabetes.

Find out more about how you can get involved at <https://bit.ly/3US2m5E>

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Share on social

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Find out more at <https://bit.ly/4dJSMdw>

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They're tests to check your average blood sugar levels and how well your heart and kidneys are working, as well as check-ups on your eyes and feet. The results will tell you and your healthcare team more about your diabetes and how it's affecting your body, and help you make decisions on how to manage your condition.

Find out more at <https://bit.ly/4dJSMdw>

Join the **CAMPAIGN**

It's vital that everyone gets these checks. But we know that's not always the case. No one should have to fight for the basic care they need to live well with diabetes.

Ahead of the general election, as part of our Diabetes is Serious campaign, Diabetes UK is calling on all parties to make sure everyone living with diabetes gets the care they need.

Get involved today by [joining our campaign](#).



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Follow us on social

Follow us on [Facebook](#), [Twitter](#) or [Instagram](#) – we've got lots of exciting things planned for the week!



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.

Fundraise this diabetes week



Sponsored challenge or bake sale? Quiz night or karaoke? Sign up for our fundraising pack and fundraise 'your way' during Diabetes Week this June.

Your pack will contain loads of information, ideas, tips and inspiration to help you with your fundraising. And don't forget we're here to help you however you choose to support us!

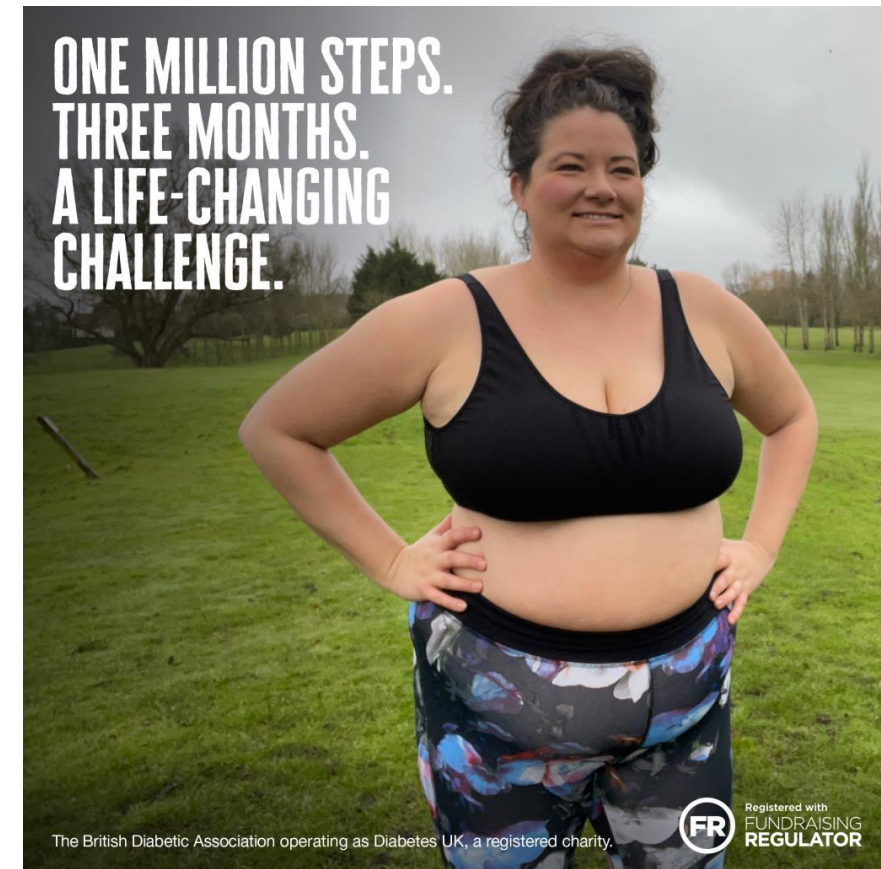
[Get your fundraising pack](#)

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Step for a healthier you

Take on our One Million Step Challenge this summer and step for a healthier you. From 1 July you'll take around 10,000 steps a day for three months and raise life-changing funds for people affected by diabetes.

But you're more than your daily step count, or the total on your JustGiving page. Every step and every pound makes a difference – you're more than a number! step.diabetes.org.uk



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 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

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