

DIABETES WEEK 2021

YOUR GUIDE



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

#DIABETESSTORIES

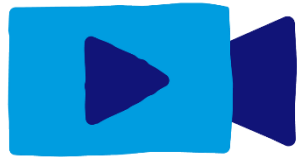
For Diabetes Week 2021 (14-20 June), we'll be telling **#DiabetesStories** from all corners of the UK.

We'll be looking back on an extraordinary year, and looking forward to what's to come – and above all, celebrating the incredible diabetes community.

In this guide, we wanted to tell you all 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.



THE STORY OF THE WEEK



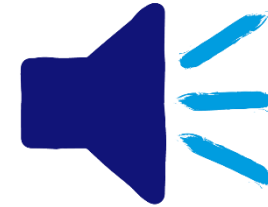
FOLLOW THE STORY

We'll be kicking off Diabetes Week with an exciting **#DiabetesStories** film. Plus, there will be social media takeovers, live Q&As, and more!



SHARE YOUR STORY

We'd love for you to share your **#DiabetesStories** during the week – whether that's through art, music, poetry, creating your own film, or just chatting with a friend.



GET INVOLVED

There are lots of different ways you can get involved – from designing a poster to organising an event for your community. Find out more on the next page.

IDEAS & RESOURCES

Here are a few ideas for different ways you can get involved during Diabetes Week...

- [Download a poster](#) and put it in your window - or [design your own](#). We also have fun [creative kits](#) for children available.
- Follow us on [Facebook](#), [Twitter](#) or [Instagram](#), tune in to our live Q&As and share our #DiabetesStories film.
- Share your story – and encourage others to share theirs too. This could be on social media to raise awareness (be as creative as you like!) Or, it could be over a cuppa with a friend – however you feel comfortable.
- Add our Diabetes Week frame to your Facebook profile photo for the week.
- [Send a positive postcard](#) to a loved one.
- Organise a [Zoom quiz](#), coffee morning or a walk with your friends and family (restrictions permitting, of course) - [take a look at our website](#) for more ideas and tips for organising your own event.
- Share our [Signs and Symptoms video](#) to help raise awareness of the seven main symptoms of type 1 and type 2 diabetes.

- If you, or someone you know, are looking for diabetes support or advice, we have lots of information and resources to help you:
 - **Helpline:** Our team of highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes, whether you're living with diabetes yourself, supporting a loved one, or worried about your risk. [Call us on 0345 123 2399](tel:03451232399) (Monday to Friday, 9am to 6pm) or [email helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk) for answers, support or just to talk to someone who knows about diabetes.
 - **Support Forum:** [Check out our support forum](#), an 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.
 - **Learning Zone:** [Join our free online Learning Zone](#) for simple, practical information from diabetes experts – tailored to you. It covers a wide range of helpful topics, from the basics of diabetes management, food and exercise, to looking after your mental wellbeing.
 - **Eating with diabetes:** The [Enjoy Food section of our website](#) has meal plans, expert diet advice, food swaps, and hundreds of healthy, family friendly recipes.
 - **Know your Risk:** Encourage your loved ones to find out their risk of type 2 diabetes with our [Know Your Risk tool](#). It only takes a few minutes, and could make a huge difference to someone's health.

THANK YOU



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