

Good Afternoon everyone

As part of our Diabetes Week's activities coming up, we would like to invite you to join in with some of the events we have planned.

If you are a member of a support group we would love if you could share this information with your group members. Do feel free to share it with friends/family who might be interested too.

News 1.

Disordered Eating Online Event

- Register today for our Disordered Eating Event:

-15th June

-@ 7.30pm – 8.30pm

Hear from expert researchers on Diabetes UK current research projects on disordered eating and from a person living with diabetes and their personal experience. Click on the link below to register .

<https://www.eventbrite.co.uk/e/disordered-eating-online-event-tickets-156699495409>

- [News 2.](#)

Mindfulness Session – Lunch Time Special

We are excited to be hosting a lunch time special Mindfulness session as part of diabetes week with Lisa on:

- Thursday 17th June
- @ 12.30pm

Use your lunch time, take time to take a breath and ground yourself and let the Mindfulness session give you a variety of techniques to help focus. Lisa will take us through a variety of mindfulness techniques and ways of relaxing so even if some of them don't suit you hopefully you will find something that works for you.

Please note that you must be over the age of 18 to attend the session. To register your interest, click on the below link:

<https://www.eventbrite.co.uk/.../diabetes-week-special...>

- [News 3.](#)

Diabetes and Menopause

Hear future plans from Diabetes UK on supporting women through Menopause! Have your chance to help input into what information should be available and join our zoom sessions on:

- 17th June

- @ 7.30pm – 8.30pm.

To register for this event please click on link below:

- <https://www.eventbrite.co.uk/e/menopause-and-diabetes-tickets-156704614721>

- [News4.](#)

McCool Gang – for our children/young people

According to legend the Giant's Causeway was built by the great Irish warrior Finn McCool as a path to Scotland to do battle with the Scottish Giant Benandonneryou. While the path itself may no longer exist wouldn't it be great if there was something to connect our Scottish and Northern Irish Type 1 Warriors? They fight the giant that is Type 1 Diabetes every day and we bet Finn McCool would have loved to have them as part of his gang!

If your child would like to join the McCool Gang of Warriors and receive their very own pack (see photo) to connect with other warriors across the Irish Sea please email cheryl.mcphilimy@diabetes.org.uk

We'll match up children who can share their stories and [#stayconnected](#) this diabetes week and beyond through sharing regular letters with each other. They might even want to create their own stories and characters as part of the McCool Gang! No **personal addresses will be shared** and correspondence will be managed by Diabetes UK staff.

- [News5.](#)

How does diabetes affect the eyes

Speaker Samantha Mann (Consultant Ophthalmologist, Guy's & St Thomas' NHS Foundation Trust). This is an event for people living with diabetes, plus carers or partners.

- Wednesday 23 June
- 1.00 PM – 2.30 PM

To register for this event please email: South.East@diabetes.org.uk

Please also remember to log onto Diabetes Scotland and Diabetes UK Facebook pages to keep up to date with information and events.

Kind regards

Honor Shaw

Volunteer Development Support Officer

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www.twitter.com/diabetesuk **Diabetes UK** Wells Lawrence House, 126 Back Church Lane, London E1 1FH **Got a question about diabetes? Contact our Helpline. 0345 123 2399**

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