

2025

# DIABETES WEEK

## PROGRAMME OF EVENTS

9<sup>TH</sup> - 15<sup>TH</sup> JUNE

### WHAT'S ON

#### DIABETES AWARENESS

**Mon 9 June, 12-1pm (Turkish)**  
**Thurs 12 June, 10-11am (Somali)**

Join us for a diabetes awareness talk in **Turkish & Somali**. Learn about diabetes, its symptoms and how to live well with diabetes.

#### DIABETES FOR CARE HOME STAFF

**Mon 9 June, 10-11am**

Join us for a diabetes training session for **care home staff**. Learn about diabetes, its symptoms and your role as care staff how to live well with diabetes.

#### TOGETHER TYPE 1

**Wed 11 June, 6- 7pm**

Join us for an engaging **Type 1 chat** featuring updates from young leaders who share their experiences of living with type 1 diabetes. Open to healthcare professionals, young people (11-25), and families interested in getting involved.

#### EATING WELL WITH DIABETES

**Thurs 12 June, 5:30-6:30pm (South Asian)**  
**Fri 13 June, 6-7pm (Afro-Caribbean)**

Join us for a discussion on Eating Well with Diabetes. Dieticians will share ways to help you manage your blood sugars through food, focusing on those interested in **South Asian and Afro-Caribbean Cuisine**.

#### AMBASSADOR TRAINING

**Tues 10 June, 12-2pm**

Become a **Diabetes Workplace Ambassador**! Our workplace ambassador training is a short two-hour training session that aims to upskill those working in the community all about Diabetes.

#### AMBASSADOR TASTER

**Thurs 12 June, 4-5pm**

Join us for a **taster session** to learn more about what our Diabetes Workplace Ambassadors do, how they help people in their workplace and community and why we need workplace ambassadors to help fight diabetes.

#### DIABETES AWARENESS TALKS

**Mon 9 June, 6-7pm**  
**Thurs 12 June, 2-3pm**

**Learn about diabetes**, its symptoms, and how to live well with diabetes. Hear personal stories and discover how Diabetes UK supports those living with diabetes.

### JOIN US!



All events are held online via Zoom  
 Scan here to book any of our events  
 via our eventbrite page or contact us  
 on [secoastandlondon@diabetes.org.uk](mailto:secoastandlondon@diabetes.org.uk)

