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DONATE

JOIN

February 2014

This month has been a busy month for the [research](#) department who are currently funding two groundbreaking projects aimed at developing an [artificial pancreas](#) for adults with Type 1 diabetes, and the beginning of a five year investigation into whether a [low-calorie liquid diet](#) can put Type 2 diabetes into remission.

The research would not be possible without your support and fundraising. We have a number of events happening in the next few months which anyone can [get involved](#) in. From taking part in a once-in-a-lifetime opportunity to attempting a [World record skydive](#) for the most charity tandem skydives in one day, to walking, jogging or running from [London to Brighton](#).

We are also very pleased to announce that in the first year of our [partnership](#) with [Tesco](#), we have raised £10 million, which has had a huge impact on those living with, and at risk, of diabetes. As a result we are now even closer to developing a [Type 1 diabetes vaccine](#), we run the biggest-ever Type 2 diabetes awareness campaign and opened our careline for longer hours, meaning more support for more people, just to name a few of the projects. You can read what Diabetes UK Chief Executive Barbara Young has to say about this great work in her latest [blog](#).

Yours

Diabetes UK

TOP STORIES



[The DVLA propose an increase in the reapplying period for a licence to 10 years](#)

Currently, people who have Group 1 Licences (cars and motorbikes) have to reapply at least every three years. The proposals will form part of the Government's Deregulation Bill, which is expected to get Royal Assent by the autumn.

[One million people with diabetes at risk of foot attack](#)



At the Diabetes UK Professional Conference it was announced that an estimated 1 million people with diabetes who are at a high or increased risk of a diabetes-related foot attack, and many do not understand that delays to treatment could result in amputation.

Story of the month

Each month we feature a personal diabetes story. If you would like to share your story, [fill in our submission form](#).

I'm not alone with diabetes



[Kate's Story](#)

With the support of family, friends and Diabetes UK, Kate hasn't let diabetes stand in her way.



[Recipe of the month](#)

A tasty meat-free burger packed with protein.

Delicious served

in a roll with salad.



[Item of the month](#)

Blanket and Toddler

Backpacks. Backpack, pillow and either a blanket or reins all in one. Prices from £19.95 plus p&p

Online Communities

[Blog of the month](#)



Prof Speight argues that the language of research helps to perpetuate a culture of 'blame and shame' at this year's Diabetes Professional Conference.



INFORMATION AND SUPPORT

[Help with giving up smoking](#)

If you have diabetes, the risk of damaging your health

through smoking increases. Today, 12 March is National No Smoking Day, so what better day to give up the habit? Our guide advises on the best way for people with diabetes to prevent the chances of developing cardiovascular diseases.



[Diabetes UK in the Royal Mail Group Charity of The Year staff vote](#)

Fantastic news: we are one of three charities in the Royal Mail Group's staff vote with the chance to be their next £2m Charity of the Year. This is an extremely exciting opportunity. If we win, they would fund 300 of our vital 'Roadshows', helping us to reach more of the 7 million people at high risk of Type 2 diabetes.



RESEARCH

[Meet the researchers](#)

View the profiles of some of the amazing people Diabetes UK helps to support.



OUR WORK

[Tesco raise £10 million for Diabetes UK](#)

In its first year, Diabetes UK & Tesco's National Charity partnership has reached its target of £10 million which has already made a huge impact on the lives of people living with, and at risk of, diabetes.



GET INVOLVED

[London to Brighton challenge](#)

One of the UK's greatest endurance events - most of this year's 3,000 London to Brighton challengers will walk the 100 km; a few will jog, and 500 or so will run it as a full-on ultra-marathon. However you take it on, it's a test of determination and stamina.



[London to Paris cycle challenge](#)

Diabetes UK is asking you to join our exclusive team in its exciting London to Paris cycle challenge in 2014. A group of Diabetes UK supporters will be cycling approximately 200 miles over three days from England's buzzing capital to the heart of Paris. This challenge really will be the experience of a lifetime.

IN YOUR AREA



[Find out what's in your area](#)

Find out about local news and events and ways to get involved.



Talk to Someone

