We saw a fantastic performance from our 150 runners who took part in the London Marathon on Sunday 21 April, and we would like to thank them for all their hard work on the day as well their time and effort training and fundraising for the event. We are incredibly proud of them all. Take a look at our photos from the event.

With only a month to go until Diabetes Week, make sure that you have ordered your free fundraising pack. Whether you are taking part in a fundraising event or putting up posters in your local area to raise awareness, let us know how you're getting involved on our Facebook page or on Twitter, using the hashtag #diabetesweek.

Best wishes,

Diabetes UK

May 2013

Story of the month
Each month we feature a personal diabetes story. If you would like to share your story, fill in the online story submission form.

'I wasn't prepared for two surprises - twins and diabetes.'

When Emma found out she was pregnant, the last thing she was expecting was twins and then Type 2 diabetes. Read Emma's story.

Recipe of the month
Try this delicious and simple recipe for a Ham and Egg Muffin.

Item of the month
Take a look at our new selection of products for children that they can wear and use to help with their diabetes.

Online Communities
Blog of the month
This month Oliver Double tells us about how his son's birthday, and how the excitement can play havoc with his diabetes.

You're invited!}

Information and Support

Talk to someone with diabetes
Our new evening peer support service connects people living with diabetes, including parents and carers, to specifically trained volunteers with first-hand experience of living with diabetes.

What level of care do you receive?
We have developed an online information tool to show how the 15 healthcare essentials are being provided in your local health area, using national available data. Find out about care in your area, and how it measures up to the national average.

Watch our new FAQ video - how to inject insulin safely
If you have just been diagnosed with diabetes and are
learning how to inject insulin for the first time, or if you would simply like a visual reminder of how to inject safely, take a look at our step-by-step guide.

RESEARCH

Obituary: Professor Harry Keen
We were sad to learn that Professor Harry Keen, champion of people with diabetes worldwide, has died aged 88. Professor Keen was involved in many scientific developments benefiting people with diabetes.

GET INVOLVED

Get ready to take part in Diabetes Week
There are plenty of ways that you can get involved and fundraise for Diabetes Week. Whether it is taking part in one of our many sponsored walks across the UK, or doing something a bit more daring such as dive for diabetes, there is something for everyone.

Climb the UK’s highest peaks in our 3 Day 3 Peak Challenge
If running or swimming isn’t your thing, why not attempt our 3 Day 3 Peak Challenge and climb the three highest peaks in the UK over three days while taking in the magnificent views they have to offer.

IN YOUR AREA

Find out what is happening in your area