



HOME

DONATE

JOIN

Dear Sir,

Merry Christmas and welcome to the December issue of our newsletter. In this issue we will be covering the launch of 2013's [State of the nation report](#) as well as the release of the [National Diabetes Audit](#).

While both reports highlight the need for greater improvements in care and education for the growing numbers of people with Diabetes, we hope these stark results will spur government, organisations and individuals alike to take the action is needed to improve care for many with diabetes.

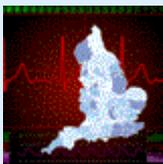
As part of our continuous campaigning for better care and education we are also asking those with Diabetes to our [care survey](#), to paint a clearer picture about the care currently being received.

You can also find in this month's newsletter, some great advice about how to navigate the dinner table this [Christmas](#), as well as updates about work about one of our [award winning volunteers](#).

Best wishes,
Diabetes UK

TOP STORIES

[State of the Nation](#)



2012's State of the Nation report highlighted the NHS's struggle to deliver the care and education needed by growing numbers of people at risk of diabetes. This year's report shows key problems highlighted last year remain, as we continue to campaign for change.

[1 in 4 with heart failure has diabetes](#)



The National Diabetes Audit report revealed the startling statistic that every fourth person admitted to hospital with heart failure has diabetes. People with diabetes are 74% more likely to suffer than the general public, which we need to address urgently.

INFORMATION AND SUPPORT



[Christmas eating tips](#)

To help you manage your diabetes over the Christmas season and enjoy yourself at the same time, our festive section is packed full of tips on how to navigate those Christmas treats without getting into any trouble.

December 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 was overwhelmed by the kindness of people"



[Stef's Story](#)

Hear how Stef and her family spent every spare moment raising money for Diabetes UK



[Recipe of the month](#)

The ideal centrepiece for a Christmas buffet, this

traditional Honey roast gammon is lower in fat than many other meat dishes



[Item of the month](#)

Visit our fantastic range of Christmas gifts, calendars, and wrapping paper. Your order will help raise vital funds for Diabetes UK.

Online Communities

[Blogs of the month](#)



Blogger Helen May fills us in on all she wants for Christmas this year.

RESEARCH



[Diabetes UK commits to fund 22 new research projects](#)
Earlier this year Diabetes UK committed to support 22 new research projects. These range from autoimmunity and islet imaging in Type 1 diabetes to brain training, stem cells and more efficient ways to exercise in Type 2, plus new approaches to retinopathy, kidney disease and hypo unawareness.



OUR WORK



[Yasroon Elmi wins Mayor of London award](#)
Congratulations to volunteer Yasroon Elmi who won a Mayor of London award for her project 'Staying Healthy throughout Ramadan'. The project reached out to Muslim communities by going into mosques, providing information and resources.

Talk to Someone



Life with diabetes can be difficult.

Speak to someone who has been there.

GET INVOLVED



[Your diabetes care](#)
Since we launched the 15 healthcare essentials two years ago, we've continued to campaign for better diabetes care. We want to know about the care you receive, so please take a few minutes to complete our online survey.



[Diabetes UK Santa Letters](#)
Do you know a child who would like to hear from Santa? He sends personalised letters and text messages, certificates of good behaviour and activity packs, and gives £2 to Diabetes UK for every pack he sends.

IN YOUR AREA



[Find out what's in your area](#)
Find out about local news and events and ways to get involved.