



HOME

DONATE

JOIN

Dear Mikhail,

The summer sped by and school has already started again, so this month we've got plenty of information for students and parents about [managing diabetes at school](#). Why not print off and take in some of our [4 Ts posters](#) in to your local school and help raise awareness of the symptoms of diabetes.

We're still looking for volunteers to take part in our [Big Collection weekend](#) on 4-6 October, so if you're not already taking part, and you're available for a few hours over the weekend we'd love you to [join the Big Collection team](#).

Best wishes,  
Diabetes UK

September 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](#).

"Diabetes is part of my life - but it doesn't define me."



#### [Lucy's Story](#)

Find out how volunteer Lucy coped with Type 1 diabetes in Sierra Leone, dealing with 45-degree heat, trying to keep her insulin cool and a poor

healthcare system.

## TOP STORIES



### [Putting Feet First campaign highlights areas with high diabetes-related amputation rates](#)

Diabetes UK is targeting the 50 Clinical Commissioning Groups (CCGs) with the highest amputation rates in England to find out what they are doing to prevent amputations.



### [New contact number for our vital phone services](#)

From Monday 16 September we're launching a new single contact number for our Careline, Advocacy and Supporter Care services. Our new number is 0345 123 2399.



### [Recipe of the month](#)

Try our tasty dairy-free version using soya milk. Delicious

served with crusty bread or toast.



### [Item of the month](#)

Show someone you are thinking of them at Christmas -

choose from our great range of Christmas cards and support Diabetes UK at the same time.

## INFORMATION AND SUPPORT



### [Diabetes and school](#)

Whether you're a parent or a student, we have plenty of information covering a variety of topics about managing diabetes at school. Make sure you've got everything covered by visiting our website.



### [How to perform the Touch the Toes test- Video](#)

If poorly controlled, diabetes can cause nerve damage, or neuropathy. We've made a short video on how to perform the Touch the Toes test - a quick and easy way to assess the feeling in your feet.

## RESEARCH



### [Research project directory](#)

Our directory showcases the diverse and exciting array of diabetes research projects that we are supporting across the UK. Find out more about the research projects taking place near you, and consider supporting them through our

## Take Part

Donate  
three hours  
to the Big  
Collection



Adopt a Project scheme.

## OUR WORK



### [Type 2 diabetes awareness campaign](#)

This autumn, we'll be launching the UK's biggest-ever awareness campaign about Type 2 diabetes, encouraging people to check their risk. Watch out for the advertising, which kicks off on Monday 23 September.



### [Download our free award-winning Diabetes UK Tracker app](#)

Take the daily chore out of logging levels such as blood glucose, carbohydrates and calories with our handy Diabetes UK Tracker app. The app is available to download for free on iPhones and Android smartphones.

## GET INVOLVED



### [Take part in RideLondon](#) or the [London Marathon 2014](#)

Were you inspired by this year's marathon runners and RideLondon cyclists? Applications for the [Virgin London Marathon 2014](#) and the [Prudential RideLondon-Surrey 100](#) are now open. Applications for a charity place close at the end of October.

## IN YOUR AREA



### [Find out what is on in your area](#)

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

## Online Communities

### Blogs of the month



In July we shared a blog post from Jos about his challenge to climb Mount Kilimanjaro. This month we are pleased to have an update - find out how Jos got on, and how he managed his diabetes throughout.



## Talk to Someone

