

Our Impact Report 2016

**DiABETES
SCOTLAND**
KNOW DIABETES. FIGHT DIABETES.



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Welcome

Diabetes is the fastest growing health crisis in Scotland. Currently over 291,000 people have been diagnosed with the condition and around one million Scots are thought to be at increased risk of developing Type 2 diabetes.

We are faced with an immense challenge but, by working together, we will create a world where diabetes does no harm.

At Diabetes Scotland, we campaign for improved care, fund research to better understand and treat the condition, help people to reduce their risk of Type 2 diabetes, and provide information, advice and support for people to live well with their diabetes. Now, more than ever, it's vital that everyone in the diabetes community works together to ensure people receive the highest standard of care and services across Scotland.

We've come a long way in the treatment of diabetes and now technological advances are helping people to better manage their condition and have an improved quality of life. We welcomed the Scottish Government's announcement in late 2016 for £10 million additional funds towards Continuous Glucose Monitoring and Insulin Pumps. While the emerging technologies may not be right for everyone, we will continue to campaign for fair and equal access across Scotland. We encourage members of the

diabetes community to join us and help ensure that everyone is provided with the treatment, support and technology that will help them to manage their diabetes and live healthy, happy lives.

We continue to work with our NHS Scotland colleagues and representatives of Scottish Government and Local Authorities so that diabetes care and support is a priority. With the integration of health and social care, our local influencing work is even more important as many decisions affecting the care and support of people living with diabetes are being made by the 31 Integrated Joint Boards across Scotland. We call out to people in the diabetes community to support this work, lend their voice to our campaigns and represent people with diabetes at local meetings.

The task ahead is great but, thankfully, we are supported by scores of people, groups and organisations all over the country. It's thanks to all of you that we are able to work towards making our vision of a world where diabetes can do no harm a reality.

Thank you all for your support.

Diabetes Scotland

Our Vision

Our vision is a world where diabetes can do no harm.

Whether it's getting people to realise the seriousness of diabetes, helping more people live well with their condition or building more support, we have a big task on our hands. But we're committed to the challenge. We're making sure everyone knows what we're working towards, how we're going to do it and why.

Our Mission



By bringing people together to work in **partnership...**



We will **support** people living with diabetes...



Prevent Type 2...



Make **research** breakthroughs and ultimately find a cure.

To do this we will:

- Listen to and work with people with diabetes, healthcare professionals and many others to drive change.
- Develop, deliver and champion the most effective ways for people to manage their diabetes, or their risk, so they can live their lives with confidence.
- Build a strong community of support that finds and shares the knowledge needed to fight diabetes.

Our Values



We're driven to know more



We make change happen



We put people first



We keep things simple

Our Year in Numbers

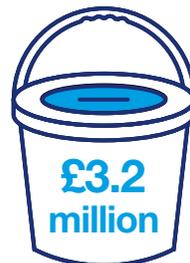
Our fantastic volunteers are a vital part of the Diabetes Scotland team. Last year you gave over **10,000 hours** of your time to support people with diabetes in your communities and across Scotland.



Hundreds of people walked, ran, swam in events to raise money for Diabetes UK. This included **29 people** taking on the 1 Million Step Challenge, **68 runners** at Edinburgh Marathon Festival and **126 diving** in to Swim 22.



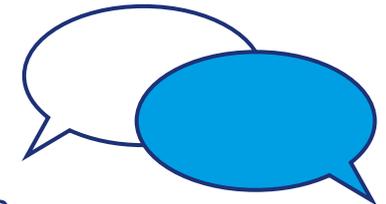
We raised an amazing **£3.2million** in Scotland last year. Thank you for your help and support, we couldn't have done it without you.



We have a dedicated team of researchers, who are currently working on **11 different research projects** in Scotland to help us better understand the condition, develop better treatments and, eventually, find a cure.



The Diabetes Professional Conference held in Glasgow, March 2016, attracted almost **3000 attendees** to hear the latest insights and developments in diabetes care, services and research.



We had over **50 nominees** for our Diabetes Scotland Inspire Awards which celebrate the work that our fantastic volunteers do for the diabetes community.



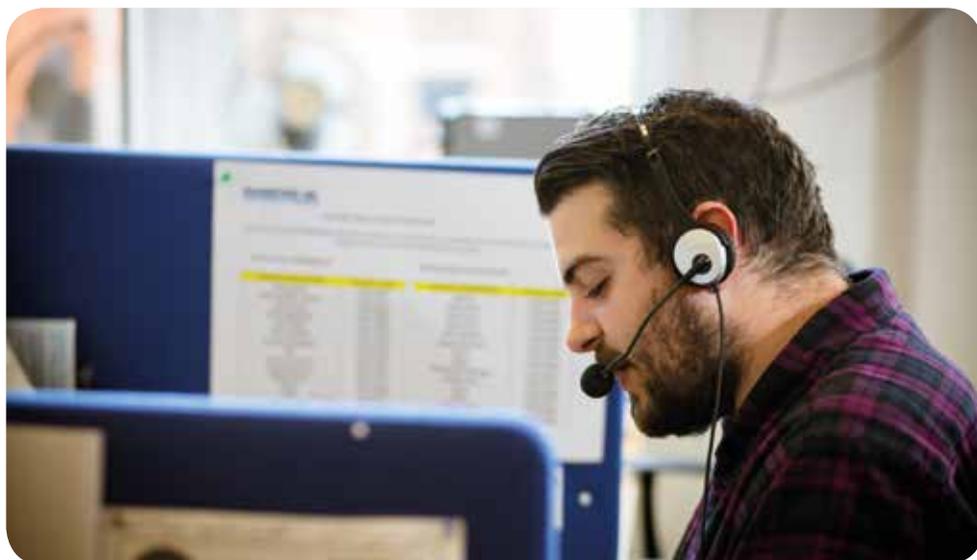
Helping everyone to manage their diabetes

Diabetes is a challenging condition and everyone needs support to manage it well.

There is no day off if you have diabetes. It's a condition which is unique to the individual and a person's experience changes over time.

We understand that many people feel they are not fully in control of their diabetes or that they don't fully understand their condition.

We want people living with diabetes to feel confident with their self-management. That's why we're here to offer support through our Helpline Scotland and local group network, and also continue to campaign for better care across Scotland.



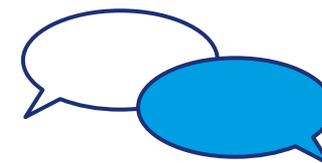
We're here when things get difficult.

With so much to learn, there will always be questions when it comes to living with diabetes. We're here to make sure that people get the answers they need.

Helpline Scotland answered 1699 calls and emails last year. The service allows people to get in touch and talk through any diabetes-related concerns; everything from how to travel abroad with Type 1 diabetes to how to access psychological support.

We held two **Type 1 Events** in Scotland, a family weekend and a week-long holiday camp. Type 1 Events help children and their families get to grips with diabetes, develop the knowledge and skills to manage it well, and meet others who are facing similar challenges.

Our **Diabetes at your Fingertips (DEFT)** programme supported 89 people in Glasgow to understand how to better manage or reduce their risk of Type 2 diabetes.





Making sure children with Type 1 diabetes get the support they need to enjoy all aspects of school life is vital. **Our Good Care In Schools Awards** recognise the schools which are meeting all the essential criteria to allow pupils with Type 1 diabetes to participate in all that school has to offer. We presented awards to six schools across Scotland in 2016.

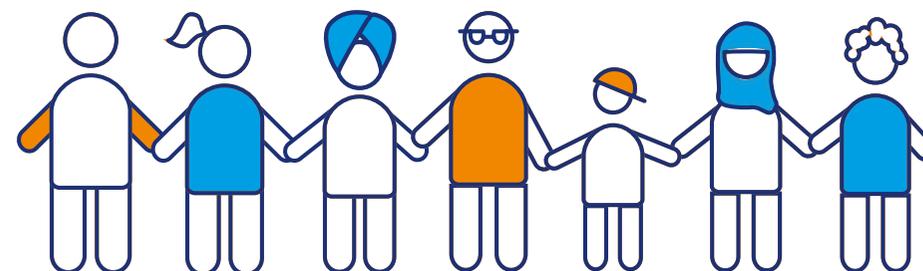
Managing diabetes in 2017

We will be seeking new ways to support people to manage their diabetes in the workplace. This will include providing advice and information to employers to ensure they understand the challenges of the condition.

A diabetes diagnosis can be overwhelming, particularly trying to understand all you need to know to manage your condition well.

We will be piloting a new education pack in Grampian for people newly diagnosed with Type 2 diabetes.

We have secured funding from Big Lottery Fund to run a **Young Leaders programme** for people aged 16-25 who are living with Type 1 diabetes. We will recruit up to 30 volunteers to take part in the initiative which will empower young people to identify and develop innovative solutions to gaps in support, services and information for young people living with Type 1 diabetes.



Meet Maureen

Aimed at older people in hard-to-reach communities, our DEFT project engages participants with understanding, managing and reducing their risk of Type 2 diabetes. Eight groups took part in 2016 and learned more about healthy eating, medication, the benefits of physical activity and the health checks they should be receiving from their healthcare teams.

Maureen Smith, a warden at Parkhead Housing Association, took part in DEFT with a group of residents.

“I don’t have Type 2 diabetes but some of my friends and family do, as well as residents where I work. I’m at an age where it’s an issue for me so I consider myself just as vulnerable. I’m taking the information from DEFT on board and trying to change some habits and have a healthier lifestyle.

“The sessions were fun as well as educational and the group really got a lot out of it. We learned a lot about nutrition, including sugar and fat content, which has definitely made us think more about what we’re eating.

“It was great that we could learn together as a group as it became quite a social activity for us too. We’ve been talking about going for group walks, especially when we have better weather.”



“We’ll certainly be doing our arm chair exercises!”



Maureen

A transformation in diabetes care

Everyone should have access to the care and support they need.

We raise issues to Scottish Government and NHS Scotland to ensure that no matter where a person lives, their age, ethnicity, or type of diabetes, they will receive the highest standard of care and support.

In 2016, Scotland went through a major change with the integration of health and social care. Many services and support will now be delivered through Integrated Joint Boards led by representatives from NHS Scotland and Local Authorities. We're building relationships with new decision makers to keep diabetes high on the agenda.





Ahead of the Scottish Parliamentary Elections in May 2016, we published **The Bellwether Report, which outlined the Scottish diabetes community's aspirations for the future of diabetes care.** We conducted a survey and met with many of you in person to find out more about what really matters to you. We gained cross-party support and manifesto promises for the calls made in our Report including from Cabinet Secretary for Health and Sport, Shona Robison MSP. Numerous candidates from across the political spectrum agreed to **#Stand4Diabetes**.

Around 5 per cent of Scots have been diagnosed with diabetes but, every day between 15 and 20 per cent of hospital beds are occupied by a person living with the condition. What's more, people with diabetes often have to stay in hospital up to five days longer. We have been championing the introduction of a new **in-patient care** programme for the past few years and now, following a successful pilot, **Diabetes-Think Check Act** will be introduced to all hospitals across Scotland. The programme educates non-specialist hospital

staff about diabetes, including how to manage hypoglycaemic episodes, to ensure that people living with the condition get appropriate care and do not experience avoidable prolonged stays.

We introduced three new **Clinical Champions** in Scotland. These healthcare professionals join others across Scotland and the UK to drive improvement in diabetes health care and services. They work closely with local decision makers to ensure that diabetes is recognised and addressed as a priority.

We continue to have a presence on the **Diabetes Managed Clinical Networks** of all 14 Health Boards. We discuss the concerns of the diabetes community and raise individual cases where people have not received the high standard of care expected.

Following lobbying by Diabetes Scotland, the **Scottish Government has announced a further £10 million in funding for insulin pumps and Continuous Glucose Monitoring (CGM).**

This will give people living with Type 1 diabetes the tools to better understand how their diabetes affects them and how best to manage blood glucose levels. Our campaign, **The Next Step**, calls for everyone to get access to the support, care and technology that will enable them to manage their condition well.

A transformation in care in 2017

We will continue to engage with and challenge local, regional and national decision makers so that diabetes is regarded as a priority condition and people are provided with the care, support and knowledge to live well.

We will not stop campaigning for improved and fairer access to diabetes technology for everyone who can benefit.

We will continue **The Next Step** campaign which, as well as calling for provision of technology kit, pushes for appropriate staff training to ensure people can access the support they need.

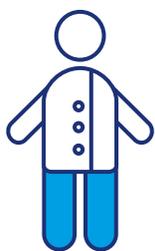
Diabetes is complex and challenging but we have come a long way in our understanding of how to diagnose and treat the condition. As the care and treatment of diabetes continues to evolve, we will keep looking ahead at how we can improve care services and support available to people living with diabetes. Led by our colleagues in London, the **Future of Diabetes** initiative will reach out to people across Scotland (and the UK) to find out what they need to live a good life with diabetes. What they tell us will inform our future campaign work.



Meet Paul

Appointed as a Diabetes UK Clinical Champion in 2016, Dr Paul Newman is a GP with a special interest in diabetes. He has delivered an award winning diabetes model of care, recognised as ‘providing outstanding service to the people of Greater Glasgow’.

Paul is a very active supporter of Diabetes UK and is involved in a number of roles. He is the new Chair of the Professional Conference Organising Committee and also a representative on the Council of Healthcare Professionals. Paul has also been very involved in the development of Diabetes UK’s Information Prescriptions and Mood Information Prescriptions for people with diabetes.



“Working with Diabetes UK and other healthcare professionals, I aim to influence and promote improved diabetes care in practices across Scotland. I’m particularly keen on raising awareness and understanding of diabetes within primary care.

“Evidence shows us that only 10 to 30 per cent of a discussion at a patient/doctor consultation is retained by the patient. With information prescriptions, the material is always available to refer to as needed and it allows people to make informed decisions with their healthcare team about their diabetes care. With a condition like diabetes, where there is so much to learn, it’s very useful to be able to absorb the knowledge at your own pace.”



“Information prescriptions are also very helpful for practice staff to boost their own understanding of diabetes and what it’s like to live with the condition.”



Paul

Greater investment in diabetes research

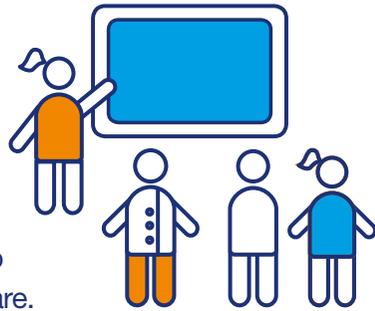
Did you know that the inventor of the insulin pen is from Scotland? What other amazing discoveries are just around the corner?

Diabetes UK is the leading charitable funder of diabetes research in the UK and we're proud that over £5 million of that current investment is here in Scotland. Researchers across the country are committed to improving the lives of people with diabetes through their pioneering research into the condition and its complications.

As part of the Diabetes UK 2015-19 Research Strategy, we have established the **UK's first Clinical Studies Groups (CSG) for diabetes.**

Each CSG unites leading thinkers in key research areas with people living with diabetes and healthcare professionals to identify and tackle priority areas and the studies required to improve diabetes diagnosis, treatments and care.

Scottish researchers Professor Rebecca Reynolds, University of Edinburgh, and Professor John Petrie, University of Glasgow, are each chairing one of the groups.



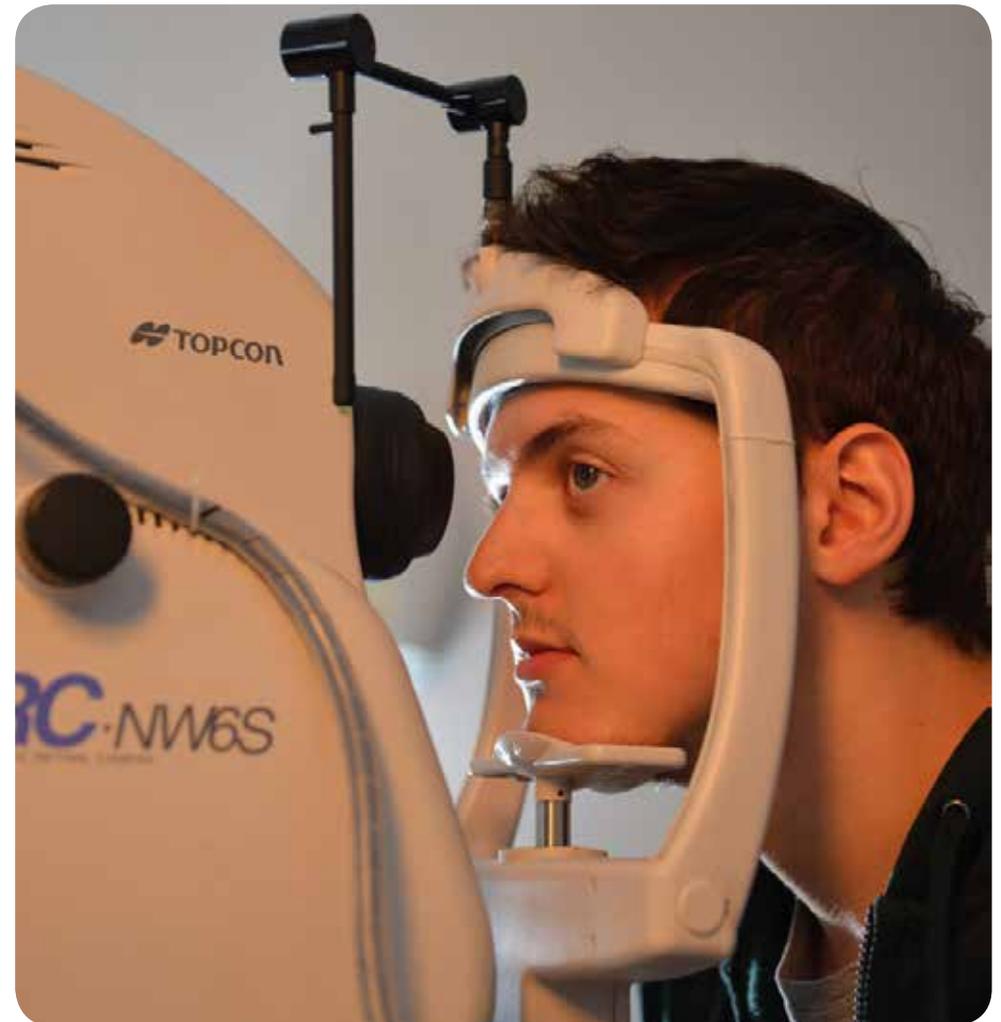
Professor Helen Colhoun, University of Edinburgh, is leading a team looking at the specific genes involved in Type 1 diabetes and its complications. With a Diabetes UK grant of £334,038, it is hoped that this study will help to **develop new therapies for Type 1 diabetes** to target the complex pathways that lead to complications.

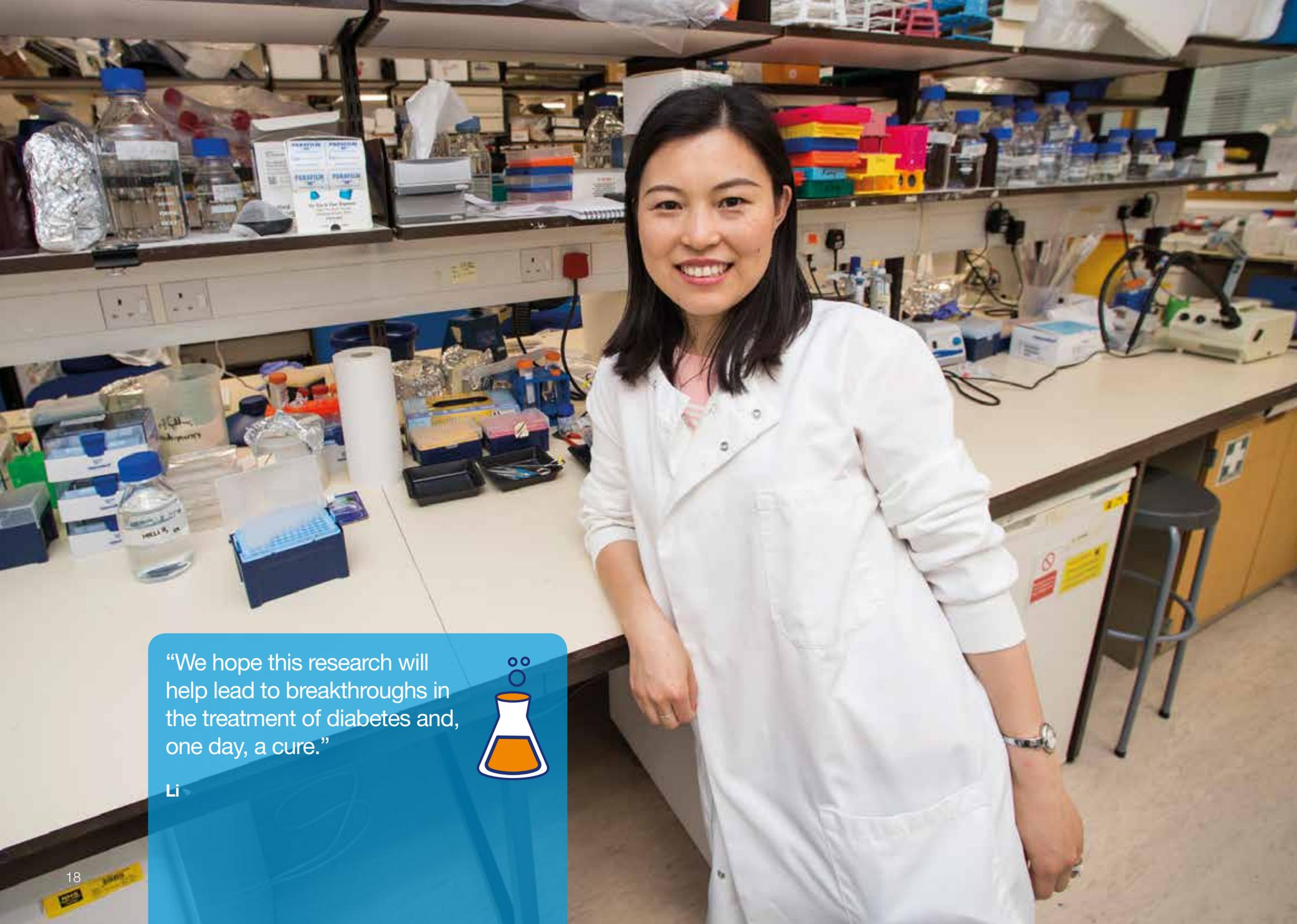


Professor Rory McCrimmon and his team at University of Dundee are investigating whether high blood glucose levels and regular episodes of hypoglycaemia or 'hypos' contribute to accelerated ageing of the brain which is linked to problems with thinking, memory and an increased risk of dementia. The findings from this study, which has benefitted from £280,305 of Diabetes UK funding, could reveal a way to improve the defence systems in the brain to help prevent these changes.



Professor Jackie Price at University of Edinburgh is using £71,656 of Diabetes UK funding for a three year **study looking at the risk of vascular complications, such as cardiovascular disease, kidney disease and retinopathy**, in people with Type 2 diabetes. The aim is to discover whether a non-invasive eye test could detect changes to the vessels in the retina and be used as an indicator of diabetes-related vascular complications well before symptoms appear. If successful, this may help reduce the number of people affected by vascular complications.





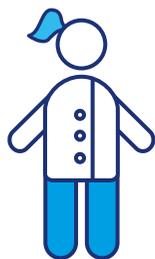
“We hope this research will lead to breakthroughs in the treatment of diabetes and, one day, a cure.”



Li

Meet Li

Dr Li Kang is a Discovery Fellow leading work which could have a profound impact on the lives of people living with Type 2 diabetes. In a project funded by Diabetes UK, Li's work aims to develop a new way of improving the body's response to insulin in people with Type 2 diabetes. She is studying how proteins and molecules outside the body's cells determine how well insulin works.



“Current drugs for Type 2 diabetes do not work in all patients or, the effectiveness may reduce over time. It is common too for there to be adverse effects from the drugs. My research aims to create a new model for how insulin works in the body which will hopefully drive the discovery of new drugs or improved use of existing drugs for Type 2 diabetes.

“Working in scientific research, there are continuous worries about the availability of funding to support our work. I am very grateful to Diabetes UK for the funding, support and opportunity it has given us to find the answers to important scientific questions.”

Research in Scotland in 2017

We are expecting to report on the first results from Diabetes UK's biggest ever research investment: DiRECT. Professor Mike Lean at University of Glasgow and Professor Roy Taylor at University of Newcastle are investigating the effects of a low calorie diet on Type 2 diabetes remission. The aim is to find out if an intensive weight management plan can help people who are overweight put their Type 2 diabetes into remission for the long term.

We fund a number of PhD studentship research projects. In 2017, Dr Ruth Jepson will begin a three year study to develop and test a sustainable way of helping women with gestational diabetes to be more active. If successful, this could improve the health of both mothers with gestational diabetes and their babies.



A revolution in understanding and support



‘It’s only diabetes...’ Despite its prevalence, diabetes is very misunderstood.

Few people recognise diabetes as a serious health condition. It’s up to us to change perceptions by raising the profile of diabetes and leading a revolution in understanding and support. People must know that diabetes is serious and can be life-threatening if not diagnosed in time or if people are not supported to manage their condition well.

We also want to make sure that we are supporting the diabetes community in Scotland in the right way.

We welcomed almost 3000 attendees to the **Diabetes Professional Conference in Glasgow**. Diabetes Scotland's 90-minute presentation brought together a panel of experts from Scotland and The Netherlands to discuss 'The Glasgow Experience' and the range of learnings, innovations and aspirations in diabetes treatment, services and support in the city.

Scores of people across Scotland took part in **fundraising for Diabetes UK**. We had 126 participants in Swim 22 and 68 runners taking on the Edinburgh Marathon. Many people organised their own unique events and activities to raise money too.

A group of Diabetes Scotland staff and young volunteers visited the pioneering Diabeter clinic in Rotterdam to find out more about the **0-25 years model of Type 1 diabetes care**. Staff and patients at the clinic shared their insights on the psycho-social approach to diabetes care, the benefits of diabetes technology and what we could learn for Scotland.

During Diabetes Week a group of children from across Scotland got together with professional footballer Scott Allan to show that **having Type 1 diabetes is not a barrier to taking part in sport**. The group starred in a short film and shared their stories through newspapers and on television to set the record straight about what it's really like to live with the condition.



A revolution in understanding and support in 2017

We'll be reaching out to newly elected and returning Councillors across Scotland, particularly those who sit on Integrated Joint Boards. With health and social care now being co-ordinated and delivered at a local level, it's important that decision-makers understand the impact of diabetes.

A significant number of people in older people's care homes are living with diabetes. We will be reaching out to this sector to increase awareness and understanding of the condition.

We will continue to support our fantastic fundraisers across Scotland to find fun and innovative ways to raise money to support Diabetes UK's vital work.



Meet Luke

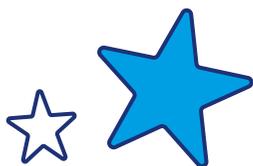
Luke, age 10, from Thurso has lived with Type 1 diabetes for four years. Luke supported our Diabetes Week campaign and ended up on the front page of his local newspaper, The John o' Groats Journal, to set the record straight about what it's like to live with diabetes.

"I was diagnosed with Type 1 diabetes when I was six years old but it doesn't stop me from doing anything. I play sport all the time, especially football!

I just have to check my blood sugar and maybe take extra food or insulin to make sure that my levels are ok. Sometimes I might have a hypo when playing football but if it's at the beginning of the game I'll just have some glucose tablets or drink PowerAde and can keep playing or if it's the end of the game, I might just sit out."

"I think it's important that people know about Type 1 diabetes. Lots of people have it so everyone should understand what it means."

Luke



Reducing obesity and preventing Type 2 diabetes

A close-up photograph of a person's hand holding a blue measuring tape. The tape is stretched across the frame, showing measurements from 34 to 42 inches. The person is wearing a dark blue sleeve. The background is dark and out of focus.

Up to three in five cases of Type 2 diabetes can be prevented or delayed.

In Scotland, over 250,000 people are living with Type 2 diabetes. Around one million people are thought to be at increased risk of developing the condition.

But, up to three in five cases of Type 2 diabetes can be prevented or delayed with healthy lifestyle changes. There are some risk factors for Type 2 diabetes that you can't change including age, family history and ethnicity. That's why we focus on the things we can change; managing your weight, eating a balanced diet and getting more active.

We want to make sure that people all over Scotland know their risk of developing Type 2 diabetes and how they can make the changes to lower their chances of developing it.

DIABETES UK
CARE. CONNECT. CAMPAIGN.

TYPE 2 DIABETES KNOW YOUR



- Overweight?
- Large around the middle?
- African-Caribbean, Black African, Chinese or South Asian?
- Over 40?
- Diabetes in your family?

If your answer is yes to any of these, you could be at risk of Type 2 diabetes.

FIND OUT
ON BOARD
TODAY

DIABETES UK
TYPE 2 DIABETES. KNOW YOUR RISK.



TYPE 2 DIABETES KNOW YOUR RISK

Find out your risk on board today and how your eating and living active could reduce it.

I DIDN'T KNOW MY HEALTH WAS AT SUCH SERIOUS RISK

DIABETES UK
CARE. CONNECT. CAMPAIGN.
TESCO

GIVE SOMETHING NEW A GO
We're the charity here to support you and help to reduce your risk of Type 2 diabetes.



We travelled up and down Scotland last year with our **Know Your Risk** roadshow. We visited eight towns and cities and met with thousands of people to chat about Type 2 diabetes. Overall, 1575 people found out their risk of developing Type 2 diabetes at a roadshow. Many more took away information about healthy diet, exercise, and how to use our online Know Your Risk tool at home.

We have been supporting and **working with Obesity Action Scotland** in making sure politicians and policymakers understand the challenge we face, and the actions that can be taken now to tackle obesity. Obesity Action Scotland is informed by clinicians and academics who recognise we need bold leadership from national government.

As part of The Bellwether Report, we focused on calls for initiatives that **will help prevent the rise of Type 2 diabetes**. We spoke of the need for society-wide interventions supported by Scottish Government, NHS Scotland, local authorities, employers, and the food and drink industry. From ensuring people all over Scotland get access to healthy lifestyle services to compulsory labelling of food; there needs to be a collective effort to make the healthy choice the easy choice.



At Edinburgh International Science Festival, we chaired the event 'Healthy, Happy Cities'. The discussion was about **how our environments can affect our health and what can be done to create communities which embrace healthy lifestyles**. There is much to be learned from around the world including Oklahoma City which embarked on a city-wide 'diet', led by Mayor Mick Cornett, to shake off its tag as one of the most obese cities in America and collectively lose one million pounds.

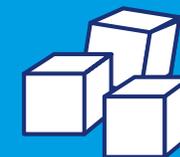
The National Charity Partnership with Tesco and British Heart Foundation has been making an impact all over the UK. In Scotland, school children and communities in North Lanarkshire took part in **Beat the Street**, an interactive walking and cycling game.

Reducing obesity and preventing Type 2 diabetes in 2017

The Scottish Government will be working on its new strategy to tackle obesity and also a Type 2 diabetes prevention framework. We will continue to lobby and call for measures including a strong, consistent, easy-to-access approach to weight management across all Health Boards.

Some decisions, such as those on marketing of junk foods, are made from Westminster. So, we will continue to support our colleagues in London and the Obesity Health Alliance to tackle these issues.

But there are bold, effective measures the Scottish Government can introduce, such as restricting multi-buy discounts on products that are particularly high in sugar, fat and salt. We will continue advocating for these in 2017.

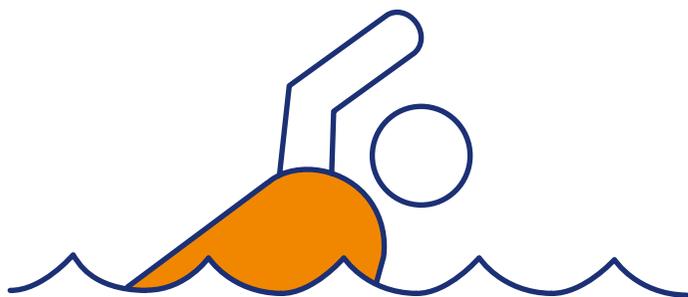


Meet Colette

As a mum to an 11 year old with Type 1 diabetes, Colette is more informed than most about the condition. However, it wasn't until she volunteered at the Know Your Risk roadshow in Inverness that Colette learned about the various risk factors of Type 2 diabetes.

“Volunteering at the Know Your Risk roadshow was a real eye-opener for me. I was surprised to learn about my personal risk of developing Type 2 diabetes. I didn't know that having a baby weighing over 10lbs would contribute to my risk.

“I know I need to lose some weight to reduce my risk of developing Type 2 diabetes in the future. I'm trying to make small, healthy changes like getting more active.”



“It’s a work in progress but I’ve already lost two and a half stones so I’m on my way!”

Colette



The best people and the best organisation



One team: Diabetes Scotland.

We may have different experiences, challenges and priorities but we're all working towards a future where diabetes can do no harm.

Whether you are a fundraiser taking on a marathon, a volunteer offering peer support, a healthcare professional working to improve diabetes services, or a researcher developing new treatments; we are proud to have you as part of the Diabetes Scotland team.

To everyone that ran, swam, walked, talked, analysed, campaigned, treated, studied, researched, and much more, on behalf of the diabetes community in Scotland – thank you.

We welcomed 82 adults and 24 children to our **Diabetes Scotland Volunteer Conference** in Aberdeen to discuss the latest charity developments, deliver workshops to support volunteer activity and find out more about what our volunteers would like from us. Networking days in Stirling and Dunblane were attended by 47 people and the feedback was positive and very encouraging.

Once again we honoured our amazing volunteers at the **Diabetes Scotland Inspire Awards**. Individuals and groups who have gone above and beyond in support of people living with diabetes were presented with awards for fundraising, campaigning and supporting others. The John Ireland Award, presented to those who have demonstrated a commitment to serving the diabetes community over many years, was presented to two people in 2016; Dr Kenneth Robertson and Jennifer Watson.

Our network of **local and community groups** grew again in 2016. We now have 30 groups serving communities all over Scotland from Shetland to the Borders. A warm welcome to new and relaunched groups in Ayrshire, Lanarkshire and Argyll.

We are lucky to live in such a beautiful country. The team in the Scotland office has been able to see lots of it as we've travelled tens of thousands of miles in 2016, from the islands in the north to the towns near the border. We've been attending meetings, hosting roadshows and events, meeting volunteers and influencers, and much more...



The best people in 2017

Everyone who is part of the Diabetes Scotland team embodies our values. We will continue to support the development of the team so we have the skills and knowledge we need to create a world where diabetes can do no harm.



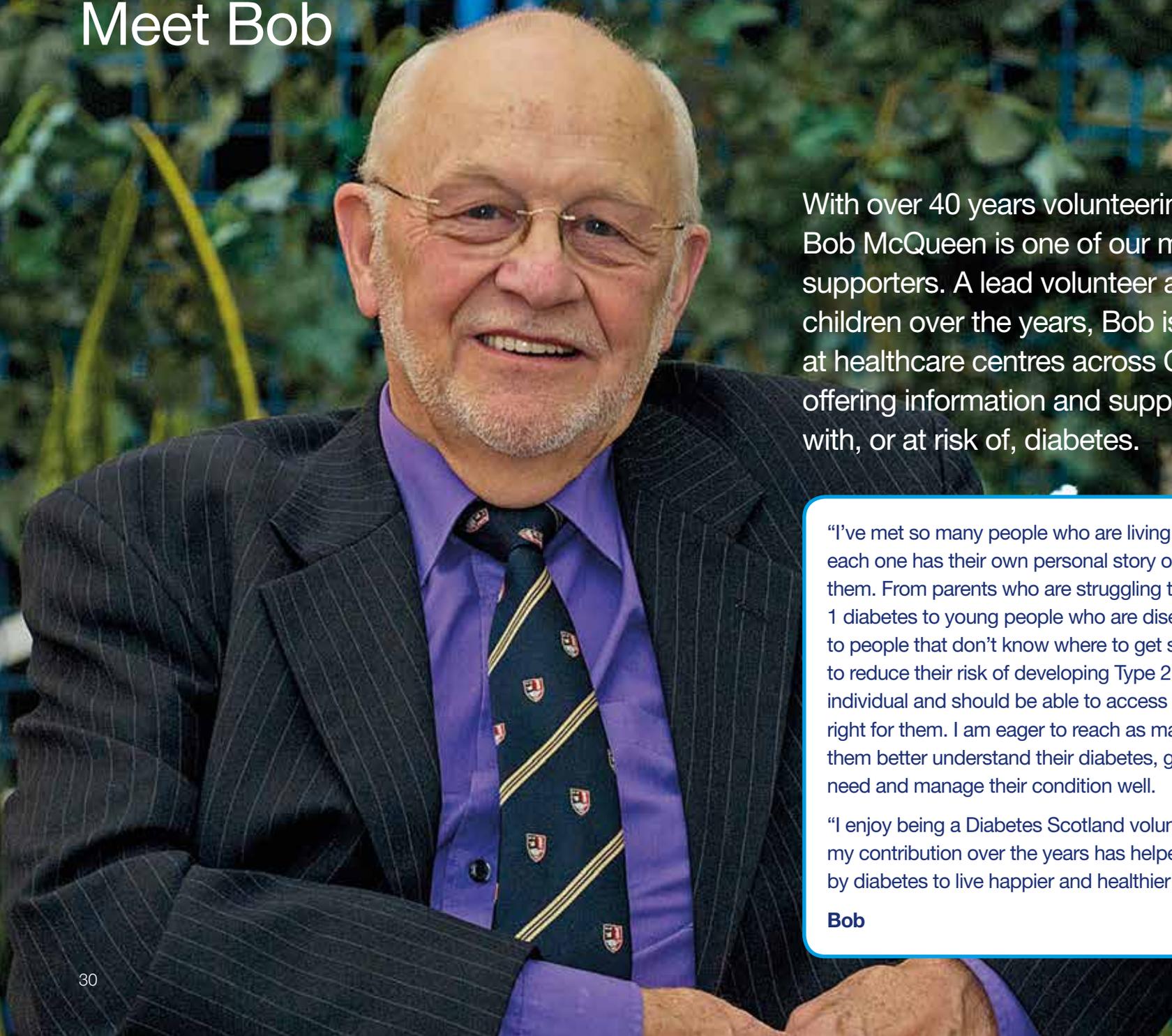
Our Values

- We put people first
- We're driven to know more
- We make change happen
- We keep things simple

We'll be recruiting more volunteers to help us spread the word in local communities. From displaying posters and providing leaflets to health care centres, to hosting information stands and delivering presentations; we will help our volunteers to be confident in educating and informing people about diabetes.

We will host more opportunities for our volunteers and staff to meet, share knowledge and discuss ideas.

Meet Bob



With over 40 years volunteering for Diabetes Scotland, Bob McQueen is one of our most committed supporters. A lead volunteer at Type 1 events for children over the years, Bob is now a regular fixture at healthcare centres across Clackmannanshire offering information and support to people living with, or at risk of, diabetes.

“I’ve met so many people who are living with diabetes over the years and each one has their own personal story of how the condition has affected them. From parents who are struggling to manage their toddler’s Type 1 diabetes to young people who are disengaging from health services, to people that don’t know where to get support, to people that want to reduce their risk of developing Type 2 diabetes. Every person is an individual and should be able to access the care and services that are right for them. I am eager to reach as many people as possible to help them better understand their diabetes, get access to the support they need and manage their condition well.

“I enjoy being a Diabetes Scotland volunteer and I hope that my contribution over the years has helped people affected by diabetes to live happier and healthier lives.”

Bob



Your fundraising stories

We are constantly amazed at all the fab fundraising ventures you take on to support our work.



Louise, Ellon

Louise took on various challenges including Swim 22, Run Balmoral and the Turra Triathlon in memory of her dad who passed away from complications of Type 1 diabetes when she was young. She raised over £1000 in 2016 to support the charity's work supporting people with diabetes and funding research.



Celine, Lanarkshire

Celine chose to support Diabetes UK while competing in the Miss Scotland Finals as both her boyfriend and aunt are living with the condition. She completed six 10K runs in 2016 and held a party night. She raised a fantastic £2,056 for the charity.



Sandy, Glasgow

Sandy, who has Type 1 diabetes, cycled from Land's End to John O'Groats with his friend David and raised over £5,000. Sandy and David took the opportunity on the cycle to spread awareness of diabetes and to demonstrate that it need not hold you back from achieving your goals.



Mason, Inverurie

Mason was the youngest Team DUK participant in the Kiltwalk at just one year old! He took part with his family at the event in Speyside and helped raise £300.



Jamie, Perth

In just a year since his Type 1 diabetes diagnosis, nine year old Jamie has been raising money and awareness through various events at his school. With his family he held a Christmas Fair, he approached his school to support World Diabetes Day and he has put together a presentation on Type 1 which he has delivered to his own and another local primary school. Jamie raised a fabulous £2,500.



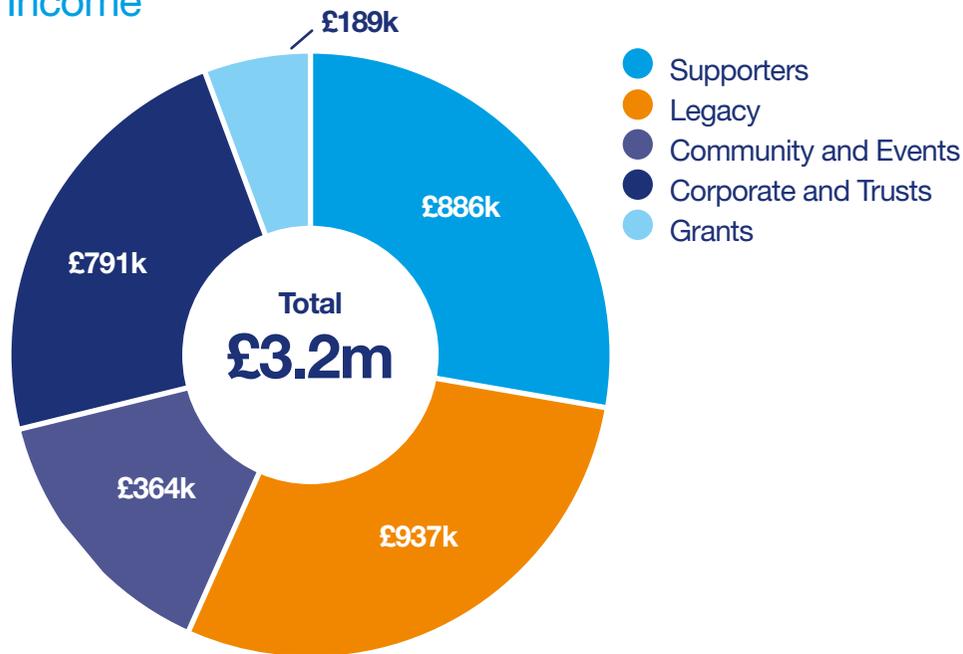
Hummingbird Ball, Edinburgh

Another fantastic Hummingbird Ball organised by the Edinburgh Local Group raised over £20,000.

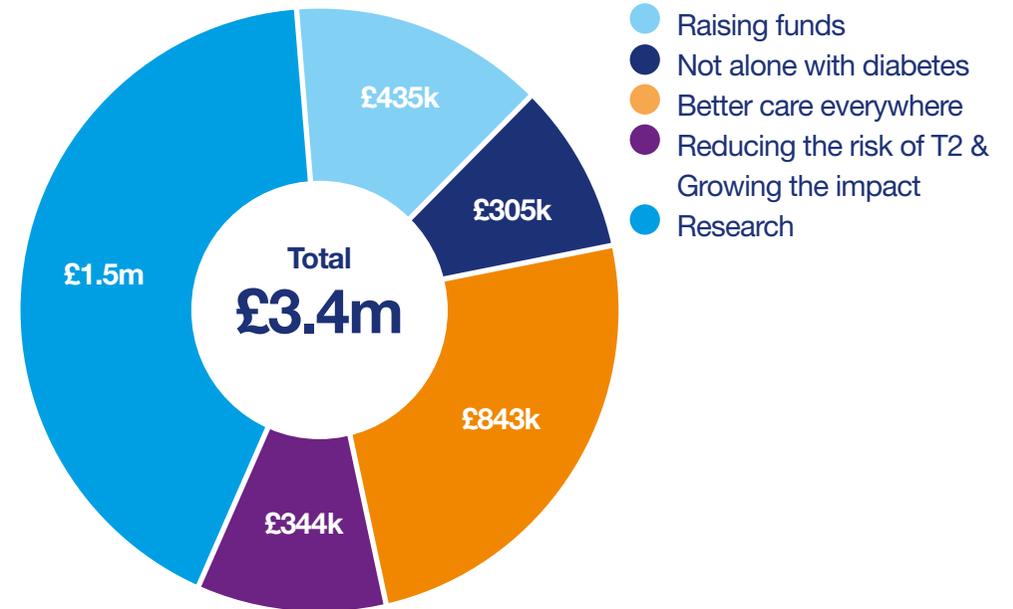
Our numbers

We fundraise and operate as part of Diabetes UK but here are the details of money raised and invested in Scotland in 2016.

Income



Expenditure



Research funding is allocated by Diabetes UK on a UK-wide basis. Scottish institutions received a disproportionate share due to the high quality of proposals received and the potential positive impact the findings may have on the global diabetes community.

Thank You



We could not continue our work supporting people living with diabetes, campaigning for better care and funding research, without the help of our fantastic volunteers, fundraisers, colleagues and partners. Unfortunately it is not possible to name all the incredible people and organisations across Scotland who have supported us this year. Please know that we appreciate each and every one of you and we are truly grateful for everything you do.

Diabetes Scotland Local Groups, Volunteers and Fundraisers

We extend a warm thanks to all of our local groups and volunteers who are working in their communities to help more people understand diabetes and get the support they need. Special thanks to everyone who has fundraised to support our work campaigning for improved services, supporting people with diabetes and research.

Members

The generosity of our members helps fund all of Diabetes UK activities from research and campaigning to our Helpline and Type 1 Events. Your support helps us drive forward positive change and plan for the future. We would like to thank everyone who signed up as a member in 2016 and everyone who renewed their membership.

Legacies

In 2016 many people remembered Diabetes UK in their wills. We are deeply grateful for this kind gift. Legacies provide almost one third of the charity's income and are crucial to improving the lives of people affected by diabetes and creating a world where diabetes can do no harm.

Corporate Supporters

Thanks to all the businesses and organisations across Scotland which have supported us in various ways including fundraising, gifts in kind and staff volunteering.

NHS Scotland Colleagues

We work closely with a number of fantastic healthcare professionals who are dedicated to improving diabetes care for all. We'd like to thank them for their commitment, enthusiasm and unwavering support of the diabetes community.

Scottish Parliament Cross Party Group on Diabetes

We'd like to thank all the members of the Cross Party Group for their support in raising issues in the Scottish Parliament, particularly co-conveners David Stewart MSP and Emma Harper MSP.

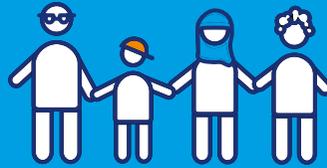
To You

To everyone who has supported us by volunteering, fundraising, supporting events and activities, campaigning for better care, spreading the word in communities and much, much more – thank you!

Get Involved

Join Us

By becoming a supporting member of Diabetes UK you can provide invaluable support for all the work we do now and in the future.



And if you are a healthcare professional, a professional membership can make your job easier if you support people with diabetes or are involved in diabetes research. Memberships come with many benefits, including our magazines and up to the minute info about support, care and research.

Volunteer

If you are passionate about taking a stand against diabetes, there are all sorts of ways to get involved. Hundreds of people across Scotland and the UK are flying the flag for us by raising awareness in local communities, offering support and raising funds. Join us.



Campaign

Our campaigns have caught the eye of the public and influenced change at all levels from communities to government. If you want to help people with diabetes by changing the system, please get in touch. You can find out more about our campaigns on our website.



Leave a gift

We are both humbled and honoured that people choose to think of our work when writing their wills. Every gift Diabetes UK receives brings us closer to a future without diabetes.



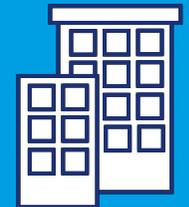
Fundraise

The crazy, fun, and inventive ideas our supporters have come up with over the years have raised invaluable funds for Diabetes UK. However you want to play your part, the money you raise will make a huge impact.



Corporate Partners

Joining forces with Diabetes UK means you'll be working with us to address the nation's biggest health threat. We welcome corporate partnerships and are always willing to discuss new opportunities.



Get Support



Call Helpline Scotland

A confidential service based in Scotland offering information on living with diabetes and giving people the opportunity to talk about any issues they're concerned about.

Call 0141 212 8710*

Email helpline.scotland@diabetes.org.uk



Go Online

If you want to learn more about diabetes, our website is packed full of information and helpful tips. And, if you want to talk to others with diabetes, the Diabetes Support forum and online communities like Facebook and Twitter are a great place to share stories and experiences.



www.facebook.com/DiabetesScot



[@DiabetesScot](https://twitter.com/DiabetesScot)



Join a Local Group

Our local support and community groups offer the chance to get together with other people affected by diabetes in your area, stay informed and be involved in the charity's work, and organise and attend events.



*Calls may be recorded for quality or training.

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