

# ARE YOU READY TO TURN THE UK BLUE?

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

**#NailingDiabetes**



**WORLD**

**DIABETES DAY**

**14 NOV 2023**

# WELCOME

Thank you so much for joining our #NailingDiabetes challenge for World Diabetes Day!

By painting your nails blue on 14 November, you'll be helping to raise vital awareness of diabetes.

For everyone living with diabetes. And for you. For the days you feel like you're nailing your diabetes, and the days you don't – and for everyone who's been there to support you on those tough days.

Thank you ❤️

In this pack you'll find all the inspiration and tips you need to take part. Time to dig out that blue nail varnish and get creative!



# MAKE YOUR NAILS STAND OUT FROM THE CROWD

The first step is to choose your blue nail varnish.

If you like, you can purchase our own Diabetes UK nail polish from our [online shop](#) – but any blue will do!

When painting your nails – feel free to be as creative as you like! Last year we saw our community create some amazing nail art designs, and we'd love to see even brighter and bolder nails for 2023.

To the right are a few ideas to get you started.



# SPREAD THE WORD

Once your nails are beautifully blue and ready to go, take a photo and share on social media on 14 November using the hashtag #NailingDiabetes.



If you would like to invite your friends and family to join you in #NailingDiabetes, you can **download invitations and posters here.**

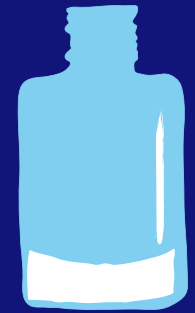


By sharing, you'll help us raise vital awareness, and show others living with diabetes they're not alone.

You could simply share a photo of your fab-BLUE-ous nails, or some people choose to snap themselves holding up a sign with their motivation for taking part – with their nails proudly on display too, of course!

# HELP US NAIL A CURE

We're not asking people to fundraise as part of #NailingDiabetes this year, but if you would like to, thank you so much for your support! The money you raise will help us fund more life-changing diabetes – and one day, nail a cure.



There are several different ways you can fundraise –

- Make a one-off donation via **JustGiving** to help us nail a cure.
- Alternatively, if you're part of a community group or would like to ask your friends and family to sponsor you to take on the challenge, you can set up a fundraising page on **JustGiving**.

For more information and support, get in touch with our team on [fundraising@diabetes.org.uk](mailto:fundraising@diabetes.org.uk) or head to our website at [diabetes.org.uk/get\\_involved/raising\\_funds](https://diabetes.org.uk/get_involved/raising_funds)



# JOIN THE #NAILINGDIABETES COMMUNITY

We'd love for you to introduce yourself to everyone else taking part – why not share your story, your nails, or your motivation for getting involved this World Diabetes Day.

Find inspiration, connect and inspire others by joining our **#NailingDiabetes Facebook group!**



# THANK YOU SO MUCH FOR YOUR SUPPORT

**DiABETES UK**  
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Our vision is a world where diabetes can do no harm, and we can't get there without you. Diabetes is relentless, but together, so are we.



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