

# YOUNG LEADER NEWS

All you need to know about last month's highlights, upcoming events and things to look out for in the South East Coast and London.



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## PHOTO OF THE MONTH

Katie, Freya, Natalie, Ellie and Aimee travelled to Manchester to attend the first ever 'Together Type 1' networking event. The day was full of fun, including the launch of a new programme name, celebrity guest appearances and interactive workshops. A great day had by all!

## KEY DATES COMING UP

What is going on in November?

**6th:** What to do if you are worried about someone training- Invite only (Speak to Rosie if you are unsure)

**8th:** Young leader meet up with guest appearance from Scope.

**TBC:** Young leader recruitment drop in session @spotlight- Volunteers needed!

**22nd:** Maidstone family group - Escape room and Nando's - Volunteers needed!

## ADDING ACTIVITY ON ASSEMBLE

A message from Eibhlin and Rosie:

"Hi, we just wanted to take over this edition of the young leader newsletter to let you know how to add activity to your assemble profile. This means any volunteering opportunities you do, you can record the time and type of activity you did on assemble, this helps you and us to keep track of your wonderful volunteering."

To do this:

- 1) Log into your assemble account
- 2) Click on 'Add Activity'
- 3) Fill out the form/drop down boxes
- 4) Submit by clicking 'Add activity'

## VOLUNTEER SPOTLIGHT

Freya with the help of Eibhlin attended the Parklife event in Kent. They gave out flyers and chatted to members of the public about Together Type 1 - Well done!



**TOGETHER TYPE 1**

# YOUNG LEADER PROFILE- FLO

Hi name is Florence or Flo, I'm currently 25 years old and living in London. I grew up in Manchester, took a gap year (during which I did some travelling for 8 months), and then went to University in Bath to study Psychology. During my degree, I spent a year on placement in a Child & Adolescent Eating Disorders Service, which is where I now work as an Assistant Psychologist. Outside of work, my hobbies include baking and running (which can both make diabetes management slightly more difficult!), as well as reading and playing netball.



## My diabetes journey:

I was diagnosed with Type 1 at 11 years old, a few weeks after starting secondary school. Although this was a difficult time of transitioning and missing school, I was lucky enough to have both parents as doctors which meant I was diagnosed very quickly without being unwell for a long time, and had a huge amount of knowledge and support from them. Around 3 months after my diagnosis, one of my older brothers (I am the youngest of 4) was also diagnosed with Type 1, at aged 20, whilst he was studying at University. Expectedly, this was a very stressful time for my family and there was a huge period of adjustment for us all, but I think having someone so close to me that understands exactly how I feel has been hugely beneficial for the both of us and brought us closer together. I think between us we keep Rowntree's going with our Fruit Pastille consumption!



Thinking back, my teenage years were definitely the hardest in terms of managing my diabetes, both physically (going through puberty, growing, hormonal changes) and mentally (wanting more independence and not wanting to be constantly attached to needles/devices!). During my adolescence, I frequently went on summer camps with Diabetes UK which I loved, and still have friends to this day from. By the time I was finishing school, I was lucky enough to have funding for a pump and a CGM, which made managing everything so much easier, and made me (and my parents) feel confident enough in going travelling. This took lots of preparation, and despite having to get an emergency pump delivered to Vietnam and various family members to visit me with some medical supplies, it was otherwise relatively problem-free!

## FLO ALSO SAID...



**“In April 2024 I’m taking part in the London Marathon for Diabetes UK, which I am really looking forward to, although this has taken a lot of trial and error regarding managing my sugars, and I still definitely have not mastered it!”**

**“I am really looking forward to attending some of the future Young Leader events with Diabetes UK, such as the Media day, and meeting other volunteers and hearing their stories”**



**“I also think there is something to say about letting myself be sad about this (diabetes) sometimes, we have so much to deal with and so many extra decisions to make, I have to remind myself that feeling overwhelmed by this is totally normal, and sometimes a cry is necessary!”**

**If you would like to be featured in the next edition, contact Beth!**