

DIABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

DiABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

DiABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU

CYMRU

CYMRU

DiABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU

DiABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.



DIABETES UK CYMRU 2023

2023 was a great year for our team in Wales. Read on for a snapshot of our work across the year

DiABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

DIABETES UK
DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU

Connecting with communities and people living with diabetes

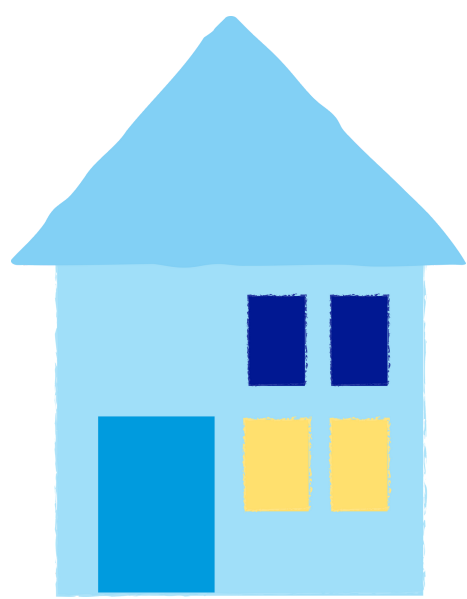
Throughout 2023 we connected with communities at almost **50** Live Well Hub and community events



We began a new partnership with Trivallis Housing Association this year, with whom we delivered **6 ROADSHOWS** reaching around **250 RESIDENTS**

We have also had an article in the Trivallis newsletter reaching

14,000 homes



We built many other new community partnerships and relationships, including with

SWIM WALES

Welsh Schools Football Association
NATIONAL BLACK POLICE ASSOCIATION
Young Farmers in Wales

We spoke to more than **3,000** 

We targeted areas of deprivation and joined forces with key community partners such as the MEC Fayre in Cardiff, Cardiff Library Hubs, and the National Black Police Association.



This year we set up a new Facebook peer-support group. The group now has

273  **members**

This group is an unmoderated group where people impacted by diabetes in Wales can come together, chat and share experiences.

We continue to be supported in 2023 by our wonderful **volunteers with 9 new volunteers**

We've responded to over **200 EMAILS**
700 PHONE CALLS from the public to our Wales office offering a variety of support and signposting



We continue to support the local and family groups across Wales, including supporting the Llanybydder group to celebrate their 40th anniversary this year. 70 people attended the event recognising the fantastic work of the group, which includes having raised over



£150,000 towards vital research in Wales

Neath Live Well Hub

Launching in March 2023 and run by volunteers, the Neath Live Well Hub now has 60 members who connect via a closed Facebook group and through online and in-person sessions. Next year will be action-packed too, with events planned through Neath Port Talbot Resource Centre and Aberavon Shopping Centre.

This year the group has run



3 ONLINE SESSIONS



3 INFORMATION STALLS AT THEIR LOCAL LEISURE CENTRE & JOBCENTRE



LOCAL WALKING ACTIVITIES

Getting the message out

We achieved multiple broadcast media appearances on BBC TV, BBC Radio Wales, BBC Radio Cymru and Global radio this year, talking about a range of topics including diabetes prevalence and drug shortages.

We were quoted in 3 PRINT ARTICLES 20 ONLINE ARTICLES

We launched our new e-newsletter in October, designed to raise awareness about our work and the people supporting us, our first issue had




856
downloads and reads




We delivered a radio ad campaign across several radio stations in Wales as part of our 4Ts awareness raising. Around

509,000 
adults will have heard our advert, each hearing it around **4 TIMES**

On the Diabetes UK Cymru social media channels we reached

195,000 
120,000 
21,000 

Our website had over **15,556** 
NEWS
This is 150% more than in 2022



Together Type 1 | gyda'n gilydd math 1

Our youth project has gone from strength to strength this year, creating a community in which to meet new friends, learn new skills, and build confidence. We worked alongside our family groups and local authorities to get maximum reach across Wales.

We recruited **9 YOUNG LEADERS**

We supported **50 YOUNG PEOPLE**

We held **26 EVENTS FOR YOUNG PEOPLE**

Through a mixture of online and in-person meet ups including a range of fun days out from picnics to Ninja Warrior

Our Young Leaders have been getting involved with events and taking opportunities to speak and share their messages. In November our Young Leader Kia attended our Type 1 Family Weekender in Newport as a guest speaker and panellist. Divya delivered a presentation at our Rewrite Peter's Story event attended. And of course, we were incredibly grateful and proud to have our Divya, Kia, Caitlin, Mya, Gareth and Alex speak at our recent World Diabetes Day event at the Pierhead Building in Cardiff.



In September we sent out a resource pack to each GP practice in Wales for our Rewrite Peter's Story campaign.

404



practices received the pack, raising awareness of the signs of type 1 diabetes and the importance of finger prick testing for early diagnosis and prevention of DKA.

Campaigning for Change

Throughout 2023, as secretariat of the Cross Party Group on Diabetes, we facilitated an inquiry into diabetes care in Wales. The group met 4 times over the year, and we gathered written and oral evidence, culminating in a 70-page report. The report has 20 recommendations on a range of issues.

The Report was launched on WDD23 during a Parliamentary Reception hosted by the CPG Chair, Jayne Bryant MS. Over 100 people attended the event. The Minister for Health and Social Services, Eluned Morgan MS, addressed the reception, referring to the report, and congratulating the CPG on its inquiry. She highlighted the great work conducted in Wales and stated that the Welsh Government would reply to the recommendations.

The Minister made reference to the recommendation in the report to continue to fund the All Wales Diabetes Prevention Programme (AWDPP) and noted a continued commitment to prevention strategies such as the AWDPP.

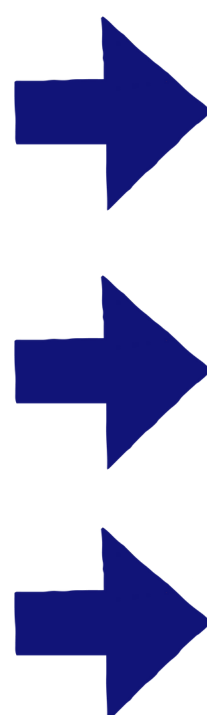
70 PEOPLE

attended our launch event. In response to our campaign, Hywel Dda Health Board committed to ensuring there are glucometers and ketone meters in every GP practice across the health board.



In 2023 we also...

- responded to 5 consultations
- briefed MSs on 3 debates
- supported MSs to submit 7 written and 8 oral questions on diabetes
- We had a presence at all 3 Party Conferences, speaking to 35 MSs



As a result there were 85 mentions of diabetes in Plenary debates and discussions. When the diabetes Quality Statement was published in June, we supported and welcomed the debate on diabetes in the Senedd. Of the 6 members speaking in the debate, 5 were supported by DUK Cymru, leading to a challenging and informative debate.

Championing Research

We promoted the ELSA study including sending ELSA posters out to 400 GP practices in Wales as part of our Rewrite Peter's Story campaign, and sent out a press release about the 3 million awarded to Cardiff University scientists to help find a cure for type 1 diabetes.

We supported Cardiff University in their launch of new research on the impact of diabetes on education attainment in Wales, facilitating a Senedd launch event.



Obesity Alliance Cymru

Diabetes UK Cymru is a member of the Obesity Alliance (OAC) – a coalition group aiming to reduce obesity in Wales. The OAC Officer, Clare, sits within our team. The OAC has developed its own branding this year, with a logo, banner stand, pin badges, branded briefings, and webpage hosted on the Diabetes UK website. With Clare's support, the OAC has spoken to or had contact with most MSs in the Senedd to discuss the obesity strategy, through Party Conferences, drop in events, meetings and email contact. Following campaigning from the OAC, the Minister announced Positive Food Environment Legislation in June. The OAC was widely quoted in the media supporting the announcement. We continue to work closely with Welsh Government to support implementation of their Healthy Weight, Healthy Wales obesity strategy.

Supporting Healthcare Professionals

We supported Rachael Humphries, T1DE clinical lead for Wales, to run a conference for a range of healthcare professionals to discuss type 1 disordered eating. The conference received outstanding feedback with attendees feeling they had taken away practical insights to support them in their work.

83 HCPS
joined our T1DE
conference in September



We presented at healthcare events including two All Wales Diabetes Implementation Group Showcase events, our own Rewrite Peter's Story event aimed at primary care colleagues, the Children and Young People's Diabetes Network Scientific meeting and a Public Health Wales webinar.

**We sent
34,000**
guides to healthcare
professionals to
give to people newly
diagnosed with type 2

We've met with many healthcare professionals through the year including

**CONSULTANTS
DSNs
DIETICIANS
Psychologists
COMMUNITY NURSES
and GPs**



We surveyed diabetes teams about use of diabetes tech in Wales, receiving 16 WRITTEN responses which we will be collating in the new year with further interviews underway

We represented our charity on a range of different forums and groups including contributing to diabetes planning and delivery group meetings in health boards, participating in the new Diabetes Strategic Clinical Network, the DESW Programme Board, NERS Advisory Board and chairing the Health Conditions in Schools Alliance.

In 2023 the National Strategic Clinical Network for Diabetes was established. Diabetes UK Cymru and many others were delighted to see the creation of a specific strategic network for diabetes, having called for this for some time. We are proud to be part of this network, contributing to the clinical reference and leadership groups.

This report is just a summary of our highlights in 2023, with much more work happening across the team to support people living with and at risk of diabetes, engage with healthcare professionals and to drive improvements in diabetes care. Thank you to all of our friends and supporters this year. We look forward to working with you into 2024!