

YOUNG LEADER NEWS

TOGETHER TYPE 1

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.



Follow our Instagram page: @diabetesuk.secoastandlondon



KEY DATES COMING UP

What is going on in December?



9th: Young leader Media Day. 11am to 3:30pm, Wells Lawrence House, 126 Back Church Ln, London E1 1FH. Contact Rosie or Eibhlin to sign up.

13th: Christmas quiz (online). Details on assemble

18th: Young leader Escape room (1 space left!!) contact Rosie. First come first served.

19th: Bowling event @ Rowan's- **Young leader help wanted!** Please contact Rosie for more information



TT1 MERCH

If you have completed your safeguarding training (in person) and do not have a Together Type 1 hoodie and polo shirt, please let Rosie know and arrangements can be made to post it to you

THANK YOU!

Thank you for all of the hard work you have put into volunteering, training, supporting events and leading on online talks.

We are so proud of you and can't wait to see what year two of Together Type 1 looks like



1:1 BUDDYING - COMING SOON

In early 2024, Together Type 1 is going to introduce our 1:1 buddying peer support program. We need your help as young leaders to plan, design and deliver this.

What is it?

1:1 buddying is where young leaders (mentors), who want to take part, will be paired up with another young person between the ages of 11-25 (mentees) to provide them with a supportive and friendly face, listen to their worries and talking about their diabetes (or not if they don't want to!).

How much do I have to commit?

As a mentor you will be trained and take part in an introductory session with the person you are mentoring. You will then meet with the mentee once a month for three months. If it isn't going well and you/the mentee want to withdraw, you can do so at any time. After the 3 months, the buddying relationship will be reviewed.

For more information please contact Rosie or Eibhlin. We will also be holding an information session- date/time TBC

JUST FOR FUN...

TOGETHER TYPE 1

Winter wordsearch

I	K	T	B	G	P	E	N	G	U	I	N	L	I
B	D	E	C	E	M	B	E	R	I	K	E	Y	G
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POLARBEAR
FIREPLACE
CHILLY
HAT
SNOW
DECEMBER
HOLLY
PENGUIN
JANUARY
ROBIN
SKII
IGLOO
ICICLE
COCOA
COAT
BLANKET



[Print off and play or play the word search online here](#)

UNSCRAMBLE THE WINTER WORDS



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