

DIABETES WEEK

10 – 16 June

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

FUNDRAISE YOUR WAY THIS DIABETES WEEK

Get your community involved

Whether you're a member of a choir or the Rotary Club, whatever your passion or talent may be, consider putting it to good use for Diabetes UK.

You could host a performance or organise a summer fayre, or if your employer offers match funding, why not coordinate a raffle at work, or involve your colleagues in a team challenge.

Celebrate the Euros too

Not only is it Diabetes Week, but the Euros Football Championship also kicks off in Germany on Friday 14 June.

Passionate about the game? Make it a double celebration with a 5-a-side match, show off your skills and get sponsored to do keep ups or challenge the goalie.

And if you can't beat them, join them! Entertain loved ones with an international themed evening, football themed quiz, or organise a sweepstake for your football fans.



Deeds for donations

Give your community a helping hand with a charity car wash, help your neighbours with their lawns or do their shopping for a donation.



Go wild for summer

Show off your wild side this week. Get sponsored to have a bad tie day, shave your beard, or dye your hair blue. The zanier, the better!



Get in touch – We're always happy to help support you with ideas, materials, and different ways to maximise your fundraising:

Email fundraising@diabetes.org.uk

Call 0345 1232399

Or download our fundraising pack via the QR code.



Your fundraising helps us to campaign so that everyone living with diabetes gets the care they need to live well. It means our helpline can provide support and answer vital questions when it's needed most. And we can fund life-changing research into new treatments and a cure.



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