

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

DIABETES WEEK

9–15 June 2025

YOUR GUIDE

Diabetes Week is a week to make some noise, raise awareness and shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

An illustration of a hand with a brown skin tone holding a bright blue rectangular sign. The hand is positioned on the left side of the frame, with the thumb and index finger visible, gripping the bottom edge of the sign. The sign has a slightly distressed, hand-drawn appearance with irregular edges.

YOUR DIABETES CHECK-UPS MATTER

This year, we want to talk about the health checks you need when you have diabetes, why they're so important and some of the reasons people might not be getting them.

We know life with diabetes can feel like number, check and test overload. You might feel fine, or feel like you don't have the time. Or maybe you're not sure what checks you should be getting. But these regular diabetes health checks are vital to keep you healthy, so you can continue living life to the full.

In this guide, we wanted to tell you a little more about what we're planning for the week, share some ideas for how you can get involved, and give you some resources to help.

OUR THEME FOR DIABETES WEEK 2025

A focus on essential care

Diabetes Week is about showcasing the reality of living with diabetes, and the reality is that more than 1 in 3 people aren't getting the checks they need to stay healthy – the 8 care processes*.

We want to shine a line on these checks this Diabetes Week, the importance of getting them, and acknowledge some of the reasons people might not be.

The health checks are an essential part of your overall physical and emotional wellbeing. By acknowledging some of the barriers that many people face in attending appointments and giving them both information and support, we want to empower people to feel more in control of their health – to motivate as well as educate.



WHAT DIABETES HEALTH CHECKS DO YOU NEED?

Read more about these diabetes check-ups, and the care to expect when you have diabetes, on our [website](#).

When you have diabetes, there are regular health checks you need – and it's more than just a blood test. They're tests to check your average blood sugar levels and how well your heart and kidneys are working, as well as check-ups on your eyes and feet.

The tests help spot signs of any changes early on, so you can get all the help and support you need. The results will tell you and your healthcare team more about your diabetes and how it's affecting your body, so you can make the best decision on how to manage it.

SOMETIMES THINGS GET IN THE WAY

There are lots of reasons people aren't getting all their health checks, from not being invited to a lack of appointments or long waiting times. But it's not that simple, and there are many other factors affecting people getting the care they need.

Stigma

Some people feel that they will be judged by their healthcare professional or be seen to have "bad" control. There can also be stigma related to having to speak to colleagues or managers about time off work for diabetes appointments.

Time off work

It can be hard to balance regular appointments with other commitments. They can be at inconvenient times or places and it might not be easy taking time off, or perhaps you're not sure what reasonable adjustments you're entitled to.

Not feeling that you need a check-up

Some people feel fine and confident managing their diabetes day-to-day, and that they do not need a check up.

HELP US REACH AS MANY PEOPLE AS POSSIBLE

Not enough people are receiving all the regular diabetes health checks they need. Will you help us raise awareness of what they are and why they're so important?

Put up a poster in your GP surgery, diabetes clinic, pharmacy or local community, share on social media - or simply take the opportunity to chat to someone this Diabetes Week. Whether that's about the checks you need – or how frustrating it is trying to fit them in!

[Download your digital resources](#) or order printed posters and leaflets from our [online shop](#)



SHARE ON SOCIAL



It's #DiabetesWeek! It's a time to make some noise, raise awareness and shout about the things that matter to people with diabetes, shining a light on what it's like to live with day in, day out.

This #DiabetesWeek, we want to talk to about the regular health checks that you need when you have diabetes.

Find out more about how you can get involved at <https://bit.ly/4kyxa6K>

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Find out more at <https://bit.ly/3SLI3ah>

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FOLLOW US ON SOCIAL

Follow us on **Facebook**, **Twitter** or **Instagram** – we've got lots of exciting things planned for the week!



SHARE YOUR STORY



Share your story and encourage others to share theirs too. This could be on social media to raise awareness, or it could be over a cuppa with a friend, however you feel comfortable.

FUNDRAISE THIS DIABETES WEEK



Sponsored challenge or bake sale? Quiz night or karaoke? Sign up for our fundraising pack and fundraise ‘your way’ during Diabetes Week this June.

Your pack will contain loads of information, ideas, tips and inspiration to help you with your fundraising. And don’t forget we’re here to help you however you choose to support us!

Get your fundraising pack

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And just a reminder – if you, or someone you love, are looking for advice, having a tough day or just want to talk to someone going through the same, we're here for you.

CALL OUR HELPLINE

Our highly trained advisors are here to provide specialist information and advice on all aspects of life with diabetes. Call us on **0345 123 2399** (Monday to Friday, 9am to 6pm) or email [**helpline@diabetes.org.uk**](mailto:helpline@diabetes.org.uk) to chat to one of our team.

JOIN OUR SUPPORT FORUM

Talking to other people going through the same thing can help, too. [**Our support forum**](#) is a welcoming online community where you can chat to, and share experiences with, others living with and affected by diabetes. It's free to use, and there 24/7.

FIND SUPPORT IN YOUR AREA

We have lots of local support groups across the UK, where you can meet and get to know other people living with and affected by diabetes in your area. [**Find your nearest group.**](#)

SIGN UP TO LEARNING ZONE

[**Our free Learning Zone**](#) covers everything from tasty food swaps and exercise tips, to advice around managing your diabetes day-to-day and looking after your mental wellbeing – all tailored to you.