Volunteers needed to beat diabetes in Banbury

Thursday 21 January, 2016

Diabetes
UK is asking people in Banbury to become volunteers to help raise awareness of the seriousness of diabetes by joining a local diabetes support group.

The charity is launching
a Banbury Diabetes UK group and is looking for keen volunteers who want help improve the lives of local people with
diabetes and provide a friendly environment for local residents living with the condition to meet and share experiences.

The volunteer role is
flexible and includes providing support and information, campaigning to improving
local diabetes services, fundraising for research and planning social events.

Michaela
Wragg, Diabetes UK South East Volunteer Development Manager, said: “Diabetes is
one of the biggest health challenges facing the UK today and can lead to
serious health complications such heart disease, stroke, kidney disease,
blindness and amputation if not diagnosed soon enough or managed effectively.
It's vital we do all we can to raise awareness of the seriousness of diabetes and this is why our volunteers are so important.

“Our
volunteers are at the heart of our work and without their support Diabetes UK
could not carry out its vital work into research, education and care. That's
why we're calling on people across Banbury to join our new support group and help ensure our messages are heard as widely as possible."

In
Oxfordshire there are about 28,000 people diagnosed with diabetes and an estimated 10,700 people in the area who are unaware they have Type 2 diabetes.

For more information about becoming a volunteer and joining the Banbury
Diabetes UK group, please contact Michaela
Wragg, South East Volunteer Development Officer on 01372 731 363 or email
south.east@diabetes.org.uk

For further media information please
contact Sylvia Lambe on 01372 731 365 or the Diabetes UK Media Relations Team on **0 0 7424 1165** or email pressteam@diabetes.org.uk

For urgent out of hours media enquiries only please call **07711 176 028**. ISDN facilities available

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Notes to editor:

1
Diabetes UK is the leading UK charity that
cares for, connects with and campaigns on behalf of all people affected by and
at risk of diabetes. For more information on all aspects of diabetes and access to Diabetes UK activities and services, visit www.diabetes.org.uk

2
In the UK, there are 4 million people who have
diabetes of which 549,000 people have Type 2 diabetes but don't know they have
it because they haven't been diagnosed. 11.9 million people are at increased
risk of developing Type 2 diabetes and if current trends continue, an estimated 5 million people will have diabetes by 2025.

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3
Diabetes is a condition where there is too much glucose in the blood because the body cannot use it properly. If not managed well, both Type 1 and Type 2 diabetes can lead to devastating complications. Diabetes is the leading cause of preventable sight loss in people of working age in the UK and is a major cause of lower limb amputation, kidney failure and stroke.

4
People with **Type 1 diabetes** cannot produce insulin. About 10 per cent of people with diabetes have Type 1. No one knows exactly what causes it, but it's not to do with being overweight and it isn't currently preventable. It usually affects children or young adults, starting suddenly and getting worse quickly. Type 1 diabetes is treated by daily insulin doses - taken either by injections or via an insulin pump. It is also recommended to follow a healthy diet and take regular physical activity

5
People with **Type 2 diabetes** don't produce enough insulin or the insulin they produce doesn't work properly (known as insulin resistance). 85 to 90 per cent of people with diabetes have Type 2. They might get Type 2 diabetes because of their family history, age and ethnic background puts them at increased risk. They are also more likely to get Type 2 diabetes if they are overweight. It starts gradually, usually later in life, and it can be years before they realise they have it. Type 2 diabetes is treated with a healthy diet and increased physical activity. In addition, tablets and/or insulin can be required.

For more information on reporting on diabetes, download our journalists' guide:
http://www.diabetes.org.uk/Global/Homepage/News/Journalists_Guidance_Update_2015.pdf

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