?Woman from Isle of Wight swims equivalent of English Channel for Diabetes UK

Wednesday 3 February, 2016

A sports shop sales assistant from Sandown is swimming 22 miles – the equivalent of swimming the English Channel – to raise funds for Diabetes UK.

The Swim22 challenge gives swimmers three months to swim 22 miles in their local pool, either by themselves or by splitting the distance with teammates.

Chloe Bolton,19, is taking part in Swim 22 because she was diagnosed with Type 1 Diabetes in March 2010.

Chloe said: “My motivation to raise money for Diabetes UK comes from many different things. I have lived with the condition for 6 years and I want to set myself physical goals to get fitter and become a stronger person - physically and mentally.

“Diabetes UK is important to me as I believe that without this charity's research into both Type 1 and Type 2 diabetes the advancements in its treatment wouldn't be where it is today. We are so close to a cure, yet still so far. Hence my reasoning to want to raise as much money as I possibly can to try and help to see a cure in my lifetime.

“I'm currently doing a 1 hour workout at my local gym, where I am training for better cardio, and my upper body strength to be able to keep a good stamina for when I start swimming on the 22nd. I am hoping to do at least 20 lengths a day, hopefully more when it comes to the actual swim.

“My target is currently to raise between £200-300, but anymore would be an even bigger achievement.”

The challenge will take place between 22 February and 22 May 2016.

Laura Crow, Diabetes UK Fundraising Manager, said: “We are delighted that Chloe will be diving into the pool and making a splash for Diabetes UK, and look forward to following her progress throughout the challenge.

“We hope Chloe's commitment will inspire others on the Isle of Wight to take the plunge for Diabetes UK. The three-month timeframe means that whatever your fitness level there's plenty of time to get in the pool, and you can even split the distance with teammates if that feels more manageable.

“Swim22 is perfect for anyone who wants to challenge themselves to get fitter and to keep physically active, in turn helping them to maintain a healthy weight, which also helps prevent Type 2 diabetes. People with diabetes can also help manage their condition through getting plenty of exercise and eating healthily.”

If Chloe has inspired you to take on this challenge, sign up for Swim 22 now at www.diabetes.org.uk/swim22. There is no closing date, so you can sign up anytime so long as you complete the challenge by 22 May 2016.

To sponsor Chloe visit https://www.justgiving.com/Chloe-Bolton/ and to find out more about Swim22 visit www.diabetes.org.uk/swim22

– ENDS –

For further media information please contact Sylvia Lambe on 01372 731 365 or the Diabetes UK Media Relations Team on **020 7424 1165** or email pressteam@diabetes.org.uk

For urgent out of hours media enquiries only please call **07711 176028**. ISDN facilities available.

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

Media:



Related Sectors:

Health ::

Related Keywords:

Diabetes :: Isle Of Wight :: Swimming Challenge ::

Scan Me:

access to Diabetes UK activities and services, visit www.diabetes.org.uk

- **2**In the UK, 3.5 million people are diagnosed with diabetes. In addition, there are 549,000 people who 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.
- **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

Company Contact:

Diabetes UK

T. 01372 731 365
E. sylvia.lambe@diabetes.org.uk
W. https://www.diabetes.org.uk

View Online

Additional Assets:

Newsroom: Visit our Newsroom for all the latest stories:
https://www.diabetesuk.pressat.co.uk