

Dear Supporter

Happy New Year! I hope you all had a peaceful and safe Christmas and New Year.

Due to the ongoing pandemic we continue to be unable to hold face to face events. However, we are aware of the ongoing need and interest for engaging and learning with others and are therefore developing a series of virtual events.

Enclosed you will find a list of the events we have organised so far. Please take a look and book onto the events that interest you. All events will be via Zoom. If you are unfamiliar with Zoom and would like some support on how it works then please let us know as one of the team would be happy to talk you through it. It is very easy to use for even a novice internet user. To arrange for someone to call you please email us at south.east@diabetes.org.uk. Please note that our regional office is presently closed and all staff are working from home so please do not ring the regional office number.

To register for an event, follow the links under your desired event on the attached list. This will take you to the 'Eventbrite' website where you can start the booking process!

We are planning to add further events as the year progresses – some educational or informative and some more practical. We even have a new befriending service called **Diabetes Friends** so if you know anyone who would benefit from a call you can find out more by contacting Emma.Cobon-Drummie@diabetes.org.uk.

All these will be listed on the South East regional pages of our website - www.diabetes.org.uk/in_your_area/south_east Do check in periodically to check what is coming up!

On our website you will also find other information about Diabetes UK activity both nationally and regionally and information on how to get more involved, for example, by volunteering or fundraising. For any questions or to express interest please drop us an email.

I hope to see you at one or more of the events.

Yours sincerely

Jill Steaton
South East Regional Manager

BREAKING: We are now on Facebook and Twitter! Follow us for the latest news and events:

Facebook: facebook.com/SouthEastRegionDiabetesUK

Twitter: [@DiabetesSouthE](https://twitter.com/DiabetesSouthE)

www.diabetes.org.uk

Patron Her Majesty The Queen

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