



Living Well North Tyneside

Supporting Health and Wellbeing

Diabetes Awareness Week, from 9 to 15 June 2025, returns with a powerful message: it's time to talk about the real, everyday experiences of people living with diabetes. Organised by **Diabetes UK**, the week is a national campaign to raise awareness, share stories, and build greater understanding of what it means to live with this often misunderstood condition.

This year's theme is “**Shining a Light on Diabetes**”, encouraging honest conversations and highlighting the challenges, resilience, and realities faced by people with diabetes—every single day.

What Is Diabetes Awareness Week?

Diabetes Awareness Week is a UK-wide campaign held every June to educate the public about diabetes, tackle common misconceptions, and amplify the voices of those living with the condition.

There are two main types of diabetes:

1. **Type 1 diabetes**, an autoimmune condition where the pancreas stops producing insulin.
2. **Type 2 diabetes**, where the body becomes resistant to insulin or doesn't produce enough of it.

There's also gestational diabetes, which can occur during pregnancy, and other, rarer forms.

According to Diabetes UK, over 5 million people in the UK now live with diabetes—making it one of the most prevalent chronic health conditions in the country.

This Year's Focus: Real Lives, Real Stories

In 2025, the spotlight is on the real-life experiences of those managing diabetes around the clock. It's about more than blood sugar levels and injections—it's the hidden mental load, the planning, the stigma, and the constant balancing act.

“Shining a Light on Diabetes” is about helping the public understand what that looks like, day in and day out.

Expect to see heartfelt personal stories, social media campaigns, and community events all working to break down stigma and build support.

Why This Campaign Matters

Too often, people with diabetes face judgement, misinformation, and blame. Awareness Week challenges these misconceptions by replacing stereotypes with truth and empathy.

Improved understanding also supports earlier diagnoses, better care, and a more compassionate environment for those living with diabetes.

Beyond individuals, there's also a broader conversation to be had about health inequalities. Diabetes is more common in deprived communities and among certain ethnic groups. Raising awareness helps drive change where it's most needed.

How to Get Involved

There are many ways individuals, workplaces, and communities can get involved in Diabetes Awareness Week:

- **Share your story** – If you live with diabetes, consider speaking up about your experiences using the hashtag **#DiabetesWeek**.
- **Educate others** – Share facts, myth-busting infographics, and helpful resources from trusted sources like Diabetes UK.
- **Organise an event** – Host a tea break, wellbeing session, or talk in your workplace or local community.
- **Fundraise or donate** – Support the work of charities like Diabetes UK, who provide vital information and services.
- **Take a risk assessment** – If you're unsure of your risk level, take the free online **Know Your Risk tool** from Diabetes UK.

Support and Resources in North Tyneside

Local support makes all the difference. If you or someone you know is living with diabetes, there are several services and activities available across North Tyneside:

Living Well North Tyneside – Browse local listings for healthy cooking classes, and physical activity sessions.

North Tyneside Diabetes Services – Access support and education through your GP or diabetes nurse, or contact the NHS North East and North Cumbria Integrated Care Board for local pathways.

Healthwatch North Tyneside – Share your experience of local services and help improve care for others:
www.healthwatchnorthtyneside.co.uk

Healthy4Life – Local support for people with Type 2 diabetes, including advice on healthy eating and physical activity.

Final Thoughts: More Than Just a Diagnosis

Diabetes doesn't define a person—but it does affect every aspect of life, from work and school to mental wellbeing and relationships.

Diabetes Awareness Week 2025 is an important moment to reflect, learn, and support. Whether you're living with diabetes, supporting a loved one, or simply want to be a better ally—your voice matters.

Together, we can build a more understanding world for everyone affected by diabetes.

Related Links

- [Diabetes UK](#)
- [NHS about diabetes](#)
- [Physical Activity and Nutrition on Living Well](#)
- [North East and North Cumbria ICB](#)
- [North Tyneside Diabetes Services](#)



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