



What to expect on a

Type 1 events

Family Weekender

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

What happens at a Type 1 Family Weekender?



Family Weekenders are designed to support children and young people with Type 1 and their entire family, whether it's parents, carers, siblings or grandparents. The events are full of activities to help build confidence and provide an opportunity to meet other families who know exactly how you feel. There will be over 20 other families and around 35 volunteers with you for the whole weekend. Meeting other children and families living with Type 1 can make a huge difference to you, your child with diabetes and their siblings – **and you might just come away with friends for life.**

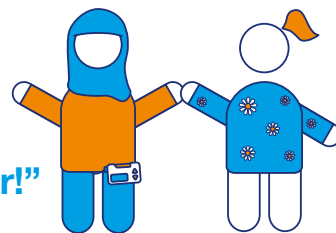


For your child with Type 1

The weekend is designed with everyone in mind. While you're enjoying sessions specifically for you, your child with Type 1, and any brothers and sisters, will be away taking part in a range of exciting and fun activities, such as archery or rock climbing. Always looked after by our trained volunteers, they'll meet children their own age living with Type 1 who understand exactly what it's like. And they'll build their confidence managing diabetes in new situations – picking up tips about Type 1 along the way.

We have a crèche for zero-four year olds that has its own activities, which includes time for naps.

"My children absolutely loved it and wanted to 'live there' forever!"
Sonia, Parent

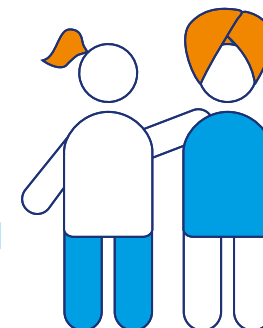


For you

A big part of the weekend is getting to know other parents who understand everyday life with Type 1. There will be plenty of time to talk, whether it's during your sessions or in the break times. The sessions are run by experienced diabetes specialists. They are your opportunity to ask any questions you may have. And if there are any topics you want us to cover, you can let us know beforehand or at the beginning of the event.

So, whether it's becoming more confident with the basics or learning something new, we'll be able to help.

"We felt stronger and braver and in more control, we did not want it to end."
Alex, Parent



What's the schedule for the weekend?

You'll receive your **Welcome Pack** before the weekend, which will include the exact details and timings. But the following will give you a feel for what a typical weekend is like.

Friday



Check in to the hotel whenever is easiest for you

3.30pm

Event registration opens

5.00pm

Welcome session



6.00pm

Dinner

7.15pm

Team games for the children while the parents have their first session



8.15pm

Parents collect children and supervise snacks



End of programme for the day

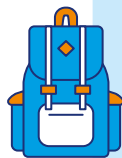
Saturday



Breakfast

8.45am

Children leave for offsite activities. Children and babies in the crèche may join the older children or have their own programme



9.00am

Parent programme commences



4.00pm

Children return from offsite activities. Time for parents and children to relax together

6.00pm

Children's evening meal and activities

6.30pm

Parents dinner without children



8.15pm

Parents collect children and supervise snacks

End of programme for the day

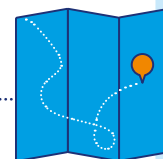
Sunday



Breakfast and room check-out

9.00am

Children start their morning activities



9.15am

Parent programme commences

12.30pm

Final group session with parents and children

1.00pm

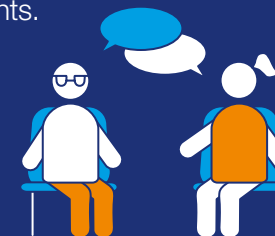
Lunch

Departure after lunch

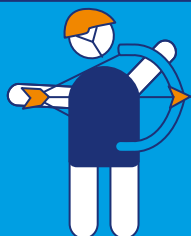
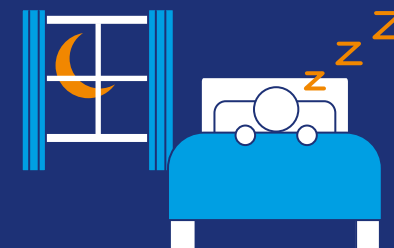


Things to note

- Parents and carers tell us that **attending a Family Weekender is life changing**. Our weekends are really popular and we want you to make the most of what's on offer. So we need you to get involved in all of the sessions for parents.



- When sessions aren't running, the volunteers are off duty as they'll be busy getting ready for the next session and having a much needed break. During this time they won't be responsible for looking after your children. **It'll be back to you for some family time.**
- The weekend is action packed. So that your child can fully enjoy the weekend's activities, **an early night is essential.**



Further information



Who looks after my child when they're not with me?

We know how important it is that your child is well looked after. At our events they're in experienced and capable hands so you can switch off and leave the carb counting to us.

Before you arrive, a member of our medical team will review your application form to make sure we can meet your child's needs. We may need to get in touch with you, or your medical team, to clarify a few things.

Our team of trained and committed volunteers are on hand to support your child and keep them safe. There are healthcare professional volunteers at every event, including doctors, nurses and dietitians as well as general volunteers, many of whom have Type 1 themselves.



What's our approach to safety and wellbeing?

Making sure your children are safe while they're having fun is our main priority. All of our volunteers are fully trained, and go through a safeguarding process which includes a criminal record check. Any physically challenging activities such as rock climbing are led by qualified instructors. There are always the right numbers of volunteers with your children so we can give the best standard of care.

Our volunteers have a clear **code of conduct** regarding how they support children and young people on the event to ensure the safest possible environment:

- Everyone will be treated equally and with respect.
- There will be no time when individual volunteers are alone with children or young people. Volunteers will always work in twos.
- Volunteers will challenge and respond quickly to any instances of unkind behaviour.

Every weekend has a member of the team who takes the lead on safeguarding, and is available for any parent or volunteer to talk to.

What age child/children can I bring?

Our weekends cater for children and young people, from babies up to 17 years of age. Every weekend has a crèche on offer which looks after children, with and without Type 1, from zero to four years old. If you have a four-year old who has started school, you can decide whether you would like them to be with the crèche or the older children.

Each weekend has its own age range for the children with Type 1:

- up to age 11
- ages 11–17
- ages 0–17.

You can find out more on our [website](#).

Diabetes affects the whole family, so bring along siblings to any event so they're included in the fun. The under 18s can take part in the children's programme and if they're older, they'll join you for the parents programme.



Frequently Asked Questions

My child may not have done some of the activities on the weekend so I don't know how much insulin or carbs they will need.

That's all part of being on the weekend. Our team of volunteers will work with your child at the event to make sure they understand what is happening to their blood glucose and how to manage their diabetes. But your child will be doing different activities than normal and eating different food. So it'll be tricky getting it right all the time. Please try not to worry if your child doesn't stay in range the whole weekend. We'll always ask you for your advice and explain what's been happening while your child's been on activities.

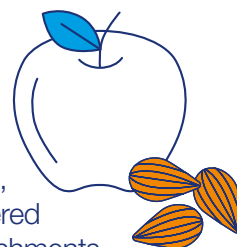


Where do we sleep?

You'll be spending the weekend at the hotel. As there is a limited number of family and adjoining rooms, we try and make sure families with very young children are given priority. If you need a travel cot, you can let us know on your application form.

What about meals?

All meals, from dinner on Friday to lunch on Sunday are provided, with all dietary requirements catered for. Snacks, soft drinks and refreshments are also included. If your child or anyone in your family has a dietary requirement, our Lead Dietitian will be in contact around four weeks before the event to find out if there are any specific brands or snacks you and your family prefer.



We'll provide packed lunches for the children when they are away doing fun activities on the Saturday.



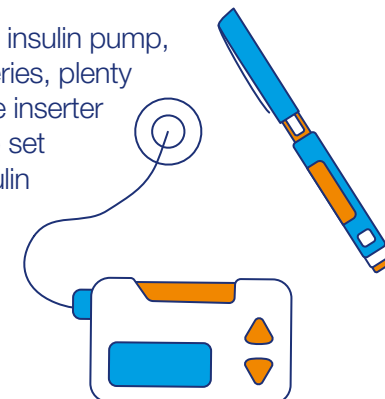
What do we need to bring with us?

We'll email you a **Welcome Pack** containing all the need-to-know details about a month before your event. As a guide, the children will need clothing that they don't mind getting wet or muddy, including a waterproof jacket, as some of the activities are outside.



You'll need your child's diabetes kit with everything necessary for a weekend, including hypo treatment, spare set changes, pens and insulin. Although additional hypo treatments will be available – insulin won't.

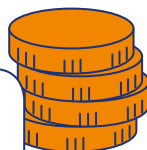
If your child is using an insulin pump, you'll need spare batteries, plenty of infusion sets and the inserter device. And a back-up set of basal and bolus insulin pens, just in case.



How to book your place on a Family Weekender



How much does it cost?



Adult (18 and over): **£140.00**

Child (under 18): **£90.00**

We subsidise the weekends so that we can keep the cost as low as possible. The price includes two night's accommodation, all meals, snacks, soft drinks and all of your children's activities. Once we've accepted your application, you'll need to pay a 20% deposit to confirm your place. The full balance will be due 40 days before the event.

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How do I pay?

You're able to pay:

- In instalments in amounts and timeframes that are best for you.
- All in one go upon confirmation of your place.
- With funding from a third party, such as your local Diabetes UK voluntary group, hospital, local education authority, social services or charitable group.
- By using a combination of your own funding and third party funding.

If your financial circumstances make it difficult to pay the full cost of the event, you can apply to the Type 1 event fund. Funding is limited and so we try to prioritise those who may need it most. Click [here](#) to find out how you can apply.

All ready to join us?

Book your family's place [here](#).



Any further questions?

We'd love to hear from you if you have any further questions. Please email us on type1events@diabetes.org.uk or call us on **0345 123 2399*** – Monday to Friday, 9am to 6pm.

*Calls may be recorded for quality and training purposes.