

HELLO!

Are you between 15 and 30 years old? Do you have diabetes? Look here!

It is very easy to feel alone when you have diabetes, and it is easy to lose yourself among glucose tests, shots, infusion sets, hospital visits and worries about the future. We get that.

We know what it is like to live with diabetes, which is why our work is focused on improving the every day life for young people with diabetes in Sweden.

We do this by cooperating with the diabetes healthcare representatives, impacting policy, and by creating forums for our members to exchange experience and knowledge.

We arrange national and local activities and camps, and we also organize forums online.

On our website, Facebook and Instagram you'll find information about diabetes, us and our work.

We also have a question service, links, contact, inspiration stories from other members, information and much more - so visit us and find out how we can help you!

FIND US!

Website

www.diabetes.se/ungdiabetes

E-mail

info@ungdiabetes.se

Instagram

[@ungdiabetessverige](https://www.instagram.com/ungdiabetessverige)

Facebook

Ung Diabetes Sverige



UNG
DIABETES

But what do we actually do?
Turn to the next side to find out!

Ung Diabetes council

Ung Diabetes (Young Diabetes Sweden) consists of a council of nine representatives.

The council comes together for quarterly meetings, and between them we communicate over email. During these meetings we discuss current and upcoming tasks, make decisions, and plan for the future.

Camps and activities

Every year, Ung Diabetes organizes camps and activities for our members, so that they get the opportunity to meet other youths with diabetes. The format of the camps and activities vary from year to year, but they always include time for discussion about diabetes and about living with diabetes.

Every summer, Ung Diabetes arranges one camp for members of the age 15-18 on different locations in Sweden. These camps generally goes on from a Thursday to a Sunday.

We are also organizing one activity every summer for our members in the age 18-30. This activity generally goes on from Friday to Sunday, but this depends on the activity.

To read more about the upcoming camps and activities, visit our website ungdiabetes.se, or send us an email: aktiviteter@ungdiabetes.se!

Ung Diabetes locally

All around in Sweden we have found people who are committed to creating local events and meet ups where they live. Maybe you want to organize an event, or some kind of activity nearby?

On our website, you can read more about how you can get involved with Ung Diabetes locally, somewhere close to you.

With your commitment, we can reach out to even more young people with diabetes!

If you have questions, or want to get in touch with the people responsible for the local involvement, send an email to: lokalt@ungdiabetes.se!

Membership

If you are of the age 15 to 30, and a member in Svenska Diabetesförbundet, you are automatically a member of Ung Diabetes. You need to be a member in order to participate in the camps and activities that Ung Diabetes are organizing.

Do you want to become a member? Visit Svenska Diabetesförbundets website: www.diabetes.se.

We are looking forward to hearing from you, and to having you as a member!