

Summer 2018

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## Editorial



Dear Friends,

The first half of 2018 has been an exciting moment for IDF Europe as we are going through changes and we are expecting more transformations over the next months in strengthening ourselves as a Federation representing the interests of national diabetes Associations across the European Region.

To begin with, after serving as the Regional Manager of IDF Europe, Stella has decided to pursue a new challenge in her professional life. The Board thanks Stella for her exemplary services to our Federation throughout her term. We wish her all the very best in her future endeavours! Stella has passed the torch to Mr Ignacio Garamendi, an experienced senior management professional to take our Executive Office responsibility in Brussels, and we will continue building together the future for IDF Europe.

You will read in this summer newsletter about the various initiatives of our Member Associations, the core activities on our advocacy front, the youth activism as well as many other events highlights.

I encourage you all to nominate both qualified candidates for the 2018 IDF Prizes in Diabetes and the staff exchange programme. With the motto 'Together Everyone can Achieve More', we also want to remind you that this year's Regional Council and TEAM meeting will take place in Tirana, Albania between 23-25 Nov, in joint collaboration with the Albanian Diabetes Association, so please contact our office by end of September to share your ideas on the format and content of the Regional Council. We will be glad to prepare an engaged programme over the next months and we welcome you all to contribute and share your thoughts and ideas.

Advocacy is at the core of IDF Europe and the Board for 2018-2019 aims to strengthen the programme. The office will send out the Diabetes Pledge in August and please join us in getting support from policy makers across the region!

Last but not least, we wish you all a nice summer till we meet in person.

Prof. Dr. Sehnaz Karadeniz, Chair, IDF Europe Region

## MEMBERS' NEWS

### BULGARIA



Under the motto "Pregnancy with diabetes - mission possible", the Bulgarian Diabetes Association (BAD) organised on 24 March in Sofia an event for young women with diabetes. A first of its kind, promotional documentary video was screened at the event. The video was produced by BAD with a goal to address different aspects of the process of pre-pregnancy control, follow-up control and support, as well as psychological support.

This was the second event organised by BAD in the series of "Life with Diabetes - meet the expert" initiative. The video interviews of Bulgarian medical doctors put together by the BAD project was aimed at raising awareness among diabetic women, in achieving optimal health conditions for the mother and child during pregnancy.

Based on a survey conducted in 2017, [diabetic](#) women and girls [were questioned about individual](#), most important topics [while planning](#) pregnancy:

Pregnancy planning, risk of a pregnancy with diabetes, diabetic complications, quality control, nutrition, physical activity, psychological counselling and social life.

The responses obtained through interviews with healthcare professionals aim to define the minimum standard requirements and basic recommendations for diabetic women, aiming for a successful pregnancy and delivering to a healthy child.

After the film, an informal discussion commenced, where young women directed their questions towards Prof. Dr Maya Konstantinova – paediatric endocrinologist, lecturer at Sofia University, Prof. Dr Silvi Georgiev - Anaesthesiology and intensive care specialist, Dr Maria Atanasova – Obstetrician Gynaecologist monitor for diabetic pregnant in the Department of Foetal Medical care, and Ms Silva Milcheva – clinical psychologist.

Ms Sandra Bršec Rochich, member of the IDF Europe Board and Special Guest, travelled eight hundred kilometres to attend and to have "girls talk" with participants of the event.

At the end of the event, organisers were in for a pleasant surprise - a lottery with awards - interesting inspirational books.

### CYPRUS

### CYPRUS DIABETIC ASSOCIATION

Since the beginning of 2018, the Cyprus Diabetic Association (CDA) helped 50 families with type 2 diabetes and 12 families with children type 1 diabetes. They have also planned an annual excursion for type 2 members on 17 May to the east part of the island with a full day program to three monasteries, coffee to a farm house, lunch to a fish restaurant by the sea. Their Seminar about new methods in controlling Diabetes took place on 9 June under the Auspices of the Minister of health and speakers from both Endocrinology and Diabetes Society members. Guest speakers included two Professors from Greece.

### GREECE

### ASSOCIATION PARENTS OF CHILDREN AND YOUNG ADULTS WITH DIABETES, THESSALONIKI, GREECE (ELODI)



ELODI has a very active spring time and organised a number of activities in the first quarter of 2018. The first event was a party for the cutting of the New Year's Cake on 11 February, at the piano- restaurant- live music "Divelia" in Oreokastro, Thessaloniki. The event was quite successful, with the presence of many members and friends of the association. Low-glycemic load food as well as special gluten-free food were served for people suffering from both diabetes and celiac disease (the cake was gluten-free and also had low glycemic load). Funding raised went to the publication of the "Textbook for the School Nurse management of Diabetes type 1 at school", a new project. The members of our association, both children.

And on 11 March, together with the Diabetes Association of Ptolemaida "Sweet Ride", ELODI co-hosted an educational



seminar for school nurses management of diabetes type 1 at school in Kozani, under the auspices of the Prefecture of Western Macedonia.

The main speakers were Dr. Assimina Galli-Tsinopoulou, Associate Professor of Pediatrics - Pediatric Endocrinology of Aristotle University of Thessaloniki and Mrs Efi Efstratiou Dietitian of the Diabetic centre of the 4th University Pediatrics Clinic of A.U.T., in G.H. Papageorgiou. Representatives of the local authorities addressed the audience and the local TV channel interviewed the speakers.

Last but not least, the association held an one-day conference on Diabetes Type 1 at G.H.Ippokratio. The elections for the new board also took place on the same day. ELODI's new president, Mrs Theofaneia Tsachalina addressed the audience and the former secretary Mr Nicholaos Bafas presented the activities of our association during the past two years. Topics discussed in the conference included state-of-the-art technology for T1D, the role of intra-marital relations when a child is diagnosed with T1D and information for disability certification.

**RUSSIA**

**MOSCOW DIABETES ASSOCIATION**

At the XVI Summit of the leaders of the Eastern European Diabetes Association "Unity for Good", which was held on May 25-27, 2018, (Chisinau, Republic of Moldova), the Moscow Diabetes Association presented the information and training mobile application of Xeshka in the field of diabetes management. Xeshka is intended for people with diabetes, especially for children and their parents.

The Moscow Diabetes Association is constantly looking for new forms of training in diabetes management, so the mobile application of Xeshka appeared. The initiator and the main developer of the application was the MDA Board member of Vasily Gustov in partnership with DiLife-Technology and with the support of Rosh Diabetes Kea Rus. The main functions of the application include the are:

anxious warning in the event of hypoglycaemia and education on self-management of hypoglycaemia.

In addition, for the users of the mobile application on social networks in the vk.com/xe\_club group, a "Club of active people with diabetes" was created, where the functions of the application, news about gadgets that help a full life with diabetes, sports and active life with diabetes and much more.

In continuation of this subject, a pilot project was developed DIAQuest, an interactive mobile game that was tested in May 2018 in Svetlogorsk, Kaliningrad region. Thirty people, breaking into three teams, were looking for plaques with QR codes, in which 60 questions about diabetes and ways to manage it were encrypted. The tablets were located in a certain order on the territory of the city center and therefore the teams were given route maps, the captains not only laid the route, but were also responsible for sending the answers to the jury members: after the team meetings they had to quickly send the message with the selected options to the WhatsApp chat. Members of the jury took into account not only the number of correct answers, but also how quickly the team was able to mobilize and make a decision.

MDA thanks all who helped them make their plans and they are always open for cooperation.

**TURKEY**

**TURKISH DIABETES ASSOCIATION**

**"Year of Diabetic Foot Awareness"**



Every year, approximately 20,000 people in Turkey lose their feet because of diabetes.

Therefore, the Turkish Diabetes

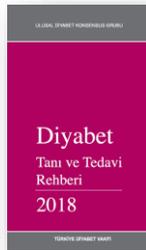
Association (TDA) announced 2018 as the "Year of Diabetic Foot Awareness". TDA started their first project in March with the "Health to your Foot!" campaign. The Turkish Amputee Football Team won the EuroCup Championship in 2017 and Osman Çakmak, Captain of Turkish National Amputee Football team was the face of the campaign. The movie was shared on social media and garnered huge response from the public. The main message of the project was to create awareness for prevention of diabetic foot ulcers through education and appropriate medication. To watch the movie, visit <http://www.turkdiab.org/>.



### Diabetes Diagnosis and Therapy Guidelines 2018

The TDA published the "Diabetes Diagnosis and Treatment Guidelines 2018".

The guidelines were revised based upon the latest data and distributed to the attending physicians at the 54<sup>th</sup> Turkish National Diabetes Congress in Antalya, Turkey on 17 April, 2018. The guidelines will be uploaded to TDA website for free access.



meeting between Professor Cho and the acting director Minister of Health of Ukraine Ulyana Suprun. During the conversation, the organization of the system of prevention of diabetes and assistance to people with diabetes in Ukraine was discussed. M. Tronko and V. Ocheretenko, V. Kurpital and O. Linchevsky were also involved in the participation. The IDF President also inspected VOKVETZ- a best practice diabetes centre.



On 14 June, a meeting with the healthcare committee in the Ukrainian Parliament was organised. Professor Cho and Ms Valentyna Ocheretenko, the chair of UDF were among the participants. Ms Ocheretenko stressed the need to approve the National Program on the prevention and treatment of diabetes mellitus, which should be a "rational program". Participants also emphasised that prevention and early detection of diabetes is one of the most important factors in overcoming the problem of rapid increase of the burden of diabetes. The speakers agreed that for effective prevention, treatment of diabetes and social support for patients with diabetes, it is expedient to develop and approve the National Action Plan for the Prevention and Treatment of Diabetes for 2030.

**UKRAINE**

**UKRAINIAN DIABETIC FEDERATION**

### "Visit of IDF President: Professor Nam Cho"

Invited by the Ukrainian Diabetic Federation (UDF), IDF President Professor Nam Cho visited Ukraine between 11-14 June, where more than 3 million of people living with diabetes. The exchange visit began with a meeting at the Institute of the European Union VP Komissarenko with Professor Nikolai Tronko, director of the State University "Institute of Endocrinology and Metabolism. Professor Cho also offered a lecture on the topic: "The Health Care System and the Training of Physicians in South Korea."



The programme included many insightful exchanges with the Ukrainian healthcare professionals working in the field of diabetes. One highlight of the visit is a

### IDF EUROPE PRIZES IN DIABETES

**IDF EUROPE PRIZES IN DIABETES**

Do you still remember the insightful presentations by Dr Shivani Misra (UK) and Ms Cristina Cucchiarelli (Italy) in Abu Dhabi as winners of the 2017 IDF Prizes in Diabetes? You can read [HERE](#), the interviews with both the awardees!

The 2018 Call for Nominations is launched and IDF Europe is thrilled to announce that along with the traditional prizes for **Young Researcher, Long-standing Achievement** (the prize will go to an association in 2018).

If you know a young researcher, an association or an individual with an excellent track record of changing the landscape in diabetes, don't hesitate to nominate them before **10 August 2018**. Read more about the nomination process [HERE](#)

The awardees will be invited to present their work at the Regional Council in Tirana, Albania between 24-25 November 2018.

We thank Air Liquide for supporting the Young Researcher Prize and Eli Lilly and Company for supporting the Long-standing Achievement and Innovation prizes.



## ADVOCACY

### IMPACT DIABETES

“Advocacy for changes” is one of the core missions of IDF Europe. Forty parliamentarians from across 18 European countries have signed up for IDF Europe’s [IMPACT Diabetes](#) Pledge. We are continuously looking to expand our supporting network of policy makers.

One example is the recent outreach letter we sent to Members of the European Parliament (MEPs) on addressing the issue of access to diabetes care in Europe.

Are you eager to join forces with IDF Europe in convincing more policy makers to dedicate additional financial and political resources for the betterment of diabetes care? Then, invite your local, national or European decision-makers to sign the Diabetes Pledge! You can find the pledge in different languages [here](#).

### WORLD HEALTH DAY



7 April was the “World Health Day” and this year’s theme was “Health for All”. Access to good and affordable diabetes care remains a

dream for many living with diabetes in Europe. Therefore, IDF Europe called for Universal Health Coverage for everyone in the continent. Our [newspiece](#) was sent to more than 1800 recipients—including targeted Members of the European Parliament. The goal of the newspiece was to encourage them to sign up for our “IMPACT Diabetes Pledge” and show their commitment to “Health for All” and diabetes.

### WORLD DIABETES DAY 2018-2019

“[The Family and Diabetes](#)” was defined as a two-year theme for World Diabetes Day Campaign 2018-2019. IDF Europe gladly welcomes this concept and recognises both, the importance of the role of family for those living with diabetes and the idea of a global diabetes community.

By using this theme in our upcoming outreach to stakeholders, we are strengthening the “one voice” approach of advocating better diabetes prevention, care and education in Europe.

The regional office is working on some suggested take-home messages and visuals for World Diabetes Day awareness and we would be happy to share these with you in the coming months.

### ECDA

As a member of the **European Chronic Disease Alliance** (ECDA), IDF Europe supports action for improving the lives of people living with chronic diseases. Examples worth mentioning include a recent [supportive statement](#) of NCD Alliance Global Advocacy Agenda of People Living with NCDs, a [letter](#) sent to Vice-President Frans Timmermans of the European Commission on the implementation of the [Sustainable Development Goals \(SDGs\)](#). The goal no. 3 of SDGs is dedicated to **Good Health and Well-being**.



### HEALTH AND TECHNOLOGY ASSESSMENT (HTA) STAKEHOLDER POOL

With the exponential growth in new health technology and medical devices, the European Commission (EC) saw a need to create a separate legal framework for regulating activities related to HTA. IDF Europe has been invited to participate in the HTA Stakeholder Pool as a patient organisation, through the EU Joint Action - [EUnetHTA](#). Following months of consultations and preparatory work, the EC has released a legislative proposal on the HTA, with a goal to facilitate EU cooperation in the area of HTA.

You can read the full legislative proposal [here](#) and the factsheet [here](#).

## YOUTH

### IDF EUROPE YOUTH CHAPTER: YOURAH!



Visit the following link for more information on the YOURAH Projects: <https://www.idf.org/our-network/regions-members/europe/youth/youth-projects.html>

#### World Health Day webinar:

YOURAH young advocates are eager to make a difference and have their voices heard on the issue of "Universal Health Coverage", so they organised a webinar on 11 April. The webinar featured young patient representatives from across the continent present their perspectives on access to diabetes care in low, middle and high-income countries.



You can re-watch the webinar [here](#).

### YOUTH LEADERSHIP CAMP

It is our great pleasure to announce, that the 8<sup>th</sup> edition of the IDF Europe Youth Leadership Camp (YLC) is taking place in **Srby, Prague, Czech Republic** between **8-14 July**. It is hosted by our member Svaz diabetiků České republiky, z.s. and organised in close cooperation with DIAsTyl z.s.

The call for application has closed on 26 April and we have received 120 applications. Thank you for your interest and we congratulate the selected the selected candidates!

## EU-FUNDED PROJECTS: AN UPDATE

### Feel4Diabetes

The project **Feel4Diabetes** (F4D) is entering the last 18 months of its schedule and the project partners are concentrating on their field work in the six countries (Belgium, Bulgaria, Finland, Greece, Hungary and Spain). The most recent consortium meeting took place in Helsinki, Finland on 13-14 June. Meanwhile, IDF Europe is coordinating the upcoming dissemination meeting at the Committee of the Regions in Brussels on 24 September. We thank Committee Member of the Region Mr Karsten Uno



Petersen for hosting this event. International policy makers and researchers will come together for sharing the lessons learned in cost-effective community-based diabetes prevention strategies.

For more information about the project, please visit [here](#).

### CarbeDiab

Acknowledging a gap in integrated care for type 2 diabetes, a call for tender was launched by the European Commission. Creating synergies with excellent service providers in Germany, Italy, the Netherlands, Portugal, Spain and Turkey, the consortium has successfully secured funding for the Phase 1 tender. The objective of the project was to create an innovative ICT solution for patient empowerment and the self-management for those living with Type 2 diabetes. More information and update will follow.

## OTHER NEWS AND EVENTS

### PCDE

The 15<sup>th</sup> International Primary Care Diabetes Europe conference took place in the beautiful city of Barcelona, Spain on 13-14 April. IDF Europe was represented by Chair-Elect Dr Niti Pall, who was also the presenting author for the accepted poster titled "Integrating diabetes evidence into practice: Challenges and Opportunities to Bridge the Gaps".



### JOINT MEETING MEMBER STATES AND STAKEHOLDERS ON FRONT-OF-PACK NUTRITION LABELLING BRUSSELS, 23 APRIL

The European Commission has organised a Joint Meeting between Member States and Stakeholders on front-of-pack (FOP) nutrition labelling on 23 April in Brussels. IDF Europe attended the meeting as a stakeholder representing the interests of those living with diabetes and are in need to clear and easy-to-understand nutritional information, especially in relation to the carbohydrates content in food.

## HTA MEETING WITH HEALTH COMMISSIONER BRUSSELS, 15 MAY

IDF Europe was invited as one of the stakeholders to meet the EU Health Commissioner Vytenis Andriukaitis to share the views of patients representatives on the proposed Health and Technology Assessment (HTA) [legislative proposal](#) which the European Commission released at the end of January 2018. IDF Europe welcomes this initiative which will substantially re-structure the current national framework of how assessments for innovative therapies and medical devices will be performed. We have also joined forces with other patient organisations to call for transparency and inclusion of different stakeholders during the evaluation phase of new medical technologies.

## ECDA EP MEETING BRUSSELS, 16 MAY

As a member of the European Chronic Disease Alliance (ECDA), IDF Europe participated in the event of launching a manifesto of calling for greater EU investment in chronic disease prevention and management in the next European Commission's agenda.

The 4 priority actions of the ECDA manifesto are:

1. A structured EU framework on chronic diseases
2. A fuller focus on health and tackling NCDs within the EU 'Sustainable Europe' Strategy
3. Better targeting of funding and investment by the EU in respect to tackling chronic diseases
4. A European Chronic Disease Awareness Day

The meeting was well attended by MEPs and representatives from various EU institutions and civil society organisations.

The detailed summary report can be found [HERE](#).

## SANDRA BRŠEC ROLIH ELECTED AS EPHA Board Member



We are proud to share the news the IDF Europe Board Member Ms Sandra Bršec Rolih has been chosen as the Board Member for the European Public Health Alliance (EPHA), of which IDF Europe is a member. As stated

We are proud to share the news the IDF Europe Board Member Ms

in her election manifesto, Sandra is determined to bring the burden of diabetes and its complications forward as a key public health issue and to contribute to a strong voice for better health in Europe.

Congratulations Sandra and we are looking forward to hearing your work with EPHA!

## IDF FOOT CONGRESS HYDERABAD, INDIA, 25-27 OCTOBER



It is with great pleasure, that IDF invites you all to a new series of live educational events focusing on issues around diabetes complications. India, country with the second most diabetes cases recorded (73 million in 2017), is the ideal setting for IDF 2018. The congress will feature over 100 invited speakers from around the world; a dynamic programme, spread over seven streams, which will provide participants with the latest research, treatments and tools to limit and treat diabetes complications; and a lively exhibition showcasing the latest advances in diabetes complications care and technology.

Abstract submission ended on 31 May.

For more information, please visit <https://www.idf.org/our-activities/congress/hyderabad-2018.html>

## IDF EUROPE PARTNERS

Our projects to improve lives of those living with diabetes are only possible with the support from various partners. To explore new partners and renew existing ties, IDF Europe organised a Partners Meeting in Brussels on 9 April 2018. The IDF Europe Board representatives, regional office staff and invited partners engaged in a fruitful discussion of sharing common goals, possible synergies and upcoming plans for 2018.

We express our gratitude to all existing partners (in alphabetical order): Astra Zeneca, Dexcom, Eli Lilly and Company, Janssen, Medtronic, Novo Nordisk, Pfizer, Roche, Sanofi.

IDF Europe is privileged and honoured to announce that Air Liquide Healthcare is our latest



partner in supporting the mission towards a world without diabetes.

Air Liquide Healthcare supplies medical gases, home healthcare services, hygiene products, medical equipment and specialty ingredients. In 2017, Air Liquide served over 15,000 hospitals and clinics and more than 1.5 million patients at home throughout the world, thanks to the 16,500 dedicated employees. In Home Healthcare, Air Liquide Healthcare, European leader, provides home healthcare services in compliance with medical prescription for patients suffering from chronic diseases and requiring infusion therapies such as diabetes or Parkinson's disease, as well as COPD (Chronic Obstructive Pulmonary Disease) and sleep apnoea.

## NEWS FROM THE REGIONAL OFFICE

### FAREWELL STELLA!



Joining IDF Europe almost three years ago, Stella has transformed the Regional Office and the organisation's capacity in advocacy, fundraising and membership engagement. During her term, Stella managed to substantially increase the level of professionalism in the team and forged new partnerships in diabetes alliance. Successfully rebranding the IMPACT Diabetes Pledge initiative, initiating a new Youth programme and attracting new sponsorship for IDF Europe are just a few of her achievements. She has decided that now is the time for her to take up other new challenges and we wish her all the best!

### WELCOME IGNACIO!



Ignacio Garamendi joins IDFE as European Regional Manager to manage and lead the Regional Executive Office. He is a qualified professional with Degrees and Masters in Social and Information Sciences and Business in renown Universities in Spain, France and the UK. He has led for profit and non for profit Companies and Organizations in Pharma and Biotech and Food and Drink Industry Sectors as Director General and President with National, European and International scope, and with an accent on Innovation, Strategy and Governance. He fosters sharing knowledge and co-creation with stakeholders as the

way to grow in consensus and value. He is passionate with classical music, travel and gastronomy.

### WELCOME ERNEST!



Ernest Karuranga is the latest intern joining the IDF Europe Regional Office. He is a trained public health specialist from Lund University, Sweden and has a medical degree from Rwanda. With more than five years of experience in public health programs and clinical medicine practice, Ernst is excited to pursue a career in health education promotion and health improvement. His past experiences include directing public health projects as well as implementing changes through health education initiatives in poor settings. He enjoys mentorship trainings in health improvement and interacting with people. Having a passion for research and development in human health, he will support various EU-funded projects that IDF Europe is involved with, by sharing his medical expertise and knowledge in change management.

### CALL FOR STAFF EXCHANGE 2018

Every year the Regional Office hosts one or more staff exchange from our member associations and 2018 is no different. The office looks forward to hosting a staff exchange for 3-6 months this year, the exact timeframe and duration are negotiable. This is a unique opportunity for the Regional Office to better understand your work at the national level and in return, provide you with an opportunity to peep into our work in youth, EU advocacy as well as World Diabetes Day activities and communications. We are particularly interested in candidates with a background in communications and project management. For more information and the application form, please click [HERE](#).

### REGIONAL COUNCIL

Congratulate the **Albanian Diabetes Association** for being chosen to host IDF Europe's Regional Council and TEAM meeting on 24-25 November 2018. The meetings will be held at the Tirana International Hotel and Conference Centre (8 Scanderberg Square, Tirana). We will communicate shortly regarding the programme and application for travel supports. Save the date in your agenda!

## GOVERNANCE

### BM 1/2018 10-11 February, Brussels

With Bastian Hauck and Prof Jose Manuel Boavida elected to the IDF Europe Board, the full Board met on 17-18 February for the first time in 2018 during a two-day Board Meeting in Brussels.

To reflect on the latest challenges and opportunities IDF Europe is facing, the Board reached a consensus on refining the vision for the term 2018-2019 as:

**IMPROVING THE LIVES OF PEOPLE WITH DIABETES AND THOSE AT RISK.**

### BM 2/2018 5-6 May, Mali Lošinj, Croatia

The second Board Meeting of IDF Europe took place on 5-6 May in Croatia, coinciding with the Croatian Endocrinology congress. The Board received an update on the progress of various projects from the Regional Office and had a fruitful discussions on the upcoming Youth Leadership Camp and other statutory affairs.

We thank again the Croatian Diabetes Association in hosting us for the meeting! Thank You Sandra!



## UPCOMING INTERNATIONAL DAYS FOR YOUR ADVOCACY CALENDAR

- 12 August – International Youth Day
- 19 August – World Humanitarian Day
- 5 September – International Day of Charity
- 23-30 September – European Week of Sport
- 29 September – World Heart Day
- 1 October – International Day of Older Persons
- 11 October – World Obesity Day