SMAC-24: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **7 and 18 October 2024** to coincide with World Mental Health Day and the European Week for Safety and Health. This year we are asking everyone to '**Re-engage with their own Health, Safety & Wellbeing**' and to do this, we are suggesting that everyone engages in a Conversation Starter initiative.

To help get the best out of the discussions we would suggest:

- Put Tools Down & Turn Phones Off
- Gather Colleagues and Find a Quiet Place
- Open Conversation Starter Pack
- Commence Conversation – We suggest 1 hour minimum
- Record Key Comments
- Agree set of Actions
- Implement Changes.

#StopMakeAChange

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SMAC-24 CONVERSATION STARTER:
DIABETES

Do you know what diabetes is, and the different types of diabetes?

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SMAC-24 CONVERSATION STARTER:
DIABETES

Would you know the symptoms of diabetes and when to go and get tested?

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SMAC-24 CONVERSATION STARTER: ENVIRONMENT

How has our environment changed over the past 50 years?

Has our winter season changed in your lifetime?

What's caused the change?

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SMAC-24 CONVERSATION STARTER:
DIABETES

Do you know where to get support if you're feeling concerned or worries about diabetes?

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SMAC-24 CONVERSATION STARTER: DIABETES

Did you know that when you are on insulin you have to test before driving and every two hours?

Do you or someone you know have to inform anyone about their diabetes?

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SMAC-24 CONVERSATION STARTER:
DIABETES

Would you know how to manage diabetes or how to prevent it?

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SMAC-24 CONVERSATION STARTER:
DIABETES

If someone was having a ‘hypo’, would you know what it was and how to treat it?

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SMAC-24 CONVERSATION STARTER:
DIABETES

There is still a stigma around diabetes. How can we help people talk openly about it and ask for support?

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SMAC-24 CONVERSATION STARTER:
DIABETES

If you had diabetes, would you believe there is a blanket ban on driving in the UK, and/or would it negatively impact your role at work?

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