

SMAC-23: Conversation Starter Kit

The *Stop. Make a Change* programme is being run between **9 and 20 October 2023** 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



Stop.
Make a
Change.

SMAC-23 CONVERSATION STARTER:
DIABETES

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



Stop.
Make a
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SMAC-23 CONVERSATION STARTER:
DIABETES

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



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**SMAC-23 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?



**Stop.
Make a
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SMAC-22 CONVERSATION STARTER:
DIABETES

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



Stop.
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**SMAC-23 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?**



**Stop.
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SMAC-23 CONVERSATION STARTER:
DIABETES

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



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SMAC-23 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-23 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-23 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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