

# QUARTERLY NEWSLETTER

STRENGTHENING THE COMMUNITY THROUGH CHANGE AND GROWTH



## DURING THE LAST QUARTER...

Following a successful series of events during the last two quarters of 2024, from the Youth Summer Camp to World Diabetes Month, the association has been hard at work planning an engaging calendar for 2025, particularly following the appointment of its new Board. As in previous years, we remain committed to supporting and engaging our long-standing community. We are deeply grateful for the community we have built over the years, and we are dedicated to ensuring it continues to grow stronger by empowering our members and providing a safe, supportive space.

In the first half of 2025, we organised a successful and inspiring talk by Ms Ilona Pulis on The Power of Nutrition. We will continue working to educate our community, ensuring they have access not only to the latest information, but also to knowledge that is dependable, practical, and relevant to their daily lives.

## OUR COMMUNITY

As part of the changes which are being carried out within the Association, we are updating our members register. If you're already a member, we kindly ask you to update the form by following the [link](#) in the QR Code.

If you haven't joined our Association yet and would like to be a part of a supportive community, sign up on our QR code or contact our Facebook page.

## BECOME A MEMBER



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## LOOKING TOWARDS CHANGE:

### A NEW CHAPTER FOR OUR ASSOCIATION



Community is at the heart of the Association's mission, and working towards maintaining and strengthening our network is this year's goal.

A lot of exciting changes are happening within the Association. One of the major updates is that we are undergoing a **rebranding** process, because a fresh look is not only great for people but for organisations too! You may have noticed our recent posts featuring a new colour scheme and style. Over the coming months, we'll be extending this transformation to our logo and website, unveiling a fresh, dynamic, and more polished design that reflects our ongoing growth.

We remain committed to providing education to our community through a variety of upcoming events and updates on our website. While the changes aren't visible just yet, we're currently working on creating educational content that will soon be available online. Please bear with us during this time of transformation, as we are taking extra care to ensure all information is factual and reliable. This is why the process may take some time to fully implement.

In the meantime, we urge you to stay vigilant and cautious about the information you encounter online. In today's age of social media, misinformation can spread quickly. If you ever have doubts or questions, we encourage you to reach out to experts or ourselves to confirm the validity of the information.

As you may have noticed, following various discussions last year, we advocated for the rollout of continuous glucose monitors (CGMs). We are happy to announce that **CGMs are now officially available to everyone living with Type 1 Diabetes**. We continue to work behind the scenes to bring the latest technologies to all of our Community in Malta, though we acknowledge that this journey may not always be straightforward. Nevertheless, improving the lives of our community members living with diabetes is always at the forefront of our work.

As we continue to work towards a better future for those living with diabetes, we also want to ensure that the voices of our community are heard. We encourage you to share your opinions, stories, and needs with us, and let us know what you would like to see from us as an Association.





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## WORLD DIABETES MONTH

World Diabetes Month 2024 in Malta was centred around the mental toll that living with diabetes often has. The Maltese Diabetes Association's theme for 2024 was 'Beyond Blood Sugars: Understanding Diabetes and Mental Health'.

Throughout the month, we had a number of blood glucose testing events and our Annual Seminar revolving around the main theme. This year, the Annual Seminar successfully took the form of a workshop, having both educational and interactive sessions with our audience.



## CELEBRATING OUR PEOPLE

People living with diabetes already juggle many challenges and have a lot on their plate, yet each person in our community continues to live life to the fullest, achieving and doing amazing things. We want to start celebrating our people by sharing their stories on our page.

If you're interested in sharing your story, please email us at [info@diabetesmalta.org](mailto:info@diabetesmalta.org) or send us a message on our Facebook page.



## MARTINA'S YOUTH ADVOCACY JOURNEY

To kick off our *Celebrating Our People* feature, we're starting with one of our very own. Martina, 25, has been living with Type 1 Diabetes for 13 years and has been actively involved in youth advocacy for the past 7 years.

Her journey with IDF Europe began in 2018 when she took part in the Youth Leadership Camp. This camp is designed to nurture a new generation of diabetes advocates and build a strong pan-European network of young leaders. In 2024, she rejoined the programme through the Youth Leadership Lab, and in 2025, she returned as a mentor, supporting and guiding the next generation of youth advocates as they embarked on their own advocacy journey.

Let's hear a bit from her:

"Having the honour to return to YLL as a mentor felt like a full circle moment. I still remember how empowered I felt as a participant, and this year, I had the chance to give back, to listen, guide, and grow alongside an incredible group of young advocates. It reminded me how powerful the network is, and how much we can achieve when we support one another." – Martina

If you are between the ages of 18–30 and would like to learn more about the Youth Leadership Lab, feel free to reach out to us or Martina.



[info@diabetesmalta.org](mailto:info@diabetesmalta.org)



[www.diabetesmalta.org](http://www.diabetesmalta.org)



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## APPOINTMENT OF THE NEW COMMITTEE FOR 2025 - 2027

We are excited to announce that, at the Annual General Meeting held on 14 May 2025, a new Committee for the Maltese Diabetes Association for 2025-2027 was elected following nominations.

We warmly welcome all the new members and look forward to the fresh ideas and positive changes they will help bring to the Association.

Below, we are proud to introduce our newly elected Committee, the team that will work together to support, empower, and represent our community over the coming years.

This year, we are especially excited to have a Committee that brings together a wonderful and valuable mix of voices, including; people living with diabetes, parents of people living with diabetes, healthcare professionals, and a nutritionist. This diversity within our Board will be a great strength, helping us better understand and meet the needs of our community.

We are excited to announce that the Board will convene this month to discuss pressing matters and officially take our group and individual photos during the meeting. Your voice matters to us and the work we do is to give our people a voice. If you have any particular topics you would like us to discuss, we would be happy to hear them!



**CHRIS DELICATA**



**MOIRA GRIXTI**



**RACHEL MERCIECA**



**MARTINA MALLIA**



**ILONA PULIS**



**DR ALISON GALEA**



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## STAY TUNED...

As we move forward with exciting changes and initiatives, we remain committed to strengthening our community and advocating for the best care and resources for those living with diabetes.

We are working on an engaging next quarter and look forward to seeing you at our upcoming events. Stay tuned to our Facebook page for updates. In the coming months, we will also be sharing a calendar of events so you can stay informed and plan ahead.

Thank you for being a part of our journey. Your support, input, and participation are what drive our mission forward. Let's continue working together towards a stronger, more connected community.

Stay engaged, stay informed, and most importantly, stay connected!

Warmest regards,  
The Maltese Diabetes Association

