



# T2GETHER

# Summit

Brussels, May 2025



**International  
Diabetes  
Federation**  
Europe

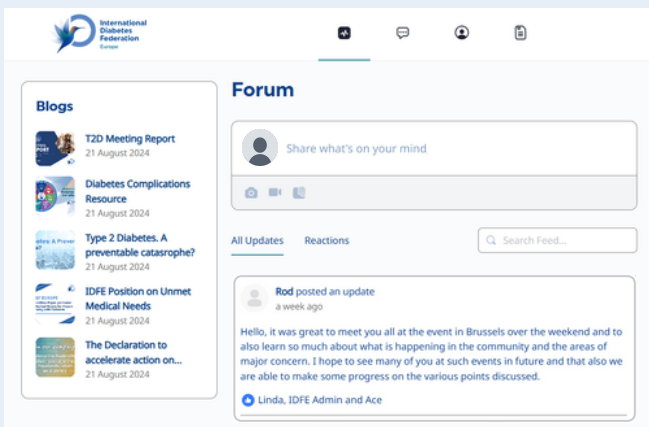
**EVENT REPORT**



# T2GETHER PLATFORM

Following the successful launch of the type 2 diabetes (T2D) platform in March 2024 and a successful year of growth, IDF Europe hosted the second annual T2GETHER Summit in Brussels on May 9-11, 2025. The success and interest generated by last year's launch affirmed the **need for a dedicated space and community for those with lived experience of T2D** to share, grow and present a strong and united voice.

People with lived experience of T2D play a critical role in planning, designing, developing, evaluating and advocating for treatments, healthcare services, systems and policies that serve them. **Their voice must be heard to effect meaningful change and to ensure better outcomes for all those living with the condition.** With this shared mission, members embarked on a busy year of activities to advance their agenda.



An important step following the inaugural summit was to act on requests for an online space for members to keep in touch, share material and activities and keep abreast of important updates. The **T2GETHER online forum** was created and now has close to 50 users from the T2GETHER community.

The group was also keen to address feedback concerning the name of the T2D community. Members believed the name, 'T2D platform' was misleading and perhaps indicated the network was only an online initiative. Members were sent a survey regarding a preferred name, before a subsequent webinar to discuss alternatives. After a vote, members agreed on a **new name for the IDF Europe T2D Community – T2GETHER – A name that better reflects the sentiments of the group.**





Capitalising on the momentum of the summit in early 2024, the team started to plan and design a **T2GETHER training curriculum** with the aim to equip members with the necessary skills and training to become strong and confident advocates. A **dedicated session** was held during the **2024 Regional Council in Rome with IDF Europe’s Member Associations (MAs)** to update them on the network’s past activities and upcoming initiatives.

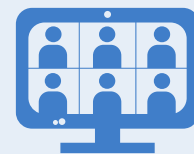


One-on-one, online meetings were subsequently held with the MAs which were identified as having established **training models** in place to ascertain what was already being done at a **national level**. The team researched possible learning management systems that may be appropriate for use once the curriculum has been finalised. Finally, IDF Europe hosted a webinar with T2GETHER members to seek feedback on the first draft curriculum outline and content of training modules.

Acting on further feedback from the initial summit, IDF Europe hosted a range of **webinars for T2GETHER members** throughout the course of the year. Webinars were held in June, August, December 2024, and in February 2025.

Topics included:

- **Diets, nutrition and diabetes**
- **The training curriculum**
- **Language Matters**
- **Landscape of diabetes care across Europe**



With an established core membership and solid foundations in place, a **second summit** was planned. This year’s summit was designed to attract new T2GETHER members with the aim to further understand **barriers to, and facilitators of, T2D engagement in advocacy work**, identify **synergies at national and European levels** and to provide valuable **networking and development opportunities** for the platform’s members.



To reflect the reality of the interconnectedness of diabetes, cardiovascular disease (CVD), chronic kidney disease (CKD), obesity and liver diseases, other patient organisations were invited to nominate participants. We had the pleasure to welcome two **participants from Global Heart Hub**, both living with diabetes and CVD. Positive answers were received from organisations such as the European Liver Patients’ Association (ELPA), the European Kidney Patients Federation (EKPF) and the European Coalition for People living with Obesity (ECPO) that will encourage advocates from their community to join the next summit.



# THE SUMMIT

The summit commenced with a **networking dinner** on Friday evening. This was a wonderful opportunity for members to meet one another and the IDF Europe team.

The evening was full of insightful and entertaining stories from people of varied backgrounds, experiences and cultures – a perfect foundation for the productive weekend ahead.

Saturday was a full agenda and started with some **introductions** and fun **icebreaker activities**. The group warmed up with a game of human bingo, learning interesting facts about one another, including that no one in the room was left-handed! The group heard from IDF Europe's Regional Manager, Elisabeth Dupont who provided an **introduction to IDF Europe** and highlighted key areas of work of the organisation.



In an effort to set the scene for new members and to demonstrate the potential impact and importance of their engagement activities, **the group heard from various stakeholders on the value of the lived experience perspective.**



## Professor Florian Toti

Professor Toti, President of the Albanian Diabetes Association and IDF Europe board member, emphasised the importance of engaging with people living with T2D through his work as a specialist in endocrinology and through the many activities of the Albanian Diabetes Association.



## Kostas Tagkalos

Kostas, an existing member of the T2GETHER community and long-standing T2D advocate shared his experience of working with industry to advance T2D advocacy. He highlighted the value he gets from participating in projects and helping the broader T2D community in his advocacy efforts.



## Sabine Dupont

IDF Europe's Director of Strategy and Policy, Sabine explained the crucial role of people with lived experience in the realm of diabetes research and identified opportunities and examples of where members can get involved. Sabine emphasised that research outcomes must be relevant to those living with diabetes and involving those with lived experience is how we facilitate this.



## Elisabeth Dupont

Elisabeth outlined the policy work of IDF Europe. She drew upon previous successes of IDF Europe in influencing policy makers and the key role those with lived experience play. Bringing the voice of people with lived experience when engaging with policy makers is powerful.



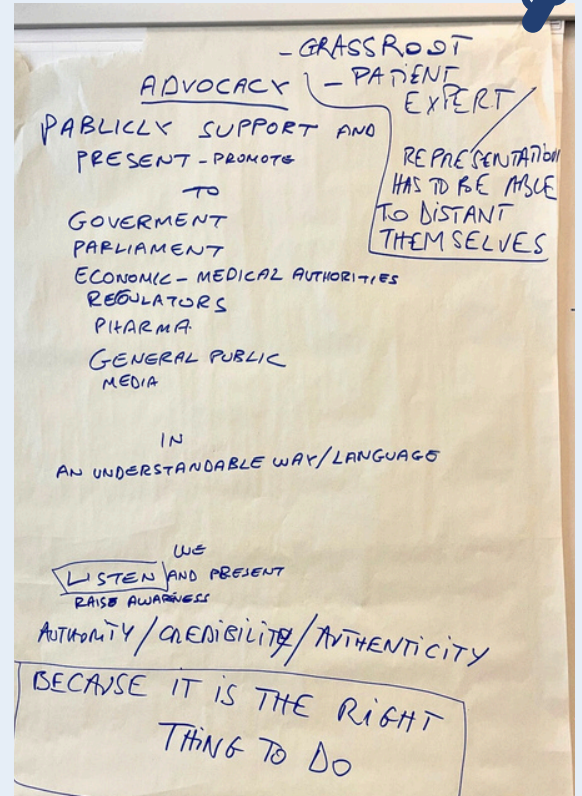
# AN INTRODUCTION TO ADVOCACY



Advocacy, as a concept and term, can be intimidating and off-putting for some. To introduce the concept of advocacy, the group discussed what this word means to them. After some fascinating discussions, **participants agreed on some key concepts which will form a working definition of advocacy for the T2GETHER community.** A definition that resonates with members and one they are comfortable with.



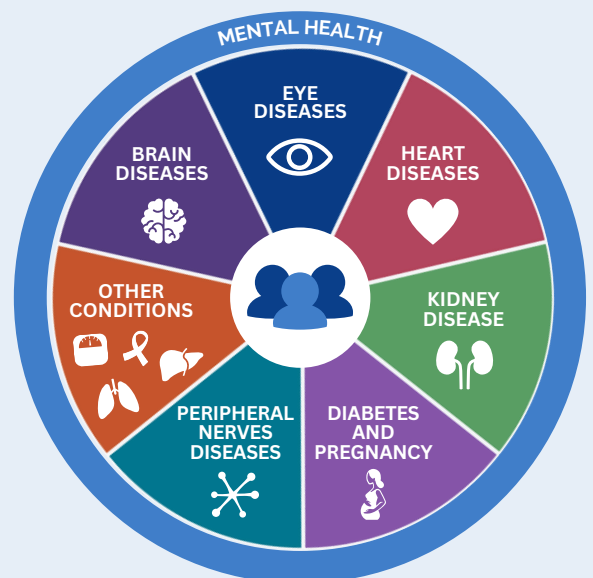
*To us, advocacy means publicly supporting and promoting our cause to a range of stakeholders – including public institutions, economic and medical authorities, industry, the general public and the media – through clear and accessible language. It involves listening actively, presenting our message effectively and raising awareness while conveying authority, credibility and authenticity.*



## GUEST SPEAKER

At the conclusion of the 2024 summit, T2GETHER members suggested that they would like to learn more about **T2D and related complications**. As a way of incorporating this feedback into this year's summit, **Professor Florian Toti** rejoined the event online.

He gave an engaging presentation on **cardio-renal-metabolic syndrome**; the interconnection between conditions including T2D, CVD, CKD and obesity. This proved to be a popular session where members had the opportunity to ask questions and discuss this complex and important interconnection.





## STIGMA AND LANGUAGE MATTERS

The last session of the day was on stigma and the Language Matters movement. During this interactive session, members delved into **diabetes language** and the **power of words**. The group discussed their personal experiences of language (for good or bad) and how their preferences compared to preferences of the broader global T2D community.

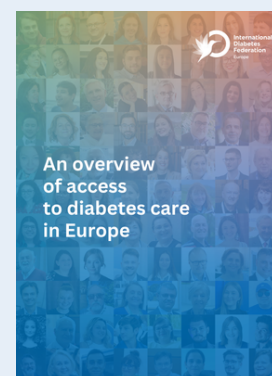
The group discussed language and stigma in the context of their own cultural, linguistic and regional contexts which provided fruitful and diverse discussions. The session concluded with practical tools and resources to help T2GETHER members with their own advocacy efforts.

## STORYTELLING

The group returned for day two, starting with a session on storytelling as a useful advocacy tool. Participants were reminded of the **power of a good story** and how stories can provide human connection and meaning to information and statistics. They learnt that everyone's story is different and can vary greatly depending on the desired outcome. However, they were able to identify the key elements of a good story and how to structure their story to make an impact.

## ACCESS TO DIABETES CARE IN EUROPE

Sabine Dupont gave an insightful presentation on IDF Europe's recent **publication**, [\*An overview of access to diabetes care in Europe\*](#). Sabine highlighted key findings from the report regarding access to medicines, technology, supplies, education, support and screening, as well as regional differences in policy frameworks and health system organisation. Sabine emphasised the importance of reliable data and statistics and encouraged T2GETHER members to use the report in their national and pan-European advocacy efforts.



## REFLECTIONS AND T2GETHER ONLINE FORUM

To conclude the day, participants were given the opportunity to reflect on the last two days and discuss key takeaways. They were invited to put forward any **requests for support or material** they needed to advance their advocacy efforts. Finally, the new T2GETHER members were encouraged and supported to join the T2GETHER **online platform**.



# ? EVALUATION

Participants were encouraged to complete an **evaluation survey** at the conclusion of the summit. Questions asked of participants and their responses are as follows:

## ***Overall, how satisfied were you with the T2GETHER summit weekend?***

80% of participants indicated that they were 'very satisfied'. The remaining 20% were 'satisfied'.

## ***The summit provided me with the skills and information I need to start my journey with the T2GETHER platform?***

Over 90% of participants either 'strongly agreed' or 'agreed' with this statement.

## ***The level of interaction during the sessions was:***

73% of participants found the level of interaction to be 'just right amount', while the remaining 27% found the level of interaction was 'too much'.

## ***How satisfied were you with the networking opportunities during the summit?***

All participants were either 'very satisfied' or 'satisfied' with the networking opportunities during the summit.

## ***Which aspect of the summit did you find most valuable?***

The most valuable aspects of the summit were the stigma and language matters session, Professor Florian Toti's presentation, the advocacy session and storytelling session.

## ***Which type of engagement activity would you be most interested participating in?***

Participants reported interest across a broad range of activities including speaking at events and conferences; providing testimonials for communication campaigns; contributing to publications; participating in meetings with policy makers, research projects and advisory panels in industry projects; and participating in IDF Europe focus groups on topics of interest.

## ***How likely are you to engage with your national diabetes association after the summit?***

All participants indicated they were either 'very likely' or 'likely' to engage at national level.

This feedback is important to the IDF Europe team who will endeavour to improve and create opportunities consistent with the responses in the survey.

“  
*I'm so motivated to start contributing to my country and organisation.*  
”



We would like to thank all participants for their meaningful and enthusiastic participation in the 2025 T2GETHER Summit.

We are grateful to Professor Florian Toti for generously giving us his time on Saturday and in the lead up to the event.

We also wish to thank our partners, Lilly Diabetes and Novo Nordisk for their support of our event.

