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Support for people with Diabetes in the Northwest!

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Whether you are at risk, living with or caring for someone with diabetes, diabetes can be tough. But you are not alone: below is some useful information for you:

If you are at risk of type 2 diabetes you can visit

diabetes.org.uk/preventing-type-2-diabetes

If you are living with diabetes you can visit

diabetes.org.uk/guide-to-diabetes

Peer support

Join our Facebook group by searching for Diabetes UK Chat: Your friends in the North

Talk to our specialist trained advisors to get advice and support from Monday to Friday 9am-6pm. Interpreters are available if you'd like to speak to us in another language.

Call 0345 123 2399

or email

helpline@diabetes.org.uk

Online Support Forum

Log on 24/7 to find help, tips and a warm welcome from other people affected by diabetes

diabetes.org.uk/forum

Learning Zone

Visit our Learning Zone and get a grip with your diabetes when it suits you

Diabetes.org.uk/learningzone

Get Involved

Help us create a world where diabetes can do no harm by joining our wonderful team of volunteers and fundraisers.

Contact us on 01925 653281

Or

north@diabetes.org.uk



There is a local diabetes support group based in Shevington

St Annes Parish Centre

Church Lane

Shevington

Contact

shevingtondiabeticgroup@gmail.com

Source: Diabetes UK