

Support for people in the North of England



Whether you are at risk, living with or caring for someone with diabetes, diabetes can be tough. But you are not alone.

Whatever your connection to diabetes the North of England Diabetes UK team are here for you.

At risk of type 2 diabetes?

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



Living with diabetes?

Visit www.diabetes.org.uk/guide-to-diabetes

Peer Support in the North of England

Join our **Facebook** group by searching for **Diabetes UK Chat: Your Friends in the North**.

If you would like **1:1 support** you can speak to one of our trained volunteers.

Or you can join a **local group** to meet other people who understand what you are going through.



Contact us to find out more.

Contact us on **01925 653281**
or n.west@diabetes.org.uk

DiABETES UK
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Helpline

Talk to our specially trained advisors to get advice and support from Monday to Friday, 9am to 6pm. Interpreters are available if you'd like to speak with us in a language other than English. Call **0345 123 2399** or email [**helpline@diabetes.org.uk**](mailto: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. [**www.diabetes.org.uk/forum**](http://www.diabetes.org.uk/forum)



Learning Zone

Visit our free online Learning Zone and get to grips with your diabetes when it suits you. [**www.diabetes.org.uk/learningzone**](http://www.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 to find out more.



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