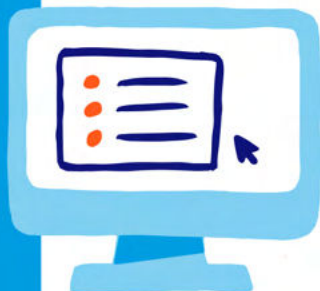


SUPPORT FOR PEOPLE IN THE NORTH OF ENGLAND

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



At risk of type 2 diabetes?

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

Living with diabetes?

Visit 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**

Follow us on Instagram **@diabetesuknorth** to see real stories, support and what we're doing across the north of England.

We also have a **youth programme**, and network of **local groups** and **volunteers**. If you would like to access further support please contact us to find out what is available in your area.

Contact us on 01925 653281
Or north@diabetes.org.uk

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.





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

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 free Learning Zone and get to grips with your diabetes when it suits you: diabetes.org.uk/learningzone

Featuring useful videos available in different languages.

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.



Contact us on 01925 653281
Or north@diabetes.org.uk

*Calls to 03 numbers cost no more than calls to geographic (01, 02) numbers and must be included in inclusive mobile phone and discount packages. For specific details check with your provider. Calls may be recorded for quality and training purposes.

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