



**GET SUPPORT  
AND LEARN MORE  
ABOUT DIABETES**

**FOR MORE  
INFORMATION**

**Diabetes UK**

**Call 0345 123 2399\***

**Go to [www.diabetes.org.uk](http://www.diabetes.org.uk)**

**Email [contact@diabetes.org.uk](mailto:contact@diabetes.org.uk)**



**@DiabetesUK**



**[Facebook.com/Diabetesuk](https://www.facebook.com/Diabetesuk)**

**DIABETES UK**  
**CARE. CONNECT. CAMPAIGN.**

**LIVING WITH  
DIABETES**



**Services that support you**

**DIABETES UK**  
**CARE. CONNECT. CAMPAIGN.**

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## Diabetes UK is the leading charity that cares for, connects with and campaigns on behalf of all people affected by diabetes.

We can support you to live a full life with diabetes. We provide a range of services to ensure you get the best care, stay healthy and prevent complications.



### STAY INFORMED

#### Enjoy Food

Enjoy Food offers recipes, advice and expert nutritional information online for everyone living with diabetes, whether you're newly diagnosed, looking for family-friendly recipes or just in need of healthy meal time inspiration.

#### e-news

Sign up to our monthly e-newsletter for regular diabetes support, information and news from Diabetes UK.

#### Diabetes Balance

Our bimonthly magazine packed with the latest diabetes news, information, advice on eating well and recipes. Available in both print and digital formats.

#### Information packs

We have a range of packs full of helpful advice and information about living with Type 1 and Type 2 Diabetes.

#### #Type1uncut

Videos made by young adults with Type 1 diabetes, for young adults with Type 1 diabetes.



### YOUR RIGHTS

#### Advocacy

Are you being treated fairly? If you have a question about your rights, or if you're being treated unfairly because you have diabetes, we can help.

#### Care in School Helpline

Our helpline for parents of children with Type 1 diabetes, providing rights-based information and support to make sure your child is happy and healthy at school.



### EVENTS AND EDUCATION

#### Care Events

One-day, weekend and week-long events for children, young adults and families living with Type 1 diabetes.

#### Living with Diabetes Days

Free, one-day events across the UK to help you learn to live well with Type 2 diabetes. Get practical up-to-date information from diabetes experts and meet other people with Type 2.

#### Type 2 Diabetes and Me

Our free e-learning programme to help you understand and manage your Type 2 diabetes successfully.



### EMOTIONAL SUPPORT AND INFORMATION

#### Diabetes UK Careline

Our dedicated helpline for all people affected by diabetes. Staffed by trained counsellors, you can call or email Diabetes UK Careline with any of your questions, concerns or feelings about living with diabetes.

#### Local groups

Our local groups give you the chance to meet other people with diabetes and share experiences. Run by volunteers, they typically meet on a monthly basis, often with a speaker on a topic like diet or exercise.

#### Volunteering For Diabetes UK

If you would be interested in becoming a volunteer for Diabetes UK, please contact the South West Regional Office on 01823 448260 and speak to our friendly regional office staff

To access any of our services:

CALL 0345 123 2399\*

EMAIL [contact@diabetes.org.uk](mailto:contact@diabetes.org.uk)

GO TO [www.diabetes.org.uk](http://www.diabetes.org.uk)