

# DIABETES SUPPORT – HELPLINE

0345 123 2399 / [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)



- Available to call Monday to Friday, 9am to 6pm.
- Our trained advisors offer confidential support and advice and will take the time to talk things through.
- To speak to an advisor in another language, leave us your name, telephone number and preferred language and an interpreter will call back.

*Our advisors cannot provide medical advice but will signpost you to services.*

# DIABETES SUPPORT – ONLINE FORUM

[forum.diabetes.org.uk](https://forum.diabetes.org.uk)



- Get support by exchanging knowledge and sharing experiences with others in our online community of over 30,000 members.
- Information on exercise, diet, technology, parenting, pregnancy, events and more.
- Browse anonymously, or **register for FREE** to ask questions, have your say and join conversations.

[diabetes.org.uk](https://diabetes.org.uk)

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# DIABETES SUPPORT – ONLINE LEARNING

[learningzone.diabetes.org.uk](https://learningzone.diabetes.org.uk)



[diabetes.org.uk](https://diabetes.org.uk)

- Register **for FREE** to receive tailored learning to your individual needs and circumstances.
- Improve your knowledge and understanding of diabetes.
- Learn skills to better manage your condition and improve your confidence.
- Tips on managing your diabetes, diet and wellbeing through videos, quizzes, blogs and podcasts.

# DIABETES SUPPORT – DIABETES UK WEBSITE

[diabetes.org.uk](https://diabetes.org.uk)



- Visit our website to find out more information on diabetes.
- Read our latest advice, browse recipes and access our services such as our online forum, the learning zone – and the online shop for free leaflets and guides on living with diabetes.
- Find local support groups, activities in your region, family events, research news, Helpline details – and more.

[diabetes.org.uk](https://diabetes.org.uk)

# DIABETES SUPPORT – LOCAL SUPPORT GROUPS

[volunteer.diabetes.org.uk/teams](https://volunteer.diabetes.org.uk/teams)



- Find support through one of our local diabetes groups.
- Volunteer-led groups offer peer support and advice.
- Meet others, share experiences and pick up information.
- Contact your nearest local group through our website or call the **Helpline on 0345 123 2399** to find out more.

# DIABETES SUPPORT – FAMILY EVENTS

[typeevents@diabetes.org.uk](mailto:typeevents@diabetes.org.uk)



- Our Youth and Family Event Team provides support to children and young adults with type 1, as well as their families.
- Events run through the year and include Family Weekenders (for parents and children) and Summer Camps for children aged 11-15.
- Get in touch to find out more information, to register your interest, and to get details of when and where our next events take place.

# DIABETES SUPPORT – INFORMATION LEAFLETS

[shop.diabetes.org.uk](https://shop.diabetes.org.uk)



- Information is available on your risk of diabetes, eating well with diabetes, guides on the care to expect with diabetes and much more.
- Order or download information guides and leaflets for FREE to help support you with understanding and managing diabetes.
- We have information in different languages (download only).

*Scan the QR code to see what we offer.*

[diabetes.org.uk](https://diabetes.org.uk)

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