diabetes support – helpline 0345 123 2399 / 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 – Diabetes uk website 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 support & Information Our website: diabetes.org.uk

Home | Preventing Type 2 · Diabetes: the basics · Living with diabetes · Our research · How we help · Get involved ·

- You can go to website: you'll see main topics as headings across the top of page.
- Or use the Search function top right, type in subject and find search results listed.
- There are 1000s of pages, lots of info is hyperlinked, read from 1 topic to the next.



Q

diabetes Information – Type 2 diabetes Living with type 2 diabetes



Type 2 diabetes landing page: <u>Type 2 diabetes | Diabetes UK</u> Links to:

- Prevention / Symptoms / Causes
- Treatments / Type 2 medicine
- Remission
- Ethnicity and type 2 diabetes
- Young people and type 2 diabetes
- Guide of Type 2 diabetes



diabetes Information – Type 2 diabetes Living with type 2 diabetes



Type 2 diabetes landing page: <u>Type 2 diabetes | Diabetes UK</u> Links to:

- Regular health checks what care to expect
- Heathy eating recipes
- Insulin information



diabetes Information – Prevention Preventing type 2 diabetes – Know Your Risk Tool



Find out your risk of type 2 diabetes

Finding out **your risk of type 2 diabetes** only takes a few minutes. It could be the most important thing you do today...

Know Your Risk Tool <u>Diabetes UK – Know Your Risk of Type 2</u> <u>diabetes</u>

Links to:

- Find out your risk of developing type 2 diabetes in the next 10 years
- Sign up to receive emails with information and guidance on how to reduce your risk, if possible.



diabetes Information – Type 1 diabetes Living with type 1 diabetes



Type 1 diabetes landing page: <u>Type 1 diabetes | Diabetes UK</u> Links to:

- Symptoms / Causes
- Treatments / Medicine
- Support
- Latest tech / Research /Finding a cure
- Type 1 Guide
- Children & diabetes / Type 1 & pregnancy



diabetes Information

Living with diabetes



Living with diabetes landing page: Living with diabetes | How to manage diabetes | Diabetes UK

Links to:

- Eating with diabetes / Practical Advice
- Complications
- Emotional Wellbeing
- Treatments / managing your diabetes / Technology
- Recipes
- Children and diabetes
- Your Stories



diabetes support – online learningzone.tiabetes.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 – online 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 support – local support groups 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 typelevents@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



- 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.





Paradan in a time of year that many Muxims look forward to and benefit from. But fasting when living with likety and other shronis conditions means you need to think about your besidth and propose in advance. If you want to last, again to your besidth and lasm well before Hemadam starts is meaner you can do so addity.

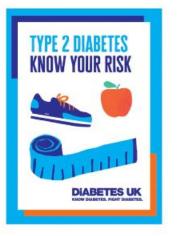
g during Ramadan Fasting cafely

be field datum 5 datum 5 datum 5 bedge 1 readers of remove remove

also in the Carlon, Absolute are obliged during the mostly of Researcher from or carlos. Data and the Carl in one meters a most net sort of sense that howe your complete ling with discloses and other social constant, can be exempt due to an operations, can be exempt due to and hostit risks of toolleg.	Take to your headfloare heart if you plan ran tearing. Tooling allock your bony to climent August and your encouldion myter head to be indpatient if you lood your telovar sugar, centraling ourse that the increases bood augus centraling ourse that them. Instate your teloval ougar with not break your leaf.
enter is fail Along Remarket is in bo: pour should not acceleration makes you are said to back atter where the same said to be a same atter where the same	If you take reach or reading test that intrastant the doc of the poor, make some you are used in the source of an approximation of the of our prophers of an approximation of the most source of the source of the the most source of the source of the source of the source of the white terms walks and the doc source mental mode. If necessary, panel to sour fould came have

RAMADAN AND DIABETES





TYPE 2 DIABETES - KNOW YOUR RISK

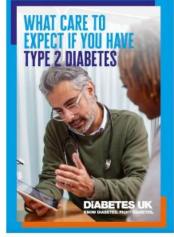


REE



DIABETES UK

A PARENT AND CARER'S GUIDE TO TYPE 1 DIABETES



WHAT CARE TO EXPECT IF YOU HAVE TYPE 2 DIABETES



YOUR GUIDE TO TYPE 2 DIABETES





WHAT CARE TO EXPECT IF YOU HAVE GESTATIONAL DIABETES

What do we do?

We engage with local health and care systems, build partnerships with healthcare systems and communities through outreach and engagement, and provide much needed local support and information for people living with, and at risk of, diabetes.

