

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.org.uk

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

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.

diabetes Information – Type 2

diabetes

Living with type 2 diabetes



diabetes.org.uk

Type 2 diabetes landing page: [Type 2 diabetes | Diabetes UK](https://diabetes.org.uk/type-2-diabetes)

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: [Type 2 diabetes | Diabetes UK](#)

Links to:

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

diabetes Information –

Prevention

Preventing type 2 diabetes – Know Your Risk Tool



Know Your Risk Tool [Diabetes UK – Know Your Risk of Type 2 diabetes](#)

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



diabetes.org.uk

Type 1 diabetes landing page: [Type 1 diabetes | Diabetes UK](https://diabetes.org.uk/type-1-diabetes)

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



diabetes.org.uk

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

learning

learningzone.diabetes.org.uk



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 – online

forum

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

type1events@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.

diabetes.org.uk

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



RAMADAN AND DIABETES

Free



YOUR GUIDE TO TYPE 1 DIABETES

Free



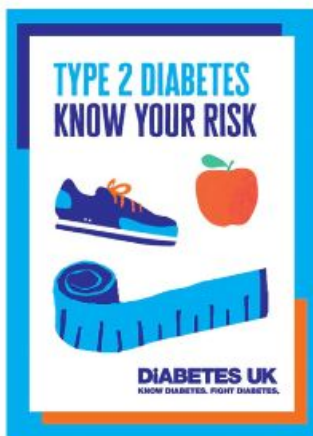
A PARENT AND CARER'S GUIDE TO TYPE 1 DIABETES

Free



YOUR GUIDE TO TYPE 2 DIABETES

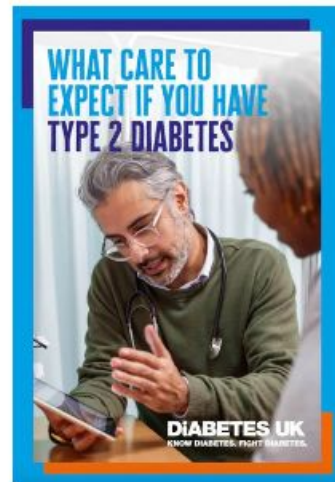
Free



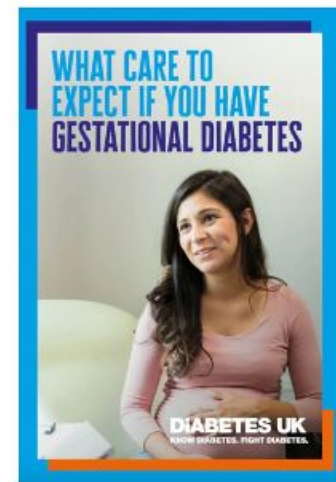
TYPE 2 DIABETES - KNOW YOUR RISK



WHAT CARE TO EXPECT IF YOU HAVE TYPE 1 DIABETES



WHAT CARE TO EXPECT IF YOU HAVE 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.

