



HOW WE HELP

WHAT WE OFFER

Diabetes awareness talks

- 45min talk including Q&A
- Interactive presentation in-person or online, including:
 - What is diabetes
 - The difference between type 1 and type 2 diabetes
 - Healthy lifestyle tips

Know your risk

Online risk score for checking a person's risk of developing type 2 diabetes.

- 5-10 minute assessment
- Filling out height and weight measurements on our iPads

We recommend booking this before our arrival so we can bring everything needed.

SUPPORT FOR YOU

Find out more about our local support

- [Local groups](#)
- [Live Well Hubs](#)
- [Online peer support](#)
- [Listen to our podcast - Let's Talk Diabetes](#)

Information online

There is also a wealth of support can be found on our website including:

- [Guidance on living with diabetes](#)
- [Prevention of type 2 diabetes](#)
- [Recipes](#)
- [Learning Zone](#)
- [Helpline service](#)
- [Online shop where you can order booklets](#)
- And so much more

GET IN TOUCH



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DIABETES UK

KNOW DIABETES. FIGHT DIABETES.

NORTHERN IRELAND