

DIABETES UK

Is the largest organisation in the UK that is dedicated to helping people with Diabetes, their carers, family and friends.

THE GLOUCESTER DIABETES UK GROUP

We were formed in Nov 2008 as the Glevum Voluntary Group and renamed to our current name in August 2014. We are one of over 300 local voluntary groups giving non medical support to those with diabetes and those caring for people with the condition. Everyone is welcome who has an interest in finding out more about diabetes.

CONTACTS

Mike Coombs
(Chair)

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(Secretary)

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COME & JOIN US AND YOU WILL BE
VERY WELCOME

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

The charity for people with diabetes.
Registered Charity Number 215199

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Does
DIABETES

AFFECT YOU OR SOMEONE IN YOUR FAMILY?

YES

Then the

**GLOUCESTER DIABETES UK
GROUP**

(Diabetes Support in Gloucester)

can help you



WHAT IS DIABETES?

Diabetes is a common life-long health condition. There are 3 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition, but don't know it.

Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either...



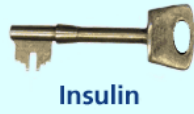
There is no key (insulin) to unlock the door to the cells... as in **Type 1 diabetes**



...or the key (insulin) is unable to unlock the door properly

and/or

...the key (insulin) is there but the lock doesn't work properly, as in **Type 2 diabetes**



MEETINGS

We meet every two months in Feb, Apr, Jun, Aug, Oct and Dec, where we have guest speakers giving interesting and informative talks covering a range of topics both medical and non-medical. We also hold various social events throughout the year. Enjoy a cup of tea or coffee and make new friends.

We know what it is like to live with diabetes or someone who has diabetes. There is always an opportunity to talk with one another, share experiences and give support.

FUND RAISING ACTIVITIES

During the year we take part in various fund raising activities to help support national & local diabetes causes.

FRIENDSHIP & FUN

Make friends and have fun with other people who have Diabetes and with their families and carers.

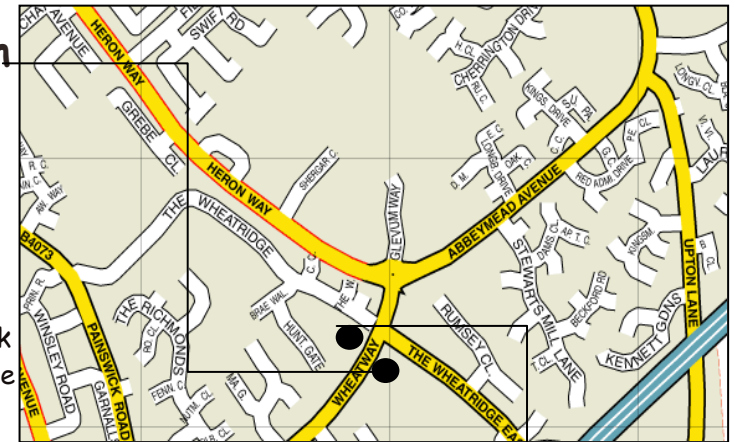
WHEN?

We normally meet on the second Wednesday of the month in Feb, Apr, Jun, Aug, Oct & Dec at 7.30pm. (Check website to confirm actual dates. In particular for April as date can vary depending upon Easter.)

WHERE?

Christ Church
Heron Way
Abbeydale
Gloucester
GL4 5EQ

(Note - The car park & entrance is off the Wheatway)



(Just across the road from Morrison's Supermarket)

Having diabetes does not stop you getting on with your life and aspirations, ask any of these:

Teresa May - Prime Minister - Type 1

Sir Steve Redgrave CBE - Olympic rower (6 Gold medals) - Type 2

Dominic Littlewood - TV presenter - Type 1

Chris Pennell - Worcestershire & England rugby player. - Type 1

Brian Cox - Shakespearian & Hollywood actor - Type 2