



10 Parkway
London NW1 7AA
Tel 020 7424 1000
Fax 020 7424 1001
Email info@diabetes.org.uk
Website www.diabetes.org.uk

Information

How Diabetes UK can help you

September 2003

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

We also raise money for research in to diabetes and work with the media and the government to help ensure the best care and the best quality of life for people with diabetes.

One of the main purposes of Diabetes UK is to help you get to grips with your diabetes. We provide quality reliable information to support your need to help you lead a fuller, healthier life. The information is available in easy-to-understand leaflets in English and five main Asian languages and Cantonese to help you manage your diabetes and plays an active role in diabetes care.

Useful publications

Diabetes UK has general information leaflets in five main Asian languages and Cantonese that are free.

- *Diabetes - Are you at risk?*
- *Diabetes - It's bloody serious*
- *What diabetes care to expect* (tape)
- *Understanding and managing diabetes within the Asian community* (Asian video)

Please also call the Diabetes UK Careline on the below number for more free information sheets including *Hypoglycaemia*, *Managing diabetes*, *Healthylifestyle*, *fasting and diabetes* and *Diabetic complications*.

Diabetes UK Careline

Diabetes UK has a dedicated diabetes help line with trained counsellors who can talk to you about any aspect of diabetes. Diabetes UK Careline can also provide translators for people who want to communicate in languages other than English.

Diabetes UK Careline, 10 Parkway, London NW1 7AA

Telephone 020 7424 1030 (translation service is available)

Textphone 020 7424 1031 (for people with a hearing impairment)

Email careline@diabetes.org.uk

Open Monday to Friday 9am to 5pm

From January 2004 there will be a new Diabetes UK Careline number available

Telephone 0845 120 2960 (local call rate)

The charity for people with diabetes

Diabetes UK is the operating name of the **British Diabetic Association**
Company limited by guarantee Registered office: 10 Parkway, London NW1 7AA
Registered in England no. 339181 Registered charity no. 215199

Diabetes UK website

Our comprehensive and easy to use website offers the latest news and information. Some of the information can be downloaded in relevant languages. **Visit us at** www.diabetes.org.uk

Diabetes UK membership

Membership brings you a bi-monthly magazine *Balance*, in English, packed with news, views on how to make living with diabetes easier for you.

If you would like to find out more about supporting Diabetes UK or how being a member of Diabetes UK can help you, please call Diabetes UK Customer Services on 020 7424 1010 Open Monday-Friday 9am-5pm.

Diabetes UK local groups

Diabetes UK has over 400 voluntary groups throughout the UK where people with diabetes can find support and friendship. Most groups are open to anyone who has diabetes.

Some groups are for young people, parents of children with diabetes, Asian people, and people with a visual impairment.

Diabetes UK national and regional offices

Diabetes UK has an office in each UK nation and regional offices in the North West, Northern and Yorkshire and the West Midlands. The offices are all active in many ways, including fundraising, running diabetes training programmes, developing relationships with local decision makers, influencing diabetes care provision and raising awareness of diabetes. They also organise conferences for healthcare professionals and people with diabetes in the locality. The offices in Scotland, Wales and Northern Ireland also have the task of addressing devolution and influencing diabetes care provision within the differing health service structures.

By the end of 2004 all other UK regions not currently represented will be operational.

Diabetes UK North West

First Floor, The Boultings, Winwick Street, Warrington, Cheshire WA2 7TT

Telephone 01925 653281 **Email** n.west@diabetes.org.uk

Diabetes UK West Midlands

1 Eldon Court, Eldon Street, Walsall WS1 2JP

Telephone 01922 614500 **Email** w.midlands@diabetes.org.uk

Diabetes UK Northern and Yorkshire

Sterling House, 22 St Cuthbert's Way, Darlington DL1 1GB

Telephone 01325 488606 **Email** north&yorks@diabetes.org.uk

Diabetes UK Northern Ireland

Bridgewood House, Newforge Business Park, Newforge Lane, Belfast BT9 5NW

Telephone 028 9066 6646 **Email** n.ireland@diabetes.org.uk

Diabetes UK Scotland

Savoy House, 140 Sauchiehall Street, Glasgow G2 3DH

Telephone 0141 332 2700 **Email** scotland@diabetes.org.uk

Diabetes UK Cymru

Quebec House, Castlebridge, Cowbridge Road East, Cardiff CF11 9AB

Telephone 029 2066 8276 **Email** wales@diabetes.org.uk