



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

BANGOR LIVE WELL HUB

Tuesday 20th October 2026	10-11am
Tuesday 17th November 2026	10-11am
Tuesday 15th December 2026	10-11am
Tuesday 19th January 2027	10-11am
Tuesday 16th February 2027	10-11am
Tuesday 16th March 2027	10-11am

Venue: Hamilton Road Community Hub

39 Hamilton Road, Bangor, Co. Down, BT20 4LF

For further information contact: communityteamni@diabetes.org.uk

Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Hamilton Road Community Hub, this is a one-stop-shop which provides information and support to improve the health and wellbeing of those living with diabetes. A different topic is covered at each session, and in the coming months we will hear from a diabetes specialist nurse, a podiatrist, a local community pharmacist, a dietitian and a local GP.

Please note: topics could change depending on speaker availability.



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.
NORTHERN IRELAND