



**DO YOU HAVE DIABETES?**  
**WANT TO KNOW MORE?**  
Join our free diabetes sessions

# BELFAST LIVE WELL HUB

|                                              |                |
|----------------------------------------------|----------------|
| <b>Thursday 1<sup>st</sup> October 2026</b>  | <b>10-11am</b> |
| <b>Thursday 5<sup>th</sup> November 2026</b> | <b>10-11am</b> |
| <b>Thursday 3<sup>rd</sup> December 2026</b> | <b>10-11am</b> |
| <b>Thursday 7<sup>th</sup> January 2027</b>  | <b>10-11am</b> |
| <b>Thursday 4<sup>th</sup> February 2027</b> | <b>10-11am</b> |
| <b>Thursday 4<sup>th</sup> March 2027</b>    | <b>10-11am</b> |

**Venue: Ardoyne and Shankill Healthy Living Centre,  
Houben Centre**

432 Crumlin Road, Belfast, BT14 7TF

**For further information contact: [communityteamni@diabetes.org.uk](mailto:communityteamni@diabetes.org.uk)**

## Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Belfast at the Houben centre. This is a one-stop-shop which provides information, support and advice to improve the health and wellbeing of those living with diabetes. A different topic is covered at each session, and in the coming months at the Live Well Hub 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**