

Living with Diabetes

These 3 organisations provide practical advice and support



Looking for a useful guide?

Diabetes UK have an extensive website which provides a Guide to Diabetes which includes information on common concerns such as understanding Type 1 and Type 2 diabetes, living with diabetes and your child and diabetes

<https://www.diabetes.org.uk/Guide-to-diabetes/>



Looking for local support?

The Gloucester Diabetes UK Group was started in 2008 and is run by people with diabetes or who care for somebody with the condition. The aim of the group is to provide support, understanding and friendship for local people.

Initial contact should be by phone or email. Contact Numbers: Mike Broome. - 01452-331016 Mike Coombs. - 01452-331781 (daytime) / 01452-505679 (evenings) Email: secretary@diabetesglos.org.uk

<http://www.diabetesglos.org.uk>



Looking for recipe ideas?

Diabetes.co.uk is the UK branch of a global network. The Diabetes Cookbook is part of a collection of over 18 cookbooks published digitally by Diabetes.co.uk. All of their cookbooks are completely free to download and updated annually - you can access them all from the Member Area.

<http://www.diabetes.co.uk/food/diabetes-cookbook.html>



This is not a definitive list of organisations.

The PPG, working with Hilary Cottage Surgery staff, are providing this as a starting point to help you to find a range of information.