

Our members and visitors come from diverse backgrounds, all wanting to find out more about living with diabetes. For example, anyone with diabetes, their family members and carers; nurses; healthcare providers; those who are involved in diabetes research; and people writing Phd's.

**UNSURE OF WHAT TO DO?
NEWLY DIAGNOSED?
CONFUSED?**

**WE CAN PROVIDE
SUPPORT, ADVICE AND
INFORMATION.**

**OUR GUEST SPEAKERS ARE
ALL SPECIALIST IN THE
FIELD OF DIABETES.
COME ALONG AND HEAR
ABOUT UPDATES IN
DIABETES MEDICINE, CARE
AND TREATMENT**

**FOR FURTHER DETAILS
CONTACT:
PHONE: 020 8386 4416
OR
EMAIL:
edsg@blueyonder.co.uk**

DIABETES UK
CARE. CONNECT. CAMPAIGN.

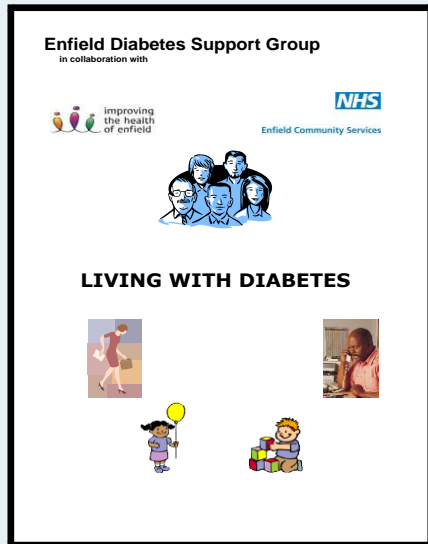
ENFIELD DIABETES SUPPORT GROUP

**A VOLUNTARY GROUP
PART OF DIABETES UK**



**WHERE — DIABETES CENTRE
CHASE FARM HOSPITAL
THE RIDGEWAY
ENFIELD, EN2 8LU
TIME: 7.30PM-9.00PM
DATE: SECOND TUESDAY OF EACH
MONTH**

**Your local, friendly group
run by people with
diabetes for you, your
family and friends**



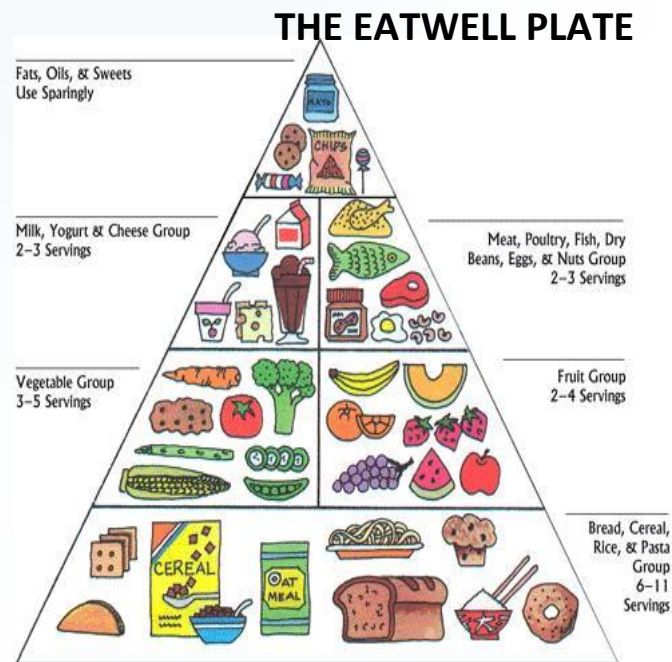
Living with Diabetes

Have you received your copy of this booklet? If not, ask your surgery as they are available there.

This booklet contains useful contact numbers; explanations of diabetes terms; what to expect at your annual check-up; eating out; what to do if you are unwell; holidays and travel; why exercise; employment; driving and many more valuable topics.

In order to manage your diabetes well, you will need to learn more about what diabetes is, how it is treated and what YOU can do to help yourself.

The booklet has been produced by people with diabetes from the Enfield Diabetes Support Group in collaboration with the Enfield Community Services Diabetes Team. The book was originally endorsed by the three Enfield MP's – Joan Ryan, David Burrowes and Andrew Love and continued to be endorsed by the MP's, David Burrowes, Andrew Love and Nick de Bois.



OUR GUEST SPEAKERS ARE ALL SPECIALISTS IN THE FIELD OF DIABETES. TOPICS INCLUDE:

Foot care

Eye care

Cardiologist

Diabetes Consultant Nurse

Diabetes Specialist Nurse

Speakers from Diabetes UK

Consultant Diabetologist

Exercise/health trainers

Nutritionist/dietician

Psychologist

Local MP

Healthwatch Enfield

ENFIELD DIABETES

