

## Thanet Diabetes Community Self Care Group

- Do you have Diabetes, or pre-Diabetes?
- Are you newly diagnosed with Diabetes?
- Do you want to do something about it?
- 4.7 million people in the UK are known to have type 2 diabetes.
- Another 850,000 have it without realising it.
- More than 700 people a week die prematurely in England and Wales because of it.
- People with diabetes are twice as likely to suffer depression.

Our Thanet Diabetes Community Self Care Group has been set up to help people manage their Diabetes diagnosis, with a view to keeping it at bay.

Managing Diabetes, means looking at how you live your life on a daily basis; diet, exercise, medication and treatment. This can be a daunting task, if you have no support.

Our group is made up of people living with diabetes or pre-diabetes who have already begun their journey to manage this illness. Perhaps we can help you, perhaps you can help us?

We meet on a monthly basis bringing together our unique experiences, understanding and successes. This enables us to share new information and ideas which each of us can take away and try out. You might be doing things already which are working for you, which we could learn from.

If you would like to join us, or simply come along and meet us to find out more, please contact:

[info@diabetesthanet.uk](mailto:info@diabetesthanet.uk) or visit our web page: <http://diabetesthanet.uk>



## Thanet Diabetes Community Self Care Group

- Do you have Diabetes, or pre-Diabetes?
- Are you newly diagnosed with Diabetes?
- Do you want to do something about it?
- 4.7 million people in the UK are known to have type 2 diabetes.
- Another 850,000 have it without realising it.
- More than 700 people a week die prematurely in England and Wales because of it.
- People with diabetes are twice as likely to suffer depression.

Our Thanet Diabetes Community Self Care Group has been set up to help people manage their Diabetes diagnosis, with a view to keeping it at bay.

Managing Diabetes, means looking at how you live your life on a daily basis; diet, exercise, medication and treatment. This can be a daunting task, if you have no support.

Our group is made up of people living with diabetes or pre-diabetes who have already begun their journey to manage this illness. Perhaps we can help you, perhaps you can help us?

We meet on a monthly basis bringing together our unique experiences, understanding and successes. This enables us to share new information and ideas which each of us can take away and try out. You might be doing things already which are working for you, which we could learn from.

If you would like to join us, or simply come along and meet us to find out more, please contact:

[info@diabetesthanet.uk](mailto:info@diabetesthanet.uk) or visit our web page: <http://diabetesthanet.uk>

