

“TALK TO someone who understands LIFE WITH DIABETES”

Diabetes mentors offer help and advice to people living with type 1, type 2 or pre-diabetes.

Mentors can provide:

- Support following your diagnosis
- Information on life with diabetes
- Support with exercise
- Help with living a healthy lifestyle
- Support with your care plan

Every mentor has first hand experience. They know exactly what it's like living with diabetes.

Mentors do not give clinical advice.



KNOW
... diabetes
Live life to the full

How to get in touch

Contact your local representative to find out more about meeting a diabetes mentor. They can pair you up with a trained mentor to support you in managing your diabetes.

You can meet a mentor in person at your GP practice, a local community organisation or other public place, or talk on the phone – whatever works best for you.

We have mentors who speak a range of languages, including English, Arabic, Somali, Kurdish, French, Portuguese, Russian and Bengali.

Contact Peter Gilbert:

020 7736 0044 or peterhgilbert@gmail.com

Or contact Judith Ralphs:

020 7641 4663 or judith.ralphs@westminster.gcsx.gov.uk

KEEP THIS CARD. IT MAY BE USEFUL LATER.



For more information and to see the complete range of services available to you locally, visit:

www.knowdiabetes.org.uk