



Who are we?

Diabetes Guernsey is a local charity which aims to help people to live well with diabetes. We aim to support people with all types of diabetes and their families in the Bailiwick of Guernsey. Our purpose is to ensure that local people with diabetes and their families have support, that we raise awareness of diabetes and provide education for everyone. Diabetes Guernsey aims to raise funds to achieve these goals through various events.

What is diabetes?

Diabetes is a condition in which the body is unable to convert glucose from the food we eat, into the energy we need to survive. The body needs a hormone called insulin to convert glucose into energy. People with Type 1 diabetes are unable to produce any insulin. Type 1 diabetes is an autoimmune condition; it is not currently preventable or curable. People with Type 2 diabetes are able to produce some insulin, but the body either does not produce enough, or the insulin it does produce is not efficient. Type 2 diabetes can be avoided or reversed in some cases with life-style changes.

There are over 350 people in Guernsey with Type 1 diabetes. There are also likely to be thousands of people with Type 2 diabetes in Guernsey, but we do not have the statistics for this yet.

Our goals...

Peer Support

Living with diabetes can be hard work, and being able to discuss diabetes related issues with someone who really understands is vital. Diabetes Guernsey is arranging events for children and young people along with their families and setting up support groups. Events will be held throughout the year and support groups will aim to meet up regularly. If you would like to be part of these events and support groups, please contact us.

