



# Diabetes Guernsey

## 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.

## Peer Support

Living with diabetes can be hard work, and being able to discuss diabetes related issues with someone who really understands is vital. Come along to one of our support groups! Check Facebook and the website for details of dates and locations.

## Fundraising

Diabetes Guernsey will do fundraising events regularly. You can also help us fundraise by holding mufti days, cake sales or even getting sponsorship to run a marathon! Please visit our Facebook page ([facebook.com/diabetesguernsey/](https://facebook.com/diabetesguernsey/)) And our website ([diabetesguernsey.org](http://diabetesguernsey.org)) to keep up to date with the latest events.

## Education

Knowing what diabetes is, how to live with it, and how to support people around you with diabetes is vital. We will be running campaigns and events to raise awareness of all aspects of diabetes to help with earlier diagnosis and understanding.

**Please note that we do not give out medical advice and that you should speak with your health professional regarding any medical matters.**

### Find support and advice -

Join the Diabetes Guernsey Facebook page

[\(Facebook.com/diabetesguernsey/\)](https://facebook.com/diabetesguernsey/)

email address

[diabetesguernsey](mailto:diabetesguernsey@outlook.com)

[@outlook.com](mailto:diabetesguernsey@outlook.com)

website

[diabetesguernsey.org](http://diabetesguernsey.org)

