

Are you or a family member living with Diabetes?

The Diabetes Support Groups can give you and your family a chance to get together and learn more about Diabetes from other people. You can also get advice from health care specialists to help you deal with your Diabetes.

Why not come along to one of the meetings that are being held in your area?

- **North Ayrshire** - Kilwinning Library, St Winning's Lane, Kilwinning KA13 6EP
- **South Ayrshire** - North Ayr Health Centre, Glenmuir Place, Ayr KA8 9RS
- **East Ayrshire** - East Ayrshire Community Hospital, Ayr Road, Cumnock KA18, 1EF
- **East Ayrshire** - North West Kilmarnock Area Centre, Western Rd, Kilmarnock KA3 1NQ

Facemasks when entering and departing the venues are advised but not mandatory.

| Date | Time | Location | Venue |
|----------------------------------|---------------|----------------|----------------------------------|
| Thurs 7 th March | 13:00 – 15:00 | South Ayrshire | North Ayr Health Centre |
| Thurs 14 th March | 10.00 – 12:00 | East Ayrshire | East Ayrshire Community Hospital |
| Thurs 28 th March | 10.00 – 12:00 | North Ayrshire | Kilwinning Library |
| Thurs 6 th June | 13:00 – 15:00 | South Ayrshire | North Ayr Health Centre |
| Thurs 13 th June | 10.00 – 12:00 | East Ayrshire | N/West Kilmarnock Area Centre |
| Thurs 27 th June | 10.00 – 12:00 | North Ayrshire | Kilwinning Library |
| Thurs 5 th September | 13:00 – 15:00 | South Ayrshire | North Ayr Health Centre |
| Thurs 12 th September | 10.00 – 12:00 | East Ayrshire | East Ayrshire Community Hospital |
| Thurs 26 th September | 10.00 – 12:00 | North Ayrshire | Kilwinning Library |

If you would like to attend any of these Support Groups, please contact the Diabetes MCN Facilitator on: 01292 513323 to register your interest.



North Ayrshire venue



South Ayrshire venue



East Ayrshire venues