

# Do you or someone you know have diabetes?

Why not come and join our Cannock and Rugeley  
'Peer Support' Community Group

The group aims to provide:

- Support and information from people with similar experiences to yourself.
- Increased awareness and public knowledge of diabetes.
- Advice around healthy lifestyle choices that can help many people avoid or delay the onset of Diabetes.
- Some professional support from Diabetes Nurses and other Health Care professionals.

<b><u>Tesco café in Rugeley</u></b>	<b><u>Tesco café in Hednesford</u></b>	
27 September 2017 - 6-8pm	25 October 2017	6-8pm
29 November 2017 – 6-8pm	13 Dec 2017	6-8pm
31 January 2018 – 6-8pm	21 Feb 2018	6-8pm
28 March 2018 – 6-8pm	25 Apr 2018	6-8pm
23 May 2018 – 6-8pm	20 June 2018	6-8pm
25 July 2018 – 6-8pm	22 Aug 2018	6-8pm
26 Sept 2018 – 6-8pm	24 Oct 2018	6-8pm
28 Nov 2018 – 6-8pm	12 Dec 2018	6-8pm

**Free tea, coffee and juice available.**

**DiABETES UK**  
**KNOW DIABETES. FIGHT DIABETES.**

Staffordshire and  
Stoke on Trent Partnership



NHS Trust