



DIABETES WEEK

9th -15th June



To find support, share experiences or how you can get involved visit diabetes.org.uk

Carbs & Cals App

The Carbs & Cals app is the only diabetes, diet and weight loss app to feature food and drink photos. It's designed to help you track your diet and manage your nutritional needs with confidence, and ideal for anyone who is managing type 1, type 2 or gestational diabetes.

With a database of over 5,000 photos, the app gives you at-a-glance carbohydrate, calorie, protein, fat and fibre values for all your favourite foods in a uniquely visual way.

Download on the
App Store

GET IT ON
Google Play

DESMOND

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) programme is designed to increase your knowledge of type 2 diabetes and help you to develop the skills to effectively self-manage your condition. DESMOND is free to access, and the service is available across Nottinghamshire County.

To find out more or self-refer to the programme scan the QR code or search



Scan or search
'DESMOND
Nottingham'

Diabetes Support Group - West Bridgford

If you are Interested then join us on the 4th
Tuesday of each month.
10.30am to 12.30pm.

At St Paul's, Boundary Rd, West Bridgford, NG2 7DB

For more information on support
groups contact:

John Burnet

John_Burnett64@hotmail.co.uk