

### 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
<b>Thurs 7<sup>th</sup> March</b>	13:00 – 15:00	South Ayrshire	North Ayr Health Centre
<b>Thurs 14<sup>th</sup> March</b>	10.00 – 12:00	East Ayrshire	East Ayrshire Community Hospital
<b>Thurs 28<sup>th</sup> March</b>	10.00 – 12:00	North Ayrshire	Kilwinning Library
<b>Thurs 6<sup>th</sup> June</b>	13:00 – 15:00	South Ayrshire	North Ayr Health Centre
<b>Thurs 13<sup>th</sup> June</b>	10.00 – 12:00	East Ayrshire	N/West Kilmarnock Area Centre
<b>Thurs 27<sup>th</sup> June</b>	10.00 – 12:00	North Ayrshire	Kilwinning Library
<b>Thurs 5<sup>th</sup> September</b>	13:00 – 15:00	South Ayrshire	North Ayr Health Centre
<b>Thurs 12<sup>th</sup> September</b>	10.00 – 12:00	East Ayrshire	East Ayrshire Community Hospital
<b>Thurs 26<sup>th</sup> September</b>	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**

