

# Are you living with or caring for someone with diabetes?

Would you like some peer support and information in an easily accessible way?

Diabetes UK are starting a Befriending Circle across the **North East** to provide **distance based support** for people living with diabetes.

You will be matched with a befriender depending on your circumstances and receive support over the **phone** or via **email**.



If you feel like this is something you'd really benefit from getting involved with, contact **Evie Kinghorn** on the details below to find out more:

- **Email:** [evie.kinghorn@diabetes.org.uk](mailto:evie.kinghorn@diabetes.org.uk)
- **Phone:** 07885 557 010



**\*For over 18s only\***