

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