

DIABETES

COMMUNITY CHAMPIONS

TOGETHER

LET'S TAKE CONTROL



Are you passionate about helping and supporting people who have diabetes? Do you feel that you can make a difference to people's lives?

Come and join as a volunteer with the local NHS Diabetes Community Champion team in Coventry and Warwickshire and lead the way in your local community area by raising awareness, offering support and signposting to local services, such as:

- **Desmond**
- **Healthy Lifestyles**
- **Healthier You**
- **Pocket Medic**
- **NHS Health Check**
- **Fitter Futures**
- **Pharmacy support**

We will provide the training and resources to all volunteers within a group setting, where you will meet other like-minded champions who are enthusiastic about sharing information, helping others to best manage their diabetes and how small changes will make a huge difference. You will become part of our champion team and be fully supported in this role by the Champion Lead and Diabetes Lead.

A key part of your role will be to have conversations with people about healthier lifestyle choices, providing information about prevention of diabetes, healthy eating and increasing physical activity. You will be provided with all the information required to give to people about our local services and support groups, to support their lifestyle changes.

CONTACT US

✉ crccg.diabetes@nhs.net

☎ **07917 067 252**

For more information and to tell us a bit more about yourself and the community you want to help.

This document can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. Please contact communications@coventryrugbyccg.nhs.uk

