

## Find out more!

Tendring Diabetes Patients Group

**Email:** [tendringchair@diabetesneeds.org.uk](mailto:tendringchair@diabetesneeds.org.uk)

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### NORTH EAST ESSEX DIABETES SERVICE (NEEDS)

To find out more about your adult diabetes care please contact NEEDS

**Telephone:** 0345 2413313 / 01473 344930

**Email:** General enquiries – [info@diabetesneeds.org.uk](mailto:info@diabetesneeds.org.uk)  
Education enquiries – [education@diabetesneeds.org.uk](mailto:education@diabetesneeds.org.uk)

**Address:** Suffolk GP Federation CIC  
Riverside Clinic, 2 Landseer Road, Ipswich IP3 0AZ

**Web:** [www.diabetesneeds.org.uk](http://www.diabetesneeds.org.uk)

### DO YOU USE SOCIAL MEDIA?

Follow what's happening with the NEEDS service and get involved more with us:



**Facebook:** [www.facebook.com/NEEDDiabetesService](https://www.facebook.com/NEEDDiabetesService)



**Twitter:** @DiabetesNEEDS

# Do you have diabetes? Why not join our friendly local group?



Tendring Diabetes Patients Group

## Introducing our group

The Tendring diabetes patient group is a friendly group that meets on the first Thursday of every month. We are also known as the 'Tendring Forum'.

The purpose of the group is for people living with diabetes to meet and learn more about the condition.

### At our meetings we:

- Hear updates about the NEEDS service, which was introduced from April 2014
- Share new ideas and listen to interesting speakers on diabetes
- Find out about how we can get more involved as patients e.g. helping NEEDS with surveys
- Learn about Type 1 and Type 2 diabetes and how we can manage our condition better for our long term health

Coming along to the group is a great way to get involved in your diabetes care and is also an opportunity to meet others with diabetes in your area.



## Other local groups for Harwich, Jaywick and Walton-on-Naze

The Tendring diabetes patient group is helping to grow patient involvement by supporting other, more informal patient-led groups to get going.

Every local group will be helped by NEEDS who will provide speakers for meetings and give feedback about the NEEDS service. They will also involve each patient group in helping improve the care provided through the service.

Would you like to join in? Use the contact information on the back of this leaflet.

## About NEEDS

NEEDS is the local NHS service for adults living with diabetes in North East Essex.

Patient education and involvement are very important to the service which aims to improve patients' long term health and reduce the number of complications requiring hospital visits.

To achieve this aim patients are encouraged to develop their diabetes awareness and feel more in control of their condition.

A diabetes patient event in Harwich

## Learning more about diabetes

Attending our diabetes patient group will give you the opportunity to learn more about diabetes.

We arrange regular meetings and events, with interesting speakers on topics such as:

- Diet
- Feet
- Weight management
- Retinal eye screening
- Exercise
- Nutrition
- The NEEDS service

## Where and when we meet

Our meeting venue is the Community Voluntary Services (CVS) Tendring in Clacton-on-Sea.

We meet from 10.30am - 12.30pm on the first Thursday of every month.

The address is:

**CVS Tendring**  
**20-22, Rosemary Road**  
**Clacton-on-Sea**  
**Essex CO15 1NZ**

