

**FIGHT
DIABETES
IN YOUR
COMMUNITY
BECOME A
DIABETES
CHAMPION**

What is a Diabetes Champion?

The Diabetes Champions are there for people who are at risk of Type 2 Diabetes. Based in GP practices, they can help people:

- Understand Type 2 Diabetes and how to reduce their risk
- Find out what support is out there and how to access it
- Set achievable goals for reducing their risk

EMPOWERING

Who makes a great Diabetes Champion?

- Experience of living with Type 2 Diabetes or supporting someone with Type 2 Diabetes
- Passionate about fighting Diabetes
- Willing to volunteer 3 - 6 hours a week of your time
- Friendly, warm and non-judgmental with great people skills
- Organised, punctual and reliable

COMPASSION

What can Diabetes Champions expect from us?

- High quality training and development support
- Regular team catch ups and meals
- TEMPO Time Credits to use in London businesses and attractions
- A chance to make a real difference in your community

LIFE-CHANGING

Interested? Contact Ana Ndekwe at

ana@pdt.org.uk or on 07784 955 737 or for

an application pack visit www.pdt.org.uk/diabetes-champions



City of Westminster



THE ROYAL BOROUGH OF
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