

Adult Diabetes Support Group Meetings 2025

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** – Tesco Ayr Extra (within the community room) Whitletts Road, Ayr, KA8 0QA. If planning to attend here, if you could give us a call on the number below for more information.
- **East Ayrshire** - East Ayrshire Community Hospital, Ayr Road, Cumnock KA18 1EF
- **East Ayrshire** - North West Kilmarnock Area Centre, Western Rd, Kilmarnock KA3 1NQ

Date	Time	Location	Venue
Thurs 6th March	10:00 – 12:00	North Ayrshire	Kilwinning Library
Thurs 13th March	10.00 – 12:00	South Ayrshire	Tesco Ayr Extra, Whitletts Road
Thurs 20th March	10:00-12:00	East Ayrshire	East Ayrshire Community Hospital
Thurs 5th June	10:00– 12:00	North Ayrshire	Kilwinning Library
Thurs 12th June	10.00 – 12:00	South Ayrshire	Tesco Ayr Extra, Whitletts Road
Thurs 19th June	10.00 – 12:00	East Ayrshire	North West Kilmarnock Area Centre
Thurs 4th September	10:00 – 12:00	North Ayrshire	Kilwinning Library
Thurs 11th September	10:00-12:00	South Ayrshire	Tesco Ayr Extra, Whitletts Road
Thurs 18th September	14:00 – 16:00	East Ayrshire	East Ayrshire Community Hospital

If you would like to attend any of these Support Groups, please contact the Diabetes MCN Team on: [01292 513346](tel:01292513346) to register your interest. Please note drop ins welcome.



North Ayrshire venue



South Ayrshire venue



East Ayrshire venues