

# Diabetes Peer Support Groups in Kirklees

Updated March 2025

SOUTH KIRKLEES			
Group name and address	Support available	When?	Contact
<b>Honeyzz Support Group</b> St John's Resource Centre, 29 St John's Road, HD1 5DX	Type 1 and Type 2 Free blood pressure and glucose monitoring sessions.	Third Thursday of every month 11.30am – 2.30pm	Telephone: 07548 301242
<b>Diabetes Support Group</b> Holme Valley (various venues)	Diabetes (all types) peer support, WhatsApp group, Health Walks and Lunch Clubs	Various dates throughout 2025. Message Helen for details >>	For more information and/or to join the WhatsApp group, please contact Helen Taylor on: 07510 102273
<b>Meet, Move and Eat Well with Diabetes</b> The Mission, Lord Street, Huddersfield, HD1 1QA	Type 2 Diabetes group - informal and provides advice and support around living with Type 2 Diabetes.	Third Tuesday of every month 10am – 12pm	Email: <a href="mailto:info@huddersfieldmission.org.uk">info@huddersfieldmission.org.uk</a>
<b>Meet, Move and Eat Well with Diabetes</b> St Michael's and St Helen's Church, Fleminghouse Lane Almondbury, HD5 8UD	A gentle exercise class is incorporated into the sessions.	First Tuesday of every month 10am – 12pm	

<b>Shaping Care in Kirklees</b> Gledholt Methodist Church, 30 Edgerton Grove Road, HD1 5QX	Type 2 Diabetes healthy living kitchen and wellbeing activities	Every Tuesday 11am – 2pm	Email: <a href="mailto:info@shapingcarekirklees.org">info@shapingcarekirklees.org</a> Telephone: 07597 122074 Facebook: Shaping Care in Kirklees CIC
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<b>NORTH KIRKLEES</b>			
<b>Group name and address</b>	<b>Support available</b>	<b>When?</b>	<b>Contact</b>
<b>Diabetes Support</b> Ravensthorpe Community Centre, 24 Garden Street, Dewsbury, WF13 3AR	Type 1 and Type 2 Diabetes	Every Wednesday 12.30-1.30pm	Email: <a href="mailto:aysha.ayub@rccl.org">aysha.ayub@rccl.org</a> Telephone: 01924 510030
<b>Dewsbury Diabetes Peer Support Group</b> Thornhill Lees Community Centre, WF12 9DU	Type 1 and Type 2 Diabetes peer support	Held on the second and fourth Tuesday of the month 12pm – 1.30pm	Email: <a href="mailto:Carmen@s2r.org.uk">Carmen@s2r.org.uk</a> Telephone: 07522105861