

Comments

People who have come to the course say:

Very informative, very helpful. So pleased I could take part at early diagnosis so I was set on the right path straight away. All the myths put right. Was extremely helpful.

Really pleased to have been on this course. Very helpful and informative.

Well organised course – Excellent.

I want to thank the ladies who took the course for being thorough and putting the information over very well with kindness and understanding.

Well presented course, easy to understand, queries were well answered and group discussion welcomed.

For further information and resources visit the Torbay Healthy Lifestyles website www.torbayandsouthdevon.nhs.uk/healthylifestyles

This leaflet can be made available in other languages and formats. For more information about this, or about the programme in general, please telephone 0300 456 1006

Healthy Living Programme for Type 2 Diabetes



Providing information to help support self management in diabetes

0300 456 1006

Being diagnosed with type 2 diabetes means that looking after your health has become even more important. The healthy living programme is a group information session for people newly diagnosed with type 2 diabetes developed to provide information and advice to help you self manage your diabetes.

What can you expect

- Information on a range of topics including treatment and care for type 2 diabetes, healthy eating and improving activity levels
- Help you understand the potential consequences of living with diabetes
- Give you confidence to make healthy lifestyle changes
- Prepare you for any health checks you might need
- Time to discuss questions or concerns with health professionals
- Meet others who have recently been diagnosed with diabetes (please feel free to bring a partner/ spouse/friend with you)

It is essential for you to attend these sessions as they are a key part of your diabetes care. Attending the healthy living programme will ensure you receive the best possible advice to help manage your diabetes and prevent long term complications.

Timetable

Week 1

3 hour session

Topics covered

- What is diabetes?
- How does it affect you?
- Complications of diabetes
- How to get the most out of your diabetes checks
- Looking after your feet
- Physical activity and diabetes

Delivered by Behaviour Change Facilitator and Practice Nurse

Week 2

3 hour session

Topics covered

- Eating well for diabetes
- Managing your weight
- Sensible drinking
- Food labels
- Stress and diabetes
- The way forward
- Making positive changes

Delivered by Behaviour Change Facilitator and Community Dietician