



NHS Healthier You Service: Shropshire, Telford & Wrekin

Live well, take control and prevent Type 2 diabetes

Now is the time to live well and take control

Your doctor or nurse has recommended that you attend a free, non-medical, lifestyle programme because you are at increased risk of developing Type 2 diabetes.

The NHS Diabetes Prevention Programme provided by Living Well Taking Control gives you the support you need to help manage your health and prevent the onset of diabetes. You will join thousands of people across the country who have worked with us to change their lives for a healthier future.

Type 2 diabetes is caused by an inability to properly regulate blood sugar levels in the human body. There are currently around 5 million people in danger of developing Type 2 diabetes in this country, and reducing this risk is very important.

If these trends persist, one in three people will be obese by 2034 and one in 10 will develop Type 2 diabetes.

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME



Type 2 diabetes contributes to a range of health problems, including:

- **Heart disease**
- **Stroke**
- **Vision loss**
- **Nerve damage and blood circulation problems**

All the help you need

While Type 2 diabetes is a serious condition, with support around three in five cases of Type 2 diabetes can be prevented or delayed by maintaining a healthy weight, eating well and being active. This programme will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- **A healthier diet**
- **Better exercise**
- **Emotional wellbeing and ways to manage stress**
- **Weight management**

You won't be alone, joining a small group of people who are also at risk of developing Type 2 diabetes. In 13 sessions spread over nine months, your trained Coach will provide the motivation, resources, advice, and support you need to increase your physical activity, and help you improve your diet. You will also have access to a free app - everything you will need to make a positive difference. The programme is free, fully accessible and supports non-English speakers. You can even bring someone with you for extra support.

Live well and take control – today

At the end of the NHS Diabetes Prevention programme you will feel the benefits of a healthier lifestyle:

- **Improving your quality of life**
- **Helping you to make better health decisions**
- **Reducing your risk of developing Type 2 diabetes**



IF YOU WISH TO BE REFERRED – PLEASE RING SOUTH HERMITAGE SURGERY ON 01743 343148

Contact details:
info@lwtcsupport.co.uk
www.lwtcsupport.co.uk
@LWTCsupport

Address:
Avoca Court, 27 Moseley
Road, Birmingham, United
Kingdom, B12 0HJ

To find out more about the programme please see our website at: www.lwtcsupport.co.uk
And for more information on Type 2 diabetes, please visit the NHS Choices website: www.nhs.uk/conditions/type-2-diabetes/

The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in Shropshire, Telford and Wrekin.

To keep you safe during the Coronavirus pandemic, we will be inviting you to take part in free sessions from the comfort of your own home. You will be able to join sessions using the Internet or by using a landline or mobile telephone. Your Coach will support you to make sure you can access the sessions.

Places on the programme are limited and we encourage you to accept your invitation as soon as your Coach contacts you.

About the programme

This programme will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- A healthier diet
- Better exercise
- Emotional wellbeing and ways to manage stress
- Weight management

Support

We will provide you with interactive and enjoyable materials to support you in making lifestyle changes to avoid diabetes.

You won't be alone, joining a small group of people in your local community who are also at risk of developing diabetes. This will be a great opportunity to socialise with others and support one another.

Alternatives

If you decide these sessions are not for you, you will have the opportunity to participate in face-to-face sessions set in your local community once it is safe to do so.

If attending group sessions is not right for you, we may be able to offer you a digital alternative.

For more information about Healthier You, please visit our website www.lwtcsupport.co.uk

For more information about how to reduce your risk of developing type 2 diabetes, please visit www.diabetes.org.uk/preventing-type-2-diabetes



Any patients wishing to participate in the programme should contact the surgery on 01743 343148 and leave a message for Anna Treherne, Healthcare Support Worker or Sue Hay, Deputy Manager

A referral will then be made to Living Well Taking Control who will contact patients in due course.

The following information will be shared in the referral so by advising us that they wish to proceed with the referral we will assume consent has been given by patients to share the following information:

-Name	- NHS Number	- Email address
-Date of Birth	- Address	- Phone number (Mobile and home)
-Latest Blood Results	- Carer / Representative and their Contact Phone Number	
-Severe Mental Illness Register or Learning Disability Register (Yes/No)		