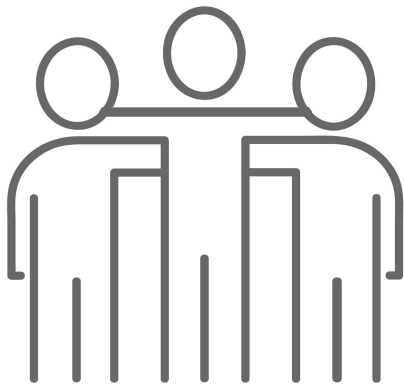


The Healthier You: NHS Diabetes Prevention Programme

The Healthier You: NHS Diabetes Prevention Programme (NDPP) is a group-based, face-to-face programme, delivered in Shropshire, Telford & Wrekin with sessions taking place within in your local community GP surgery.



Services available

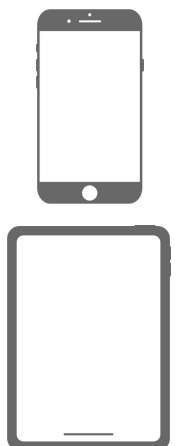
Face-to-Face – a group based, face-to-face programme. Hosted at a local community venue near to your home or general practice address. A dedicated Locality Coach will support you throughout the entire course.

Digital – One-to-one health coaching provided through a free app on a smart phone or tablet.

All service offers are interactive and enjoyable, helping participants prevent the likelihood of developing Type 2 diabetes.

You won't be alone. Joining a programme to support people who are also at risk of developing diabetes is a great opportunity to gain support from others who are in a similar position.

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



About the programme:

This programme aims to help you reduce your risk of progressing to Type 2 diabetes and complications associated with Type 2 diabetes. It 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



COVID-19 Measures

We strongly advise that you continue to wear a face mask when attending group sessions to ensure that COVID-19 is minimised at all stages of service delivery.

Should you feel unwell or have COVID-19 symptoms, you should contact your Locality Coach, but not attend a face-to-face session.

**** IF YOU WISH TO BE REFERRED - PLEASE RING SOUTH HERMITAGE SURGERY ON 01743 266785 ****

For more information about Healthier You, please visit our website www.lwtcsupport.co.uk or scan the QR code

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

