

Pre-diabetes and Type 2 diabetes

If you find out you have pre-diabetes or have been newly diagnosed with type 2 diabetes you may want to find out more. There is a choice of resources to choose from.

Live it Highland Group

Live it Highland is a 6-week programme facilitated by NHS Highland. It aims to support you if you have pre diabetes or type 2 diabetes by providing you with information to help manage diabetes.

The sessions include the following topics;

- What is diabetes
- Food, Mood and Diabetes
- Activity and Diabetes
- Stress and Soothing
- Good Sleep Matters
- Self-Care and Self-Management



If you are interested in either attending the course face to face or online please email nhsh.communityfoodandhealth@nhs.scot or phone **07483 143 316 / 01463 704 690**

iPad Loans

If you would prefer to access information online but you are unsure where to look or if you don't have access to a digital device, High Life Highland library service has iPads pre-populated with health information. They can be booked and loaned out from any library, including mobile library service.

The iPads include:

- No internet required - SIM card included, providing mobile data (Vodafone/O2 signal).
- Health information, useful websites, leaflets that might be useful for you.
- An information pack with how to use an iPad or access training & support.

Ask at any High Life Highland library.



New to Type 2

New to Type 2 is a free digital app with information that can be useful for people with pre-diabetes, newly diagnosed with type 2 and gestational diabetes.

The App includes

- Information to read
- Short videos to watch
- Local resources
- Frequent asked questions
- A section for people to work on their personal goals.



Once you download the app you can keep returning to it as often as you need.

