

# My Type 2 Diabetes



## MyDESMOND

MyDESMOND: is a self-directed learning online interactive self-management programme for people with type 2 diabetes.

[www.mydesmond.wales](http://www.mydesmond.wales)



## Local Peer Support Groups

Are run face to face or virtually by volunteers and

offer people with diabetes a chance to share experiences with other people living with diabetes.



[www.diabetes.org.uk/how\\_we\\_help/local\\_support\\_groups](http://www.diabetes.org.uk/how_we_help/local_support_groups)



## Where can I get support?

Diabetes UK newly diagnosed resources are designed to give you some initial advice until you are able to attend one of the group sessions.



[www.collaborative.nhs.wales/implementation-groups/diabetes/](http://www.collaborative.nhs.wales/implementation-groups/diabetes/)



## Type 2 Diabetes and Me

This fun and easy online guide is designed to help you understand and start managing your diabetes.

[www.diabetes.org.uk/learningzone](http://www.diabetes.org.uk/learningzone)

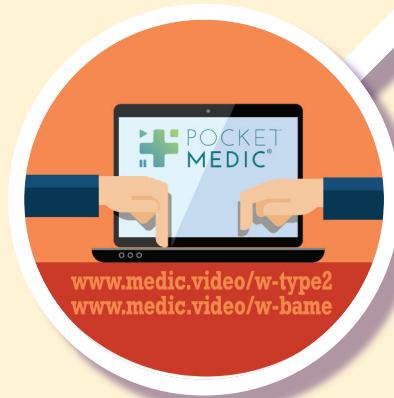


## Pocket Medic Films

Watch these short film clips that help you to understand the demands of diabetes care.



[www.medic.video/w-type2](http://www.medic.video/w-type2)



[www.medic.video/w-type2](http://www.medic.video/w-type2)  
[www.medic.video/w-bame](http://www.medic.video/w-bame)

If you would like more information or do not have access to digital technology, please contact your local Health Board on: