

We understand the huge impact that living with Diabetes can have on all areas of life, including the effect on our emotional well-being. We also know that keeping our stress and anxiety levels as low as possible can also significantly benefit our physical health.

We offer several programmes to support emotional well-being specifically tailored for people living with Diabetes:

Living well with Diabetes and boosting mood

Living well with Diabetes and calming anxiety

Online Cognitive Behaviour Therapy – Guided Silvercloud

One to one Cognitive Behaviour Therapy

Other talking therapies may be helpful such as Counselling and therapy groups.

You can refer yourself to any of these options via our website:

<https://www.healthyminds.whct.nhs.uk/selfreferral/> or by calling us on 0300 013 5727

You can also ask your GP or Diabetes nurse/dietitian to refer you to Herefordshire and Worcestershire NHS Talking Therapies (for anxiety and depression).

Remember that **you are the most important member of your diabetes care team**

Together with your GP and Practice Nurse, and the resources described in this leaflet, you have all you need to **control your diabetes successfully.**

For further information about First Steps or X-PERT Diabetes please email

wah-tr.worcsdiabetesed@nhs.net or call 01527 488 697

Taking Control of Your Diabetes

It is **important** that you take control of **your** diabetes by **learning** how to self-manage your condition

This leaflet explains the options available to you in Worcestershire

**Information for someone with a new diagnosis of
Type 2 Diabetes**

1

FINDING OUT YOU HAVE DIABETES

- Your GP or Practice Nurse will give you advice and support
- Your Practice may have given you a Diabetes UK booklet YOUR GUIDE TO TYPE 2 DIABETES. Alternatively scan this QR code to download the guide or call Diabetes UK on 0800 585 088
- Your GP or Practice Nurse will refer you to **First Steps** to learn more about your condition



2

NEXT STEP: FIRST STEPS

- Attend a 2 hour group education session led by a diabetes nurse or dietitian
- Learn more about your diabetes
- Find out about what options are available in Worcestershire to help you manage your diabetes
- Virtual and face to face sessions available , choice of times including weekends.



3

CHOOSE HOW TO MANAGE YOUR DIABETES

- Choose any or all of these options to suit your learning needs and your lifestyle
 - **X-PERT Diabetes** group education
 - **Online support**
 - **Self-directed learning**

X-PERT Diabetes

- A group education programme to help you manage your diabetes and meet other people with diabetes
- 2 ½ hours each week for 6 weeks virtual or face to face
- Choice of times including evenings and weekends will be provided after you attend First Steps.



Healthy Living with Type 2 Diabetes

- Online information and support for diabetes self-management
- Health information and learning resources available anywhere, anytime
- Visit www.healthyliving.nhs.uk or scan the QR code



Digital Weight Management Programme

- 12 week online behavioural and lifestyle programme
- Choice of programmes available
- Ask your Practice Nurse or GP to refer you

Self Directed Learning

- There are many books, websites, and apps that may provide useful information and tools to help you manage your diabetes. Find local and national information about food and lifestyle, diabetes education programmes and what care to expect.
- www.worcsacute.nhs.uk/diabetes
- www.diabetes.org.uk
- Useful apps include carbs&cals, Nutracheck, Myfitnesspal, mapmywalk but there are many more

