

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 what options are available to you in **Worcestershire**.

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.



Now that you have diabetes it is very important that you understand more about your condition and learn what you can do to stay healthy. Your GP or Practice Nurse will refer you to First Steps.

First Steps.

- Attend a group session led by a diabetes dietitian or nurse. (2 hours, virtual or face to face session).
- Learn more about your diabetes.
- Find out what options are available in Worcestershire to help you manage your diabetes, including further information about X-PERT Diabetes.
- Choice of times including weekends.
- Over 98% of participants find the session useful and understand more about managing their diabetes.
- Email wah-tr.worcsdiabetesed@nhs.net for more information.

Choose how to manage your diabetes. Choose any or all of these options to suit your learning needs and your lifestyle.

X-PERT Diabetes

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

Healthy living with type 2 diabetes

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



Self-directed learning and self-management

There are many websites and apps for people with diabetes. These can 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.diabetes.org.uk www.worcsacute.nhs.uk/services/item/diabetes

Useful apps include Carbs&calcs, Nutracheck, Myfitnesspal, mapmywalk but there are many more.

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 the information you need to **control your diabetes successfully**.